



ACTIVITY HANDOUT: STRESS CONNECTION SCENARIO CARDS

[MODULE 2: Disability, Feeding and Nutrition in Infants]



SCENARIO CARD 1

Mother: The mother is experiencing severe postpartum depression and has difficulty bonding with her infant.

Infant: The infant is colicky and cries for long periods each night.

Healthcare Provider: The healthcare provider is feeling overwhelmed with a high caseload and lacks adequate support.



SCENARIO CARD 2

Mother: The mother has a history of child abuse and is finding the postpartum period particularly triggering and stressful.

Infant: The infant was born prematurely and requires special care and frequent medical check-ups.

Healthcare Provider: The healthcare provider is new to the health facility and is having a difficult time connecting to her colleagues.



SCENARIO CARD 3

Mother: The mother has a physical disability that makes it challenging to perform daily childcare tasks.

Infant: The infant has a congenital heart defect that requires regular monitoring and medical visits.



Healthcare Provider: The healthcare provider did not get the pay increase she was expecting since taking on new responsibilities.

SCENARIO CARD 4

Mother: The mother is a single parent and is struggling with financial instability and lack of support.

Infant: The infant has been diagnosed with cerebral palsy, adding to the mother's stress.

Healthcare Provider: The healthcare provider feels guilty for spending little time with her young children because of her long working hours.



SCENARIO CARD 5

Mother: The mother has an intellectual disability making it difficult for her to think clearly, concentrate or remember information.

Infant: The infant has severe spina bifida that requires ongoing treatment.

Healthcare Provider: The healthcare provider is experiencing secondary traumatic stress from supporting numerous families in crisis.



SCENARIO CARD 6

Mother: The mother is feeling depressed after a traumatic birth experience and her infant's condition.

Infant: The infant has a cleft lip and milk often gets into his nose. He is not gaining weight as expected.



Healthcare Provider: The healthcare provider is under pressure from her supervisor to reduce consultation times, leading to rushed appointments.

SCENARIO CARD 7

Mother: The mother has a chronic illness that limits her energy and ability to care for her infant.

Infant: The infant is experiencing frequent respiratory infections and needs continuous monitoring.

Healthcare Provider: The healthcare provider is coping with grief after the recent loss of a close family member.



SCENARIO CARD 8

Mother: The mother is deaf or hard of hearing, making communication and receiving support challenging.

Infant: The infant had several episodes of diarrhea, is irritable, and is not feeding well.

Healthcare Provider: The healthcare provider is coping with grief after a recent miscarriage.



SCENARIO CARD 9

Mother: The mother is facing stigma within her community due to her infant's disability.



Infant: The infant was born with a cleft lip and palate and requires multiple surgeries. He is having a very difficult time breastfeeding.

Healthcare Provider: The healthcare provider is working in an emergency context with limited resources, adding to her stress and making it difficult to provide adequate care.

SCENARIO CARD 10

Mother: The mother is dealing with anxiety and is constantly worried about her infant's health and well-being.

Infant: The infant is colicky and irritable and cries frequently.

Healthcare Provider: The healthcare provider is frustrated by a recent interaction she had with a difficult and uncooperative mother.

