Part 2

For this discussion, you will write a letter responding to the “Dear Ashford Expert” letter below.  This letter should be unique and personalized yet scholarly in its approach, using academic information to support your opinions and suggestions.

Dear Ashford Expert,  
  
Help!  My best friend had a beautiful baby girl 6 weeks ago, and while I think that this should be a happy time for her, she doesn’t seem to be enjoying it at all.  When I visited the other day, she was wearing pajamas that looked (and smelled) like she’d been wearing them for days.  She kept joking that she’s “no good at the mom thing” yet, and would try to laugh it off, but I’m worried!  She isn’t interested in going out to shop for cute baby clothes, even though I offered to buy, and she says that she’s not ready to come to our “moms group” which meets just once a month for a few hours because she says that she doesn’t want to burden her husband.  What gives?  How can I help her get out of this funk?  Should I be worried about her or her little girl?  
  
--Flustered Friend

Your response should answer the questions asked by “Flustered Friend” and include the following:

* What is Postpartum Depression?
* Analyze and comment on at least one of the following major themes: Health and Well-Being, Family and Parenting, Education, Culture, or Gender, as factors influencing the developmental (physical, cognitive and psychosocial) outcomes for the mother, father/partner, and infant.
* How can Postpartum Depression influence the short- and long-term development of the infant? Be sure to address the physical, cognitive, and psychosocial domains of development.
* Provide at least one local and one wide-ranging (i.e. internet or phone) resource that someone with Postpartum Depression, or someone with a loved one suffering from Postpartum Depression, can access to find more information and/or get help.  Include all relevant information on how to contact each resource.

After the letter, this post should include citations in APA format as outlined in the [Ashford Writing Center](https://awc.ashford.edu/Index.html) for all information and resources included in the letter.