Ep. 97 – More Than Diapers: How Diaper Need Affects Maternal Mental Health

Diapers are something many families need every single day, yet diaper need remains a hidden struggle affecting millions of parents and babies across the United States. In this episode of The MotherToBaby Podcast, host Chris Stallman, MS, CGC, speaks with Dr. Megan V. Smith from the National Diaper Bank Network about the growing body of research connecting diaper need to infant health, maternal mental health, and overall family wellbeing.

Dr. Smith discusses how limited access to clean diapers can contribute to increased stress, anxiety, feelings of shame, and depressive symptoms among parents, while also affecting infant health through increased diaper rash and related infections. The conversation also explores how financial hardship and unmet basic needs can impact both parents and babies during pregnancy and the postpartum period.

Listeners will also learn about available resources and the important work being done to support families experiencing diaper need.

About Our Guest:
Dr. Megan V. Smith is Chief of Innovation and Impact at the National Diaper Bank Network and a nationally recognized leader in maternal and child health, public health, and mental health equity. She published one of the first peer-reviewed studies on diaper need and its impact on child and maternal health.

Learn more about the National Diaper Bank Network:
https://nationaldiaperbanknetwork.org/

For evidence-based information about exposures during pregnancy and breastfeeding, visit MotherToBaby:
https://mothertobaby.org/

Questions about exposures during pregnancy or breastfeeding? Contact a MotherToBaby specialist by phone, text, live chat, or email:
https://mothertobaby.org/contact-expert/.

Questions? Call 866.626.6847 | Text 855.999.3525 | Email or Chat at MotherToBaby.org.

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Psychiatric nurse practitioner, Becky Spencer, PhD, APRN, PMHNP-BC, IBCLC, PMH-C, FILCA joins host Chris Stallman, CGC, to talk about maternal mental health, how common postpartum mental health challenges are and what to do to get help.

Resources mentioned in this episode:

Postpartum Support International

MotherToBaby Maternal Mental Health Hub

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