



# The Role of Maternal Psychological Well-Being in Shaping Infant Motor Development

Rebecca Page\*

Department of Obstetrics and Gynecology, University of Colorado School of Medicine, Aurora, United States of America

## DESCRIPTION

Maternal psychological well-being is an aspect often overlooked in discussions surrounding infant development. However, its influence on the physical development of infants cannot be understated. The emotional and mental state of a mother during pregnancy and in the postnatal period can significantly affect her infant's physical skills acquisition and progression [1]. Infant physical development refers to the process by which infants acquire and refine their ability to move and control their bodies. While genetics and environmental factors play important role in physical development, the emotional and psychological environment provided by the mother can significantly impact the infant's progress. During pregnancy, a mother's emotional well-being can influence the development of the fetal nervous system, which lays the foundation for future physical skills. Research suggests that maternal stress during pregnancy may lead to changes in fetal brain development, potentially affecting physical coordination and control. High levels of maternal anxiety or depression during pregnancy have been associated with delays in physical development in infants [2]. Furthermore, the emotional bond between a mother and her infant is established early on and has a significant impact on the child's development. Maternal sensitivity, or the mother's ability to perceive and appropriately respond to her infant's cues and needs, is potential for fostering a secure attachment. A secure attachment provides a sense of emotional security and stability for the infant, which in turn promotes healthy physical development [3-5].

Mothers who are emotionally attuned to their infants are more likely to engage in responsive interactions, such as gentle touch, soothing voice, and positive facial expressions, all of which contribute to the infant's sense of safety and well-being [6]. These nurturing interactions create an optimal environment for the development of physical skills, as the infant feels supported and encouraged to explore and move their body. Conversely, maternal depression or anxiety can disrupt the quality of caregiving interactions and negatively impact infant physical

development. Mothers who experience symptoms of depression may be less emotionally available to their infants, leading to fewer opportunities for positive interactions and stimulation [7,8]. This lack of engagement can impede the infant's motivation to explore their environment and practice new physical skills. In addition to the direct influence on caregiving behaviors, maternal psychological well-being can also affect the overall household environment. A mother's mental health can influence family dynamics, stress levels, and access to resources, all of which can indirectly impact infant physical development. For example, a mother experiencing high levels of stress or depression may have difficulty providing a safe and stimulating environment for her infant to explore and develop physical abilities [9]. It is essential to recognize that maternal psychological well-being is not solely determined by individual factors but is also influenced by social, cultural, and economic contexts. Socioeconomic disparities, lack of social support, and exposure to adverse life events can increase the risk of maternal stress, depression, and anxiety, which, in turn, can impact infant physical development [10]. Addressing maternal psychological well-being during the perinatal period is potential for promoting healthy infant development.

## CONCLUSION

The role of maternal psychological well-being in infant physical development is significant and multifaceted. A mother's emotional state during pregnancy and in the postnatal period can influence fetal brain development, attachment formation, caregiving interactions, and household dynamics, all of which impact the infant's physical skills acquisition and progression. By prioritizing maternal mental health and providing support to mothers during the perinatal period, we can help create an environment that fosters healthy infant development. Prenatal care providers should routinely screen for maternal mental health concerns and provide appropriate support and interventions as needed. Postnatal support programs that focus on maternal mental health, parenting skills, and social support

**Correspondence to:** Rebecca Page, Department of Obstetrics and Gynecology, University of Colorado School of Medicine, Aurora, United States of America, E-mail: page@aur.edu

**Received:** 01-Apr-2024, Manuscript No. CMCH-24-25626; **Editor assigned:** 04-Apr-2024, Pre QC No. CMCH-24-25626 (PQ); **Reviewed:** 25-Apr-2024, QC No. CMCH-24-25626; **Revised:** 02-May-2024, Manuscript No. CMCH-24-25626 (R); **Published:** 09-May-2024, DOI: 10.35248/2090-7214.24.S23.005.

**Citation:** Page R (2024) The Role of Maternal Psychological Well-Being in Shaping Infant Motor Development. Clinics Mother Child Health. S23:005.

**Copyright:** © 2024 Page R. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

can also play a vital role in enhancing the emotional well-being of mothers and promoting positive caregiving interactions.

## REFERENCES

1. Ha V, McDonald SD. Pregnant women's preferences for and concerns about preterm birth prevention: A cross-sectional survey. *BMC Pregnancy Childbirth*. 2017;17(1):49.
2. Likert R. A technique for the measurement of attitudes. *Archives of Psychology*. 1932;22(140):1-55.
3. WHOQOL Group. Development of the World Health Organization WHOQOL-BREF quality of life assessment. *Psychol Med*. 1998;28(3):551-558.
4. Fleck M, Louzada S, Xavier M, Chachamovich E, Vieira G, Santos L, et al. Application of the Portuguese version of the abbreviated instrument of quality life WHOQOL-bref. *Rev Saude Publica*. 2000;34 (2):178-183.
5. Biaggio A, Natalicio LF, Spielberger CD. Desenvolvimento da forma experimental em português do Inventário de Ansiedade Traço-Estado (IDATE). *Arquivos Brasileiros de Psicologia Aplicada*. 1977;29(3):33-44.
6. Spielberger CD, Gorsuch RL, Lushene RE. Manual for the state-trait anxiety inventory. Consulting Psychologist Press, Palo Alto. 1970.
7. Thorpe K, Golding J, MacGillivray I, Greenwood R. Comparison of prevalence of depression in mothers of twins and mothers of singletons. *BMJ*. 1991;302(6781), 875-878.
8. Correia LL, Linhares MBM. Maternal anxiety in the pre- and postnatal period: A literature review. *Rev Lat Am Enfermagem*. 2007;15(4):677-683.
9. Ferrari AG, Donelli TMS. Tornar-se mãe e prematuridade: Considerações sobre a constituição da maternidade no contexto do nascimento de um bebê com muito baixo peso. *Contextos Clínicos*. 2010;3(2):106-112.
10. Duarte EG. Avaliação da ansiedade nas gestantes de risco para o parto prematuro por meio do inventário IDATE. 2013.