



# Baby Blues?

OR

# Postpartum Depression (PPD)?



## Facts

- > Occurs in 80% of women
- > Begins right after childbirth
- > Lasts a few days or a week

Over 1 in 8 women suffer from PPD



- > Occurs in 10 to 20% of women
- > Begins anytime within the 1st year of life
- > Symptoms last longer than 2 weeks

## Symptoms

- > Mood swings
- > Crying spells
- > Change in appetite
- > Sleeping less or more
- > Feeling sad, anxious or overwhelmed



- > Same symptoms as Baby Blues
- > Feeling angry or irritable
- > Feeling hopeless, worthless, or shame
- > Loss of pleasure in the things you use to enjoy
- > Thoughts of hurting yourself or your baby
- > No interest in your baby
- > Worrying about hurting your baby
- > Lack of concern for yourself

## Treatment

- > Don't skip on sleep
- > Set aside quality time for yourself
- > Make meals a priority
- > Get out in the sunshine
- > Ease back into exercise
- > Make your relationships a priority
- > Don't keep feelings to yourself
- > Join a group of new mothers



- > Seek treatment from a professional (both talk therapy and/or medication work)
- > See tips for Baby Blues
- > Find people who can help you with daily chores so you can get much needed rest
- > Keep a daily diary of you emotions and thoughts
- > Give your self credit for what you are able to accomplish each day
- > Give yourself permission to be overwhelmed

## Impact of untreated PPD on you and your child

### On You

- > Lack energy
- > Have trouble focusing
- > Feel moody
- > Difficulty meeting your child's needs
- > Difficulty caring for yourself
- > Less likely to pick up on and respond to your babies cues



### On Your Child

- > Delays in cognitive and language development
- > Problems with mother-child bonding
- > Behavior problems
- > Increased crying
- > Social problems in school
- > Emotional problems, including increased risk of depression

Baby Blues is perfectly normal BUT if the symptoms don't go away or get worse you may have postpartum depression. Don't be afraid to ask for help! Call Postpartum Support International at 1-800-944-4773 or Fussy Baby New Orleans & Gulf Coast at 1-855-371-BABY (2229).

