

Rose just had her baby. She loves this baby very much. The day of the baby's birth was the most exciting time in her life. There was a great joy and celebration among friends and family. Now it is a few days later and things are a lot different.

Rose cries a lot of the time. She doesn't get much sleep and feels so tired. Her husband, friends, and family wonder what happened to the happy new mother.

Have you heard about the “Baby Blues?”

Many new mothers feel sad and tired after the birth of their babies. Like Rose, they are surprised to be in such a low mood because they are expected to be happy at this time. This sad period happens for many reasons. Some of the reasons are hormone changes, getting used to a new sleep schedule, and worrying about taking good care of the new baby. Less often, some new mothers have a more serious depression called postpartum depression. This depression needs treatment.

Treating depression early is very important. Finding the help you need is the most important step you can take. You can feel better. Call your provider and talk about what you are feeling. Then you, your family and your provider can work out a plan that is best for you.



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Are You Feeling Sad and Blue After the Birth of Your Baby?



Your Extended Family.

How do you tell the difference between the “Baby Blues” and Postpartum Depression?

The “Baby Blues”

The “Baby Blues” is a mild feeling of sadness that happens to 8 out of 10 new mothers. Most women notice the blues within the first few days after the baby is born. The Baby Blues can last for a few days to one week or sometimes more. Most often, the Baby Blues will go away in about two weeks.

Having the Baby Blues can be a normal, brief period of time for a new mother.

You may have the “Baby Blues” if you experience some of the following:

- You cry often and don’t know why.
- You feel tired and don’t feel hungry.
- You have problems falling asleep or staying asleep.
- You have problems focusing on a single thought, or you feel confused or distracted.
- You feel irritable or angry, sometimes for no reason.

Take these steps to feel better:

- Rest when your baby sleeps.
- Ask for help with cooking, housework, or baby care.
- Eat well and drink 8-10 glasses of water each day.
- Talk to people about how you are feeling.
- Make time for yourself. You need it and you deserve it.

Postpartum Depression

“Baby Blues” can also move into a more severe postpartum depression. Postpartum depression will not go away on its own. Some women need medicine that can make them feel better. It is important to tell the difference so you get the right kind of help.

You may have postpartum depression if some of the following are true:

- You are feeling very sad, helpless, and anxious.
- You are having trouble getting through your day.
- You are depressed 3 or 4 weeks after your baby is born.
- You have fears of hurting the baby or yourself.
- You do not think you are feeling better as time goes on.

Talking about being depressed does not mean you do not love your baby. Tell your provider if you think you have postpartum depression. It is important to share this with your provider, even if family and friends tell you that it will go away. Taking good care of you is helpful for postpartum depression, but it may not be enough. Your provider can help.

