

"Baby Blues" or Something More?

Many new mothers feel upset after having a baby. This is normal. It can last for a few days or a few weeks. It can start at any time within the first year. It happens in about 10% of new mothers.

Some mothers are:

- Lonely
- More irritable
- Annoyed easily
- Sad
- Unsure of themselves
- Not interested in sex



There are many reasons for this:

- Hormonal changes
- Baby who needs lots of care
- Unhappy relationship
- Problems with delivery
- Being very tired from a needy baby
- No family or friends to help
- Feeling better pregnant
- Many questions about a new baby
- "Baby blues" in family history

Babies need healthy mothers to take care of them. If a mother does not take care of herself, these feelings may become stronger and last longer. When this happens, it is called Postpartum Depression.

It is important for a new mother to eat well and rest. She should also exercise if her doctor allows it. A new mother should also share her feelings.

If a new mother is:

- Very tired all the time
- Doesn't care about the baby
- Has no interest in sex
- Thinks life is not fun
- Cares too much about the baby
- Demands a lot of herself
- Has no feelings
- Doesn't care about herself
- Feels trapped
- Has mood swings
- Stays away from family and friends
- Can't make sense of things
- Isn't sleeping
- Has eating problems
- Feels like a failure as a mother



She should let her doctor know.

If you need to talk to a Behavioral Healthcare Professional, call:

Psychcare at 1-800-221-5487