

Postpartum Depression

What you need to know now about postpartum depression



Things to do **EVERY DAY**
for healthy women and babies:

Exercise – 30 minutes a day, 5 days a week

Vitamin – 400 micrograms (mcg) of Folic Acid per day

Educate yourself about medicines and chemicals that can cause birth defects

Reproductive life planning – set your personal goals for birth control and future children

Yearly doctor visits to discuss physical and mental wellness

Diet – Vegetables, fruits, and whole grains daily

Avoid tobacco, drugs, and alcohol

Your partner, friends, and family should be sources of support

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What is postpartum depression?

Postpartum depression is a form of depression that occurs in the year after having a baby. It affects about 10% of new mothers. Hormonal changes after pregnancy can sometimes affect a woman's mood, leaving her feeling sad, depressed, panicky, overwhelmed, confused, and unable to sleep. Postpartum depression is not your fault, and you are not alone.

Is postpartum depression the same as the "baby blues"?

No. About 80% of new mothers experience the baby blues, which are feelings of being easily overwhelmed, tearful, and mildly depressed or anxious. The baby blues come and go in the first few days after birth, and typically go away in a few days or a week without needing treatment.

Postpartum depression often starts 1-3 weeks after delivery, and it is a serious condition. The feelings associated with postpartum depression last longer than two weeks.

How do you know if you have postpartum depression?

If you answer "yes" to either of the two questions below, you may be at risk for postpartum depression:

1. Over the past two weeks, have you felt little interest or pleasure in doing things?
2. Over the past two weeks, have you felt down, depressed, or hopeless?

Remember, every woman is at risk for postpartum depression, and your provider or your baby's pediatrician will screen you frequently for symptoms of depression.

What is the treatment for postpartum depression?

If you think you have postpartum depression, get help by talking to your health care provider. Your provider can help and may suggest you join a support group, get counseling, or use medications for your depression. Many of the medications used to treat depression are safe to use while breastfeeding, so be sure to tell your provider if you are breastfeeding.

With early identification and help, you can get better.

Remember your ABCs:

folic  cid  reastfeeding  ontraception

For more information, go to:

American College of Obstetricians and Gynecologists :
acog.org/publications/faq/faq091.cfm

Every Woman California: everywomanocalifornia.org/content.cfm?categoriesID=3

March of Dimes: marchofdimes.com/pregnancy/postpartum_depression.html

Postpartum Support International: (800) 944-4PPD (773) or postpartum.net