

Brand New Baby Blues

Having a baby can be exciting and fulfilling.

Yet it's not uncommon for new mothers to feel sad, anxious or weepy a few days after giving birth.

*The “**baby blues**” can leave you feeling unqualified to parent. Rest assured that these emotions are normal and should subside within a week or two.*



In the meantime:

~ Recruit trusted relatives or friends to help care for your newborn or other children.

~ Share your feelings with a friend or relative who will listen and offer encouragement.

~ Limit visitors until you're well rested.

~ Take 10 minutes each day to do something simple that you enjoy.

~ Don't struggle to be a perfect mom. Focus instead on being a nurturing one. That will matter most as you parent long-term.

If the blues persist, or if you have a history of depression, you may be suffering from postpartum depression, which is highly treatable. Contact your doctor to seek professional help.

