

Signs of Maternal and Child Depression

How do you know when your “baby blues” is something more serious? If your sadness, irritability and anxiety last more than two weeks, you may be suffering from postpartum depression (PPD), which can strike any new mother.

Depression can leave you feeling indecisive and self-critical. When you are depressed, your children suffer, too. Studies show a child with a depressed parent is more likely to become depressed before adulthood. A mother’s untreated depression can also affect her child’s well-being and development. (Fathers can suffer from depression, too.)



Signs of depression for adults and children include:

Mood swings

Lacking energy or feeling unmotivated

Crying excessively

Feeling overwhelmed, sad and hopeless

Eating and sleeping too much or too little

Withdrawing from family and friends

Having memory problems or trouble focusing

Depression can interfere with you and your child’s ability to lead a satisfying and productive life. Please don’t suffer in silence. Seeking help is a positive step.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)
800-Children (800-244-5373) Parent Helpline

