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For Mothers

Your body goes through many physical and emotional changes during pregnancy and after delivery. Contact your provider if you have trouble urinating, problems breathing, constipation, hemorrhoids, or if you show signs of infection or postpartum depression.





Postpartum Depression

POSTPARTUM DEPRESSION, OR more broadly, perinatal mood and anxiety disorders, are common. In fact, data suggests that one in seven moms, or 10 to 15 percent of women, suffer from postpartum depression. Early diagnosis and treatment are essential to the well-being of both mother and child.

The most obvious difference

between what is known as the “baby blues” and postpartum depression is that the baby blues should resolve on its own within one to two weeks. Postpartum depression does not go away on its own, and may intensify with time if a woman is not treated by a health care professional.

Other perinatal mood and anxiety disorders, including panic disorder,

obsessive compulsive disorder and generalized anxiety have symptoms like a fluttering, racing heart; rapid, deep breathing; trouble sleeping; loss of appetite; difficulty focusing; or repeated thoughts of disturbing things happening to your baby.

In rare cases, women experience postpartum psychosis, which requires immediate medical attention. Symptoms of postpartum psychosis include delusions, hallucinations and disorganized thinking.

New moms have an increased risk for postpartum depression if they have a personal or family history of depression or anxiety; a history of postpartum depression after a previous pregnancy; stressful or traumatic life events; poor social support; poor partner support; a baby who is sick, premature or difficult to console; or low self-esteem.

If you are experiencing any symptoms of postpartum depression or another perinatal mood or anxiety disorder, talk to your provider. They can connect you with the support and services you need. Medication and counseling/therapy can help treat PPD. With the right treatment, women recover and move forward as healthy, engaged mothers.

Signs of postpartum depression include:

- Ongoing and intensifying anxiety or depression
- Crying a lot over an extended period of time
- Trouble bonding with your baby
- Intense guilt about not feeling happier
- Feelings of helplessness or inadequacy
- Loss of interest in usual activities
- Suicidal thoughts



Sleep and Nutrition For Mom

IN THE FIRST FEW WEEKS OF A baby's life, your primary responsibility is to feed your baby and take care of yourself. This is the perfect time for caregivers and other family members to handle other household tasks.

If you can, sleep when the baby is sleeping. Don't feel obligated during this transition period to entertain fam-

ily or friends. When possible, a walk outside will help your body recover from childbirth and also give you a break.

Eat a healthy and balanced diet while your body is healing from childbirth. If you don't have time to cook, ask other caregivers or family members to help plan and prepare nutritious meals.



Medications While Breastfeeding

Most medications and immunizations are safe during lactation and breastfeeding. If you have a question about a specific medication, ask your doctor or your child's pediatrician, or check the National Institutes of Health's public Drugs and Lactation Database, called LactMed: ncbi.nlm.nih.gov/books/NBK501922. Information in this database is regularly updated.

You also need to drink plenty of fluids, especially if you are breastfeeding.

Remember that as a new mom, you must take care of yourself so that you can take care of your baby. Try to get enough sleep and eat healthy meals from the start so you have enough energy for the postpartum phase and beyond.