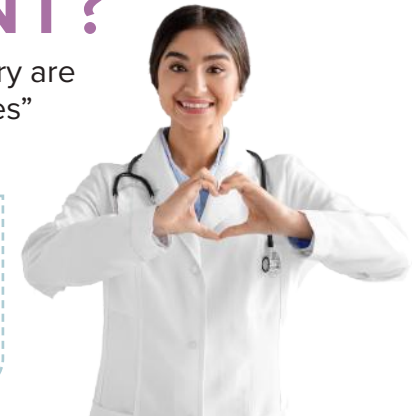




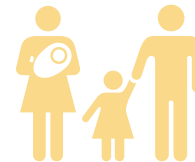
# “BABY BLUES” AND POSTPARTUM DEPRESSION

## HOW ARE THEY DIFFERENT?

A new baby brings a lot of change. Emotional changes after delivery are normal and sometimes called "baby blues." But how are “baby blues” and postpartum depression different?



★ Asking for help is good for you, your baby, and your whole family.



### “BABY BLUES”:

About **4 in 5** parents experience “baby blues”.

- ✓ Can start about 2-3 days after childbirth and can last up to 2 weeks.
- ✓ Usually go away on their own.



Call your health care provider if you have any of these feelings that get worse or last longer than 2 weeks.

“Baby blues” signs include:

- ✓ Crying easily for no reason
- ✓ Having trouble eating and sleeping
- ✓ Being very worried about caring for your baby
- ✓ Feeling overwhelmed
- ✓ Having a short temper

### POSTPARTUM DEPRESSION:

About **1 in 5** postpartum women experience postpartum depression.

- ✓ Can happen to anyone.
- ✓ Is common within the *first year* after pregnancy.





# “BABY BLUES” AND POSTPARTUM DEPRESSION HOW ARE THEY DIFFERENT?



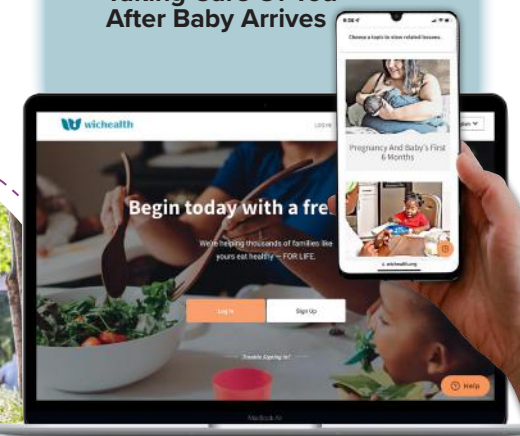
LESSON:  
TAKING CARE OF  
YOU AFTER BABY  
ARRIVES

### Take This Lesson to Learn:

- Tips to be your healthiest self after baby arrives.
- How mental health, sleep, nutrition and physical activity affect each other.
- How “baby blues” and postpartum depression differ and when to reach out for help.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Select **Begin**
- Choose the category: **Pregnancy And Baby’s First 6 Months**
- Choose the lesson: **Taking Care Of You After Baby Arrives**



*This institution is an equal opportunity provider.*

### What can I do if I have “BABY BLUES”?:

- ✓ Turn off screens, close my eyes, and rest for 30 minutes!
- ✓ Connect with family and friends.
- ✓ Refuel my body with veggies and fruits as snacks.
- ✓ Get some sunshine and fresh air.
- ✓ Feel content with accomplishing one thing a day.
- ✓ Breast or chestfeed. It can help with depression and anxiety. When breast or chestfeeding, the body makes hormones that reduce your stress and bring calmness.
- ✓ Add small amounts of physical activity to your day. Moving the body boosts your mood and even your energy level! Add small amounts of physical activity with these ideas:
  - Clean
  - Dance
  - Practice yoga
  - Stretch
  - Play with the kids in the park
  - Walk the dog
  - Push the kids in a stroller



### What can I do if I think I have

### POSTPARTUM DEPRESSION:

- ✓ Call your health care provider.
- ✓ Make healthy lifestyle choices.
- ✓ Include physical activity, such as walking with your baby.
- ✓ Try to get enough rest.
- ✓ Eat regular meals.
- ✓ Take time for yourself and get out of the house.
- ✓ Connect with others.
- ✓ Ask for help.

