

Postpartum Care

Symptoms of Postpartum Depression

- ◆ Feeling sad for several weeks after childbirth
- ◆ Changes in appetite
- ◆ Feeling guilty or worthless
- ◆ Problems concentrating
- ◆ Severe anxiety
- ◆ Trouble sleeping
- ◆ Loss of energy
- ◆ Feeling afraid to be alone with your baby
- ◆ Being unable to care for yourself or your baby
- ◆ Having negative feelings toward the baby
- ◆ Thinking about harming yourself or your baby
- ◆ Loss of interest in activities you normally enjoy

What to Expect

Taking home a new baby is a very exciting time for many women. However, a new baby can also bring a lot of physical and emotional challenges. Here are some changes you may experience and tips to make your first few weeks at home easier.



- Get as much rest as possible. Sleep when your baby sleeps.
- Follow your doctor's instructions about limiting activities like walking or climbing stairs.
- You may have spotting or bleeding for up to 6 weeks after giving birth.
- Most doctors recommend waiting 4-6 weeks after giving birth before having sex.

When to See the Doctor

- Every woman should see her doctor for a postpartum checkup between 21 and 56 days after giving birth. You should still go to this appointment, even if you are feeling good.
- Many moms feel overwhelmed with a newborn at home. It is good to ask friends and family to help so you can have time to take care of yourself. If you ever find that you are thinking about hurting yourself or your baby you should go to the nearest emergency room or call 911.
- It is normal to feel happy one minute and sad the next. Most of the time you will feel better after a week or two. If you don't, you should call your doctor and schedule an appointment.

