

Postpartum Mood

Postpartum Growing Pains Are Normal

It is common to hear about the Baby Blues and Postpartum depression. However, what few people recognize, but all mothers experience, is postpartum growing pains. Growth can hurt. Becoming a new mother is a profound physical and emotional turning point. The pregnancy and birth of your child marks a time in your life that will change every part of it, forever. One of the hardest parts of motherhood is redefining your life now that you have a new identity, not to mention another human being depending on you for survival while you are trying to figure this all out. It is vital for mothers and their partners to look at the postpartum period not as a race to get back to your old self, but rather as the growth of a new you. Growth is not always easy and it has no endpoint, much like parenting. As you and your partner grow into your new roles be patient, kind and forgiving to yourself and the one staying up with you at night.

WHERE CAN YOU GET HELP?

- * Your doctor or Midwife
- * Advice nurse
- * Pediatrician
- * Emergency room
- * Online Support : Postpartum Support

Postpartum Psychosis

1 to 2 out of every 1000 births

Postpartum Psychosis is a medical emergency. If you or your partner is experiencing any of the following symptoms contact your provider or go to the ED immediately

Symptoms:

- * Seeing things that are not there (Hallucinations)
- * Hearing voices or sounds that others do not
- * Thoughts of hurting yourself or your baby or others around you

DEFINITIONS — Psychosis is a disturbance in an individual's perception of reality. Psychosis can be manifested through one or more of the following: auditory, gustatory, and olfactory sensations.

GET HELP NOW IF YOU :

- * You have thoughts of hurting yourself or your baby or others around you- CALL 911
- * You are hearing or seeing things that are not there- CALL 911
- * Your thoughts or mood is preventing you from functioning (i.e you can't get out of bed, you can't think straight or are not able to finish any task)
- * You can not sleep when it is time to
- * Thoughts that repeat themselves over and over
- * Anxiety about your baby that feels overwhelming
- * You are not feeling connected to your baby
- * You think you need help

Symptoms of Postpartum Depression

Symptoms are present for more than 2 weeks and the symptoms cause clinically significant distress or impairment in social, occupational, or other important areas of functioning

Symptoms

- * Depressed Mood
- * Much less interest or pleasure in activities of the day
- * Sleeping too much or Not sleeping enough
- * Feelings of Restlessness or being slowed down
- * Diminished ability to think or concentrate, or indecisiveness
- * Feelings of worthlessness or excessive or inappropriate guilt

WHAT HELPS?

- * Support, support, support- don't suffer alone
- * Good Nutrition
- * Exercise
- * Prenatal Vitamins with Iron
- * Talking about your feelings
- * Sleep
- * Letting yourself feel how you feel- no more mom-guilt

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