

**Post Partum Depression**

The post partum period can be an emotional, overwhelming time for some women. Women may experience psychological changes and have difficulty coping.

There are different degrees of psychological change after having a baby and it is important to recognize that it is not uncommon and you are not alone. Being aware of the risk factors for having depression is important. Talk to your midwife or family doctor at any time during your pregnancy or post partum period if you have any concerns or need help. They will make every effort to address your concerns.

Postpartum Blues

Post partum blues are normal in the immediate postpartum period. About 70% of women may experience the “baby blues”. They usually peak around day 3-5 and lasts 24 to 72 hours. Women with the baby blues report feelings of depression, sadness, anxiety, restlessness, headache, elation, insomnia, appetite disturbances and negative feelings.

It is important to remember that baby blues are normal and transient. The following are things you can do to cope with the blues:

* Ask for help. Talk to your support people about your needs and emotions.
* Have lots of skin to skin time with your baby
* Get enough sleep. If you can, sleep when the baby sleeps
* Keep up your fluid and food intake
* Increase your vitamin B intake
* Consider baths, massage, reflexology, acupuncture

Post Partum Depression (PPD)

If you have risk factors for developing PPD it is important to develop a care plan. Speak to a support person(s) who will be able to watch for any signs or symptoms of PPD and help you through

it. Get in touch with a support group through the community while you are pregnant in order to have access to them after delivery.

It is important to talk to as many support people as you can. Speak to your midwife or doctor for a referral to a specialist.

Post Partum Psychosis

Post partum psychosis is very serious and extremely rare. Women may experience acute anxiety, restlessness, hallucinations, paranoia, and hysteria and have thoughts related to harming herself or the baby. Immediate help is required and hospitalisation may occur.

Ask for help. Speak to your midwife or doctor. Here are some other resources:

Durham Health Connection Line: 905-723-8521 or 1-800-841-2729.

Healthy Babies Healthy Children, Cobourg: 905-885-9100

Healthy Babies Healthy Children Durham: 905-723-5338 Ext. 2298.