

TALK WITH YOUR LOVED ONES ABOUT THE SIGNS OF POSTPARTUM DEPRESSION



Postpartum depression (PPD) is more common than you may think.

In fact, it's the most common complication of childbirth. About 1 in 9 moms suffers from PPD. PPD can happen to any woman, regardless of her age, number of kids, ethnicity, marital status, or income. While only a doctor can make a formal diagnosis of PPD, it's important for you and your loved ones to understand the signs and symptoms.

The signs of PPD aren't the same for every woman. Make a plan with your loved ones to watch out for any changes in your mood after you give birth.

Moms with PPD may have multiple symptoms that can last for more than 2 weeks, including:

EMOTIONAL

- Feeling sad, hopeless, empty, or overwhelmed
- Crying more often than usual or for no apparent reason
- Feeling worried or overly anxious
- Moodiness, restlessness, or irritability
- Anger or rage
- Persistent doubt about your ability to care for your baby
- Thoughts of harming yourself or your baby

PHYSICAL

- Physical aches and pains
- Changes in appetite
- Lack of sleep or oversleeping
- Difficulty concentrating

BEHAVIORAL

- Loss of interest in things that are usually enjoyable
- Avoiding friends and family
- Having trouble bonding or forming an emotional attachment with your baby



Talk to your doctor if you think you may be experiencing any of these symptoms.

Preparing for the possibility of PPD

Here are a few talking points to help you start the conversation with your loved ones:

- I want to talk about PPD so that we can be prepared in case it happens.
- PPD is a common condition that can affect the whole family. It's important to me to feel that I can talk to you openly and honestly. Lately I've been feeling...
- The symptoms of PPD can leave women overwhelmed by childcare responsibilities. Can I count on you for support if I experience PPD?
- PPD is a medical condition. We should discuss it with my doctor if we spot any of the signs.
- Can I trust you to listen to how I'm feeling and accept what I'm saying without judgment?



Have a conversation. Make a plan.

Talking about PPD with your doctor and loved ones is an important part of your postpartum plan and can help you be prepared if PPD happens to you. Remember, only your doctor can make a formal diagnosis of PPD.

For more information on how you can create a postpartum plan, visit PPDsigns.com/postpartum-plan.

Notes:

KNOW THE SIGNS. BE PREPARED.
Visit PPDsigns.com to learn more.

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