

Many moms choose to make a birth plan to outline their wishes during delivery. But it's also a good idea to make a postpartum plan that may help you adjust to life with a new baby.



Think about what you may need in terms of physical and emotional recovery.

Your plan may include a wide range of supportive actions, including help with household chores or what to say to your doctor if you think you are experiencing postpartum depression (PPD).

✓ CHOOSE YOUR POSTPARTUM TEAM

Write down the names of your doctor and loved ones who will be there for you after delivery.

YOUR DOCTOR:

WHO ELSE WILL BE THERE FOR YOU?

✓ HOW CAN THEY HELP?

Write down the ways in which your team can help you most after you've given birth, such as cooking a meal, doing housework, or providing a listening ear.

✓ KNOW THE SIGNS

While only a doctor can make a formal diagnosis of postpartum depression (PPD), it's important to understand the signs and symptoms. Share these with your team so they know what to look out for.

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



IN THE US, ABOUT 50% OF PPD CASES MAY GO UNDIAGNOSED.

That's why it's important to have a postpartum team and to talk to your doctor at each visit about how you're feeling.

KNOW THE SIGNS. BE PREPARED.

Visit PPDSigns.com to learn more.

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