

POSTPARTUM DEPRESSION CAN HAPPEN TO ANY MOTHER

Postpartum depression (PPD) affects about **1 in 9** new mothers.

- First, you should know that PPD is not your fault. In fact, PPD is the most common medical complication of childbirth. It can affect any woman, regardless of her age, number of kids, ethnicity, marital status, or income
- PPD has consequences for both mom and baby and it is a serious medical condition. When your relationship with your baby isn't strong, it may hinder your baby's physical, mental, and emotional development
- Many symptoms of PPD can be hard to recognize because some of them are commonly experienced by most new mothers

Track any of the following symptoms you may have experienced on a weekly basis and bring this checklist to all of your appointments to discuss with your doctor.

Week of:

SYMPTOMS

	MM/DD	MM/DD	MM/DD	MM/DD	MM/DD	MM/DD	MM/DD	MM/DD	MM/DD	MM/DD
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 aches and pains										
Changes in appetite										
Lack of sleep or oversleeping										
Difficulty concentrating										
Loss of interest in things that are usually enjoyable										
Avoiding friends and family										
Having trouble bonding or forming an emotional attachment with your baby										
Other:										

SYMPTOM CHECKLIST FOR:

_____ FULL NAME

START DATE:

_____ MM/DD/YYYY

Please note, this checklist is meant to help facilitate a meaningful conversation with your doctor. It does not replace the professional assessment of your healthcare provider. Always talk to your doctor if you have questions about PPD.