

“Baby Blues” vs Postpartum Depression

If Mom's Not Happy, No One's Happy!

	“Baby Blues” Very common, not serious	Postpartum Depression Less common, more serious
Symptoms May Include	Mild depression, mood swings, crying spells, irregular sleeping and eating patterns, anxiety, difficulty concentrating	Irritability, crying, sadness, mood swings, feeling overwhelmed, decreased energy, trouble thinking clearly or making decisions, exhaustion, changes in sleep patterns and/or appetite, headaches, chest pains and/or heart palpitations, isolation from others, fear of harming baby or others or self
Affects	About 8 out of 10 new mothers	About 1 out of 10 new mothers
Onset	3-4 days after delivery	Usually shortly after delivery, but can occur anytime during the first year after birth
Duration	A few days to 2 weeks	Up to 12 months
Treatment	None usually required	Medical evaluation is needed. Treatments may include antidepressant medication and “talk therapy” such as a support group and/or counseling.
Tips	<ul style="list-style-type: none"> • Nap when the baby sleeps. • Ask spouse, family members, friends to help with chores and night feedings. • Talk with other new moms. 	<ul style="list-style-type: none"> • Postpone major life changes if possible. • Exercise. • Lower your expectations for housekeeping, etc. • Arrange for daytime help • Get dressed and go out to run errands, take a walk, etc. • Join a support group for women with depression.

Modified from: <http://www.medcost.com/prenatal/originals/PDFs/Postpartum%20Depression.pdf>