



# Are you feeling blue?

## You are not alone.

Between 50 and 70% of mothers experience the **Baby Blues** and feel exhausted, moody, tearful, disappointed and anxious days after childbirth. These feelings can last up to two weeks.

About 10 to 15% of new mothers experience **Postpartum Depression (PPD)**, which is more severe and can happen anytime during the first year after childbirth.

New mothers experiencing postpartum depression usually have one or more of the following **symptoms**.\*

- + Excessive worry/anxiety
- + Irritability/short temper
- + Feeling overwhelmed, sad mood or feelings of guilt
- + Sleep problems
- + Tearfulness or crying spells

\* *Symptoms are not limited to those mentioned above. Check with your doctor.*

If you feel like  
hurting the baby or  
yourself, DIAL 911.

## There are things you can do.

- + Ask for and accept help
- + Talk to your doctor
- + Try to get regular exercise
- + Get dressed every day
- + Plan your day
- + Leave the house – go for a walk or visit a friend
- + Take time out for yourself
- + Nap when the baby sleeps
- + Eat well and drink plenty of water

Made possible by  
DuPage County Health Department  
Mental Health Services  
24-hour access / 630-627-1700  
[www.dupagehealth.org](http://www.dupagehealth.org)

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# positive

Positive Parenting DuPage™ enhances the ability of parents and caregivers to stimulate, protect and nurture young children through a network of collaborating organizations.

**For more information, visit us online at [positiveparentingdupage.org](http://positiveparentingdupage.org), or call 1-877-411-PARENT (7273).**

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Sources: National Institutes of Health, American Psychiatric Association, National Women's Health Information Center, American Academy of Family Physicians, Healthy Steps, Postpartum Depression Foundation

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