



Is this Normal?

 SLEEP DEPRIVATION	 BONDING WITH BABY	 YOUR MIND IS	 YOU WORRY	 YOU FEEL	 AFTER A FEW WEEKS
MAKES YOU TIRED	HAPPENS SHORTLY AFTER BIRTH	FORGETFUL & DISTRACTED	FOR GOOD REASON	HAPPY & HOPEFUL	YOU GET INTO A GOOD ROUTINE
TYPICAL ADJUSTMENT					
MAKES YOU EMOTIONAL	DOESN'T HAPPEN IMMEDIATELY	FOGGY & UNCLEAR	ABOUT MINOR THINGS	WEEPY & EMOTIONAL	YOU START TO FEEL BETTER
BABY BLUES					
MAKES YOU ANGRY	DOESN'T REALLY HAPPEN AT ALL	FULL OF SCARY THOUGHTS	IF YOU ARE A GOOD MOTHER	NOTHING/ GUILT/ EXT. SADNESS	YOU START TO FEEL WORSE
PPD/PPA					

Remember:

- About 80% of new moms experience baby blues, typically subsiding within 1 month after delivery
- If you experience symptoms longer than 2-4 weeks, they begin during pregnancy or anytime in the year after birth, or they make it hard for you to function, you may be experiencing postpartum depression or anxiety (PPD/PPA)