



## Baby Blues

Baby Blues affect about 80% of all new mothers. The blues generally occur within the first week after birth and often begin about the time milk comes in. They are temporary and rarely last longer than a week. Symptoms include:

- Crying easily
- Feeling overwhelmed
- Feeling a loss of control
- Feeling exhausted, anxious or sad
- Feeling a lack of confidence about being a parent.

The Baby Blues may be relieved by:

- Getting more rest and sleep
- Reducing physical pain, such as that of sore breasts, perineum or surgery incision
- Being surrounded by supportive family and friends

Be aware of more serious postpartum mood disorders, though. See the short article [Risk Factors for Postpartum Mood Disorders](#).

More information on postpartum mood disorders at [www.ccf.wa.gov/ppd/home.htm](http://www.ccf.wa.gov/ppd/home.htm)

If you need someone to talk to about these issues: call 1-888-404-7763 for Postpartum Support International.

For more information on pregnancy:

See our books: *Pregnancy, Childbirth & the Newborn* or *The Simple Guide to Having a Baby*.  
Take a childbirth preparation class at Great Starts, or in your local community.

For parenting tips, information for families, or to talk to someone about parenting:

**In Washington State:** Call the Family Help Line at 1-800-932-HOPE

**Outside of WA:** contact your local Circle of Parents agency at [www.circleofparents.org](http://www.circleofparents.org)

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