



## **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.

*More information on postpartum mood disorders at see [www.wpcan.wa.gov/ppd](http://www.wpcan.wa.gov/ppd)  
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.*

- Excerpt from [Pregnancy, Childbirth, and the Newborn](#)®, 2001