

“Baby blues” after delivery

Having a baby brings much joy! It also brings many changes. Your moods are apt to be very strong for the first few weeks after your baby is born. It is common to feel angry or worried. It is also common to feel sad, feel like crying, and to cry. This is known as the “baby blues.”



The “baby blues” usually start about 3 days after the baby is born. They usually last up to a week or so. This is a normal part of having a baby. Hormone changes are a big part of this. Being tired can be a part of it, too.

Some women get a bad case of the “baby blues.” Their sad feelings are very strong. They don’t go away after a week or even two. These women may have postpartum depression. This is an illness that needs medical care. It doesn’t mean the mother has failed.

Let your health care provider know if you have any of these signs and symptoms:

- Thoughts of harming your baby or yourself.
- “Baby blues” and strong feelings of sadness and anger that don’t go away after about 2 weeks. These feelings can even start up to 1 year after the baby is born.
- Feeling helpless, hopeless, or guilty. These feelings get stronger each week. They keep you from doing normal daily tasks.
- Sleeping most of the time. Or not being able to sleep even when you are tired.
- Having trouble focusing or making decisions, having memory problems.
- A big change in how you normally eat. You eat too much. Or you eat too little.
- Little or no interest in your baby or your family. Or you worry too much about your baby.
- Panic attacks. With a panic attack, you breathe fast. Your heart beats fast. Your hands sweat. It seems like you can’t breathe. You may think you are having a heart attack or are going to die. You feel out of control.

Postpartum depression can happen after the baby is born or after you stop breastfeeding. The good news is that it can be treated. If it does happen, don’t wait to get help. Call your health care provider right away.

