



Advanced
Pediatric
Associates_{LLP}

Friends, Helpers and the Blues

Everyone needs help during the first few weeks. Welcome help from family, friends, or neighbors, but make sure that they understand that it is your job to take care of the baby. They can help best by taking care of household chores, shopping or errands.

More than 50% of new mothers experience postpartum blues after delivery. Symptoms include tearfulness, tiredness, sadness and difficulty thinking clearly. This is probably due to a sudden decrease in hormones and resolves over 1 to 3 weeks as hormone levels return to normal. Some things to try if you are feeling down:

- Make sure you are getting adequate rest.
- Get help with taking care of household chores, cooking, errands, and, if needed, the baby's needs.
- Keep in contact with other people so that you do not feel isolated.

Please discuss your feelings with a medical provider or call our office if these feelings become overwhelming.