

Pregnant or a New Parent?



The Baby Blues and Postpartum Depression

The birth of a baby can bring many powerful emotions, from excitement and joy to fear and anxiety. Some of these feelings are just a part of becoming a new parent. A new baby can affect your sleep, how you eat and how you spend your time. It takes time to adjust.

Up to 75% of new moms have some degree of the 'baby blues' and about 15% of women experience postpartum depression.

Baby Blues

Sadness and mood swings after the birth of a baby are common. Within a few days after birth, mothers can have the 'baby blues' which is often caused by the hormonal changes that are happening in your body. These feelings usually last a week or two and will go away on their own.

With Baby Blues you may:

- feel very tired
- have mood swings, from feeling happy to sad
- feel anxious, worried or panicky
- cry for no reason
- feel unsure about how to care for your baby

Postpartum Depression

Postpartum depression can begin during pregnancy, right after birth or any time during the first year. It lasts longer than two weeks and the feelings and symptoms are more severe. Many women who experience this form of depression are too embarrassed or afraid to ask for help. If you feel sad for a long time or are finding it hard to cope, you may have postpartum depression.

With Postpartum Depression you may:

- feel sad, alone, withdrawn, anxious or nervous, overwhelmed, guilty, angry, upset or irritable
- feel like you don't want to be around people
- not enjoy being with your baby
- be worried about your health and your baby's health (even if your health care provider says your baby is fine)
- have a hard time concentrating or remembering things, have scary thoughts or fantasies, or want to run away

- feel tired
- not be able to sleep or relax (even after your baby is asleep) or you want to sleep all the time
- feel like crying all the time
- have a change in appetite.
- feel very anxious and your heart may race (panic attacks)

If you have a number of these feelings, it is very important to ask for help and support from a friend, family member or a health professional:

- call your doctor, midwife or public health nurse
- call the Women's Health Clinic, Mothering Program at 204-947-2422 ext. 113
- call the Mood Disorders Association of Manitoba, PPD Warmline at 204-391-5983
- in rural Manitoba, call Manitoba Farm and Rural Support Services toll free at 1-866-367-3276

If you feel like you might hurt your baby or yourself:

- call 911
- go to your local hospital emergency
- in Winnipeg call the 24 hour WRHA Mobile Crisis Service at 204-940-1781 or go to 817 Bannatyne Avenue
- call the 24-hour Manitoba Suicide Line toll free at 1-877-435-7170



Learn more about the prenatal benefit, nutrition, and health and your developing baby.

Connect with a Healthy Baby program in your community.

Website: manitoba.ca/healthybaby

Telephone: **204-945-1301** (in Winnipeg)

Toll free: **1-888-848-0140** (outside Winnipeg)

If you live in a First Nations community and want to learn more about your local Canada Prenatal Nutrition Program, contact your health centre or nursing station and ask for the CPNP worker.



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