

Baby blues and psychological well-being



In the days following childbirth, some mothers experience mood swings, feel sad, and sometimes anxious. How about you? This fact sheet explains what the “baby blues” are and what can help you get through this time.

What are baby blues?

A few hours after giving birth, you experience great joy with the baby’s arrival. In the days that follow, however, your emotions may be scrambled or confused. Many mothers feel depressed during this time. This is called “baby blues”.

What are the symptoms of baby blues?

The main symptoms are:

- loss of appetite
- difficulty sleeping
- fatigue
- crying for no reason
- sadness
- anxiety

These situations occur quite often and you should not feel guilty under any circumstances.

It is normal to have these kinds of reactions. Fatigue, exhaustion, and hormonal upheaval related to childbirth are the underlying cause of baby blues.

Can it get worse?

Baby blues are a temporary condition, which can last from a few hours to a few days. If the symptoms last longer than two weeks, or if you’re not interested in your baby, postnatal (or postpartum) depression may develop.

If you’re concerned, consult a health professional (nurse, doctor, or psychologist). The sooner you ask for help, the sooner you’ll regain the joy of motherhood!

Baby blues go away, but postnatal depression is much less easy to live through! Don’t hesitate to consult your health care team.



What can I do to prevent the baby blues from turning into depression?

It is important to take care of yourself to avoid being overcome by exhaustion. Here are some tips to help you through these difficult times.

- > Ask for help from family members or friends for household tasks. You need some time to rest. Don't hesitate to ask, it happens to everyone!
- > Talk about your fears and emotions with your loved ones. This will help them understand what you're going through and what you need.
- > Take time for yourself. Take every opportunity to relax and catch up on your lost sleep. Don't feel guilty about using these breaks to restore your energy. You need it to fulfill your role as a mother more effectively.

Who can I contact for help or to ask questions?

At the CHUM Birthing Centre, contact the Perinatal Clinic, from Monday to Friday, from 8:00 a.m. to 4:00 p.m.

> **514 890-8000, ext. 36396**

or the Psychology Service

> **514 890-8000, ext. 36277**

Outside of these hours, call the Postpartum Unit

> **514 890-8426**



You can also direct your questions to a perinatal nurse at your neighbourhood CLSC (local community services centre), or call Info-Santé at **8-1-1**.



USEFUL RESOURCES

From Tiny Tot to Toddler: A Practical Guide for Parents from Pregnancy to Age Two. A copy of this guide was given to you at your first visit. You can also consult it online:

> www.inspq.qc.ca/en/tiny-tot

Ligne Parents (parents hotline, French):

> **1 800 361-5085**

(24 hours/day, 7 days/week)

> ligneparents.com

The Postpartum Journey:

> postpartum.org/the-journey

Postpartum Support International:

> postpartum.net

Find a phone hotline service in your area:

> yourlifecounts.org

Click on Find Help Now

Canadian Mental Health Association:

> cmha.ca

To learn more about pregnancy, delivery, or follow-up care, visit our internet site.



Videos, other fact sheets, and more resources are available at:

centredesnaissanceschum.com

The content of this document in no way replaces the recommendations and diagnoses made, or the treatment suggested by your health professional.

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