

Postpartum Depression and Baby Blues | Kaiser Permanente

[Music]

Many women, when they get home from the hospital, are overwhelmed by the amount of work and things that they have ahead of them to do.

Having baby blues is more common than you'd think. A lot of women feel overwhelmed after the delivery of a baby.

So, those first couple weeks are really emotional. So, you're going to cry a lot. You're going to laugh a lot.

It's a learning process, and you're going to make little mistakes here and there, and that's normal.

People feel a lot of pressure to be perfect. And it's normal to feel overwhelmed and sad, and that's common.

Where we get concerned and where it veers into postpartum depression is if you're feeling overwhelmed most of the time, frustrated most of the time, not taking pleasure in normal activities that you would have, not happy about being with the baby.

A feeling of remoteness or distance from the newborn and that feeling of wanting to withdraw from your family and your friends.

And if you're feeling completely overwhelmed, feeling like you are not able to care for yourself or your baby or feeling like you may harm yourself or the baby, those are serious symptoms and you should talk to your doctor right away.

There's lots of support resources that we can connect you to. There's counseling, there's medications if needed and there's lots of just little things that we can do to discuss your circumstances and what might help.

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You're not alone. You're not the only one going through this. There's not something wrong with you. This is just a normal phase of postpartum care, and we are here to help you, get you through it.

[End of recording]