

How Many Moms...

- About 8 out of 10 moms get “baby blues” which are mild mood swings and crying because of the stress of caring for a new baby and hormonal changes in your body

What are the things to watch out for?

- Feeling worried
- Feeling unhappy
- Feeling tired or low on energy

What to do?

- Baby blues are normal and no treatment is needed
- Baby blues can last up to 2-3 weeks after you have your baby
- This is an important time to ask for support from your friends and family
- If it does not go away or you are not able to care for yourself and your baby, you may have something more serious and need treatment