



The Postpartum Blues

After the baby is born, many new mothers have the "postpartum blues" or the "baby blues." The word "blues" is not really correct since women with this condition are happy most of the time. But compared to how she usually feels, the new mother:

- Is more irritable
- Cries more easily
- Feels sad
- Feels confused

The postpartum blues peak three to five days after delivery. They usually end by the tenth day after the baby's birth. Although the postpartum blues are not pleasant, the woman can function normally. The feeling of the "blues" usually lessens and goes away over time.

Medical experts believe that changes in the woman's hormones after delivery cause the postpartum blues.

The American College of Obstetricians and Gynecologists recommends that women do these things to help relieve the "postpartum blues":

- Talk to your partner or a good friend about how you feel
- Get plenty of rest
- Ask your partner, friends and family for help
- Take time for yourself
- Get out of the house every day, even if it's just for a short while
- Join a new mother's group and share your feelings with the women you meet there
- **If the symptoms last for longer than two weeks or worsen, you may have postpartum depression. This is a serious medical condition. For more information, read the article on postpartum depression.**

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