New Moms - Dealing With Feelings

Support Group for Baby Blues & Postpartum Depression

Many moms get baby blues 2-4 days after birth. By 6 weeks, moms should feel better. However, during the first year, 15% of moms get postpartum depression.

Babies need love and special care: touches, smiles, laughter, singing, and talking. ***A depressed mom cannot give this care.***

Postpartum depression symptoms include:

- Insomnia — cannot sleep
- Sleeping too much and still tired
- Changes in appetite
- Crying spells with no cause
- Loss of energy
- Problems with thinking and focusing
- Loss of sexual interest
- Sadness, depression
- Bad temper, moody
- Feeling like a bad mother
- Feeling out of control
- Thinking you will never feel better
- Fear of leaving the house
- Fear of being alone
- Fear of harming yourself or your baby
- No good feelings about your baby
- Over-concern about your baby or thinking only about your baby.

If you think you have postpartum depression, ask for help right away.

- **Call Parent Help Line.** They listen. They can help you find answers. **1-217-544-5805 or 1-888-727-5889**.
- Call your doctor. Explain how you feel. Ask for help. Take any medication your doctor gives you.
- Ask family and friends to help with childcare, laundry, meals.
- **Attend Parent Help Line's *New Moms -— Dealing with Feelings* support group.** Call the St. John's Children's Hospital Birth Consultants at 1-217-744-2229 or Parent Help Line for more information.

  Held in the NICU Conference Room on the 4th floor of the CJC WCC at St. John's Children's Hospital from 11 a.m. to 12 noon. Class dates:

  - March 8, 22
  - April 5, 19
  - May 3, 17,31
  - June 14, 28
  - July 12, 26
  - August 9, 23
  - September 6, 20
  - October 4, 18
  - November 1,15, 29
  - December 13, 27
- Seek counseling with your mental health professional.

Do not suffer alone. Get help for your postpartum depression.

Parent Help Line

Call the Parent Help Line. Help is just a phone call away.
1-217-544-5808 or 1-888-727-5889, 10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Children's St. John's Hospital
In partnership with the SIU School of Medicine

Sponsored by the Springfield Tracy Fund of the Community Foundation for the Land of Lincoln.