

Taking care of yourself and your baby

How are you feeling?

Symptoms of postpartum depression

Did you know that the enormous physical and emotional changes of pregnancy and childbirth could make you susceptible to depression? Some of the signs and symptoms of postpartum depression include

- Feeling sad or miserable
- Crying due to unhappiness
- Having difficulty sleeping
- Feeling overly anxious, worried, scared and/or panicky
- Being unable to look forward with enjoyment to things
- Having thoughts about harming yourself
- Being uninterested in your baby.

Talk to your clinician right away about these feelings or any other feelings that are making it hard for you to care for yourself and/or your baby. Most cases of depression can be treated quite easily and your clinician can help you.

Tips on caring for your new baby from Massachusetts pediatricians and family physicians

- Schedule and keep all well-baby appointments with your baby's clinician and have your baby receive all recommended immunizations as early as possible
- Do not smoke or let others smoke around your baby
- Always place your baby on his/her back to sleep (on a firm crib mattress)
- Consider breast-feeding your baby for at least six months or through the first winter, if possible
- Avoid alcohol and drugs, and seek help for your own health and personal issues. Take care of yourself so you can take care of your baby

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If you answer "yes" to any of the following questions, you may need help. No one deserves to be abused and abuse is not your fault. Talk to your clinician or call 1-800-799-SAFE.

- Have you ever been hurt or threatened by your partner, or anyone else (e.g., ex-partner, other family member)?
- Do you ever feel afraid or controlled or isolated by your partner or anyone else?
- Are you in a relationship with a person who physically hurts or threatens you?
- Is it safe for you to go home?
- Has your partner, or anyone else, ever forced you to have sex when you didn't want to?
- Has your partner, or anyone else, ever refused to practice safe sex?
- Are you afraid that your partner, or anyone else, might do something to hurt your baby?

Community Resources for Safety and Wellness

Domestic Violence Support

Safelink domestic violence hotline:

http://www.janedoe.org/safety/safety_dv_shelters.htm

- In English or Spanish at 1-877-785-2020 (toll-free); multilingual translation available
- TTY at 1-877-521-2601

Substance Abuse/ Smoking

Massachusetts Substance Abuse Helpline:

<http://www.helpline-online.com/About.htm>

- In English or Spanish at 1-800-327-5050; multilingual translation available
- TTY at 617-536-5872

Massachusetts/ Rhode Island Smoking Cessation Quitline:

www.trytostop.org

- In English at 1-800-TRY-TO-STOP (800-879-8678); multilingual translation available
- In Spanish at 1-800-8-DEJALO (800-833-5256)
- TTY at 1-800-TDD-1477 (800-833-1477)

Breastfeeding information and resources

La Leche League of Massachusetts

(support groups, counseling, home visits)

see website to find local phone number <http://www.llusa.org/MARIVT/Massachusetts.html>

Boston Association for Childbirth Education's Nursing Mothers Council

(telephone counseling and referral, sale/rental of pumps):

<http://www.bace-nmc.org/NMC.htm>

- 617-244-5102 *(primarily English-speaking)*

Massachusetts Breastfeeding Coalition

(multilingual printable guides, advocacy/ legislative information)

<http://www.massbfc.org/>

Returning to work while breastfeeding *(printable handout)*

<http://www.aafp.org/afp/20031201/2215ph.html>

US Dept of Health & Human Services

(general information, English/Spanish printable handouts)

<http://www.4woman.gov/breastfeeding/index.cfm?page=227>

Postpartum/Parenting Support

Parental Stress Line *(phone counseling, support groups)*

- 1-800-632-8188 *(primarily English-speaking)*

Postpartum Support International *(printable materials for patients and providers, support groups)*

www.postpartum.net

- In English and Spanish at 1-800-944-4PPD. A recording at this number will refer callers to the website or call the main office at 1-805-967-7636 to find a local PSI coordinator

Carseat safety *(printable guides for patients)*

<http://aap.org/family/carseatguide.htm>

<http://www.nhtsa.dot.gov/>

SIDS prevention *(printable guides and audio files for patients)*

<http://aap.org/healthtopics/Sleep.cfm>