

Postpartum Blues  
or “Baby Blues”  
are COMMON.

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postpartum blues.





## POSTPARTUM BLUES OR “BABY BLUES”

Pregnancy, the birth of a baby, or an adoption brings physical, emotional and social changes. Adjustments to the new roles and relationships are not always easy. Almost 4 out of 5 mothers will experience the **Postpartum Blues** or “**Baby Blues**”.

### YOU MAY:

- Feel sad and tearful**
- Feel irritable**
- Feel exhausted**
- Feel overwhelmed**
- Have changes in your sleeping or eating pattern**

This is normal. It happens in the first few days or weeks after the baby is born. It will pass in a few days or at the most two weeks. It will pass easier if you: **Take care of yourself using strategies outlined in this brochure and let family and friends help you as well.**