

MS11 VT12 FAQ Emotional Support

[Music]

Having baby blues is more common than you'd think. A lot of women feel overwhelmed after the delivery of a baby.

You have this new little person you're taking care of. You're up all hours of the night, and you have varying levels of help and support at home.

It's important to talk to people. Talk to you partner. Let your partner know how you're feeling.

I think a partner's role in terms of emotional changes of pregnancy and the early postpartum is first of all to listen, to perhaps take on some of the tasks.

Just be creative in using your friends and family to do things for you that you may not think to ask for yourself so you can take some time for you.

If you're still crying a lot after the first couple of weeks home, we definitely want to see you back because it could be postpartum depression which is one of the most common problems postpartum that women have.

If you're feeling completely overwhelmed, feeling like you are not able to care for yourself or your baby or feeling like you may harm yourself or the baby, those are serious symptoms and you should talk to your doctor right away.

The treatments for postpartum depression include counseling or medication, and both are effective. And depending on your situation, we may do one, the other or both.

Sometimes everything is normal and you just need someone to talk to, but please call us and let us know how you're feeling.

MS11 VT12 FAQ Emotional Support

There's lots of support resources that we can connect you to. There's counseling, there's medications if needed and there's also just little things that we can do to discuss your circumstances and what might help.

You're not alone. You're not the only one going through this. There's not something wrong with you. This is just a normal phase of postpartum care and we are here to help you, get you through it.

[End of recording]