



FÉDÉRATION
Nourri-
Source

THE POSTNATAL BABY BLUES



Linked to hormonal changes:

- may occur in the first two weeks after birth
- is characterized by periods of crying, irritability, fatigue and insomnia

The mother could possibly have postpartum depression if:

- this symptoms lasts for more than two weeks
- symptoms intensify instead of subsiding
- interest in the baby decreases
- all accompanied by a loss of appetite

ASK FOR HELP



How to help ?

- Skin to skin
- Cohabiting together
- Taking naps together
- Breastfeeding lying down
- Bathing with baby
- Go out for a walk, ideally in a carrier, otherwise in a stroller
- Let the other parent do the housework and meals
- Ask a Nourri-Source breastfeeding volunteer for more information

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www.nourri-source.org

RÉFÉRENCE: LE PETIT NOURRI-SOURCE

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édition