



Low mood after birth

Around the 3rd or 4th day after giving birth, you may feel a bit **down**.

- you are irritable
- you have sleeping problems
- you cry seemingly for no reason

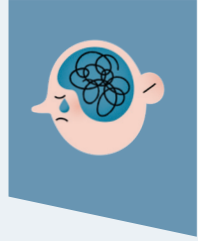
This is normal and will pass. Try to get **plenty of rest** and **talk about your feelings**.

Because emotional well-being is important, you will be asked at various times how you are doing in this respect.

If these feelings persist **longer than 10 to 14 days after birth**, do not hesitate to talk about them with a Kind en Gezin team member, gynaecologist, family doctor or midwife.

If you remain sad, irritable, anxious and down for weeks or months, it is called **postpartum depression**.

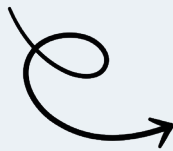




SIGNS OF POSTPARTUM DEPRESSION

As a new parent, you are often tired due to a lack of sleep. You sometimes fret and perhaps feel sad or insecure. In postpartum depression, such symptoms are so bad **that you have trouble completing your daily activities.**

On our website, you can find out which signs characterise postpartum depression and what you should look out for;



WHAT CAN YOU DO?

- Take the symptoms **seriously** and try to accept that things don't feel the way you would like them to.
- **Talk to those around you** about your feelings and concerns, even if it is not easy.
- You are allowed to make 'mistakes': **parenthood is learned through trial and error.**
- **Take time and rest** (with and without your baby). Let your partner, friends and family help in the household and care for your baby.