



# ADVANCED WOMEN'S HEALTHCARE OF WAXAHACHIE

## POSTPARTUM INFORMATION

### **Your Emotions After Delivery**

After delivery you may feel:

- Joyful
- Excited
- Nervous
- Worried

These are normal feelings. Many women have them. Some women have more upsetting feelings such as:

- Extreme fear and worry
- Great sadness
- Not feeling normal

### **What Can You Do To Feel Better?**

If you are having any of these feelings, please talk to your friends, family, or health care provider. If you are afraid you may harm your baby or yourself, call your health care provider or go to an emergency room right away. Help is available. You are not alone. Many women feel like you do. Your life will get better when you get help.

### **Baby Blues**

Up to 8 out of 10 new mothers have the "Baby Blues." Signs include:

- Crying
- Mood swings
- Feeling irritable
- Having a short temper
- Being very sensitive

This is like what some women feel before their periods. The signs start about three days after having a baby. They should go away on their own in about two weeks. Support from your family and friends can help. Some women with baby blues enjoy being a new mother from the start. Others may not enjoy being a mother for several days or weeks. This is normal. If the baby blues are really bad, the mother should check with her health care provider. This may mean she is more likely to have postpartum depression after a few weeks.

### **Postpartum Depression**

For many women, the baby blues go away after a few days or weeks. If they do not, or if they get worse, the mother may have postpartum depression. This is a common illness in new mothers. It occurs in 1 out of 10 women after delivery. Signs may include:

- Sadness
- Having a short temper
- Crying
- Problems sleeping, even when the baby is sleeping
- Not wanting to hold or touch the baby (not enjoying the baby)
- Feeling tired
- Changes in eating patterns
- Thoughts about her own death or the death of her baby

### **Postpartum Anxiety**

It is normal for new mothers to worry about their babies. But worry that takes over your life is not good for you or your baby. Signs that a mother may be worrying too much are when she is:

- Afraid that something will harm her baby
- Afraid that she will hurt her baby
- Spending most of her time trying to get these ideas out of her head or trying to protect her baby
- Afraid to be alone with her baby

### **Postpartum Psychosis**

This is an illness that happens to 1 out of 1,000 women having a baby. It is an emergency. The mother needs medical help right away. A mother may:

- Become confused
- Be nervous or very quiet
- Her voices
- See things
- Have thoughts about hurting herself or her baby

### **Parenting**

Whether your children are babies, preteens or teens, as a parent, you will have good times and bad times. Sometimes, the bad times can be very hard. If you are ever worried that you might hurt your children or yourself, there are places you can go for help. Some people find that books and websites on parenting can give them useful ideas. Others prefer to talk with other parents, their children's teachers, clergy members, or parenting experts. Some parents find classes helpful.

## **Helpful Resources**

Below are some resources that may help you with your emotions after delivery:

- Statewide Help:
  - Postpartum Resource Center of Texas  
811 Nueces  
Austin, TX 78701  
1-877-472-1002  
[www.texaspostpartum.org](http://www.texaspostpartum.org)
  
- Telephone:
  - In Texas dial 211
  - National phone line: (800)-PPD-MOMS
  
- Websites:
  - DSHS Pregnancy, Parenting and Depression Resource List:  
<http://www.dshs.state.tx.us/mch/depression.shtm>
  - Depression After Delivery, Inc.: [www.depressionafterdelivery.com](http://www.depressionafterdelivery.com)
  - The National Women's Health Information Center: <http://www.womenshealth.gov>
  - Postpartum Support International (PSI): <http://www.postpartum.net/>
  - Parent Anonymous: <http://www.parentsanonymous.org/paIndex10.html>

## **Babies and Crying**

Babies and young children tell us what they need in different ways. One of those ways is by crying. It is normal for babies to cry every day. At times, babies cry more. Some babies cry more than others. Many babies cry more in the evening. Often babies cry even when you are trying to help them. Sometimes it is not easy to know what a baby needs and it can take some time to figure it out and to calm the baby down. This can be hard on parents and others who care for the baby. When a baby cries for a long time, it can be stressful and may make you feel helpless and angry. But remember, no matter how you feel, NEVER SHAKE the baby.

## **Ways to Calm a Crying Baby**

- Change the baby's diaper
- Feed or burp the baby
- Check every part of the baby to see if something is hurting: are the baby's clothes too tight? Is a diaper pin poking the baby?
- Check to see if the baby may be sick: Does the baby have a stuffy nose? Does the baby have a fever?
- Make sure the baby is not too hot or too cold
- Try to settle the baby for a nap
- Give the baby a pacifier or teething ring
- Take the baby for a walk or a car ride
- Talk or sing to the baby, or play music
- Give the baby a bath
- Take the baby outside for a few minutes
- Show the baby some toys or a mirror. Young babies often like black and white toys or patterns.
- Change the way you are carrying the baby
- Gently rub the baby's back or tummy
- Try a baby swing
- Call someone else-sometimes a new face or voice can calm the baby
- If nothing else works, put the baby in a safe place and walk away. Check on baby every 5 minutes or so

## **Endless Crying and Colic**

If your baby cries for a very long time or repeatedly, you may want to take him or her to your health care provider. Your baby may have a health problem or colic. Colic is when a baby cries for more than three hours every day for more than three days a week. With some babies, colic can sound like screaming instead of crying. Colic will not hurt the baby, but it can be very stressful and hard for the parents or caretakers. Sometimes, your health care provider can help with changes in the baby's diet or may have other ideas to help you deal with colic.

## **Shaken Baby Syndrome**

A baby's brain is more delicate than an adult's brain. Shaking the baby or treating him or her roughly can cause brain damage, blindness, hearing loss, or even death. Shaken baby syndrome is the medical name for all the different problems that can happen when a baby is shaken.

If your baby is crying and you feel like you are losing control, put your baby in a safe place and walk away. Take some deep breaths and try to calm yourself down. If you don't think you can calm down, call a friend, neighbor, or family member to care for your baby. Calling 911 is another option.

If someone else is caring for your baby, talk to him or her to be sure they know about Shaken Baby Syndrome and that they know ways of calming a baby. If you have any concerns about a person who is caring for your baby, talk to him or her or find a different person. If your baby is in day care, talk to the director. DO NOT leave your baby with someone you don't know well.

If you are worried about someone else's baby, offer to help. You may be able to show some new ways of calming the baby, or may be able to give the parent or caretaker a break. If you think someone is hurting a child, you need to report it. You can call 1-800-252-5400 or use the Department of Family Protective Services secure website: <https://www.txabusehotline.org> If it's an emergency, call 911.

## **Symptoms of Shaken Baby Syndrome**

- Baby is very sleepy or very fussy
- Baby vomits or does not want to eat
- Baby is not smiling or making noises like usual
- Baby's arms and legs are rigid or stiff for any period of time. This may indicate a seizure or something worse.
- Baby has a hard time breathing
- Baby's eyes look different or if you think the baby's eyes may have been hurt.

If you see signs like these, contact the baby's health care provider or the emergency room right away. Make sure to tell them if you think your baby has been shaken—this can save precious time!

## **Helpful Resources**

Below are some resources that may help you:

- Telephone:
  - In Texas dial 211
  - National phone line: 800-4-A-CHILD or 800-CHILDREN
- Websites:
  - <http://www.shakenbaby.com/>
  - <http://www.dontshake.com/>
  - <http://www.preventchildabuse.com/shaken.htm>