

HOW TO PREVENT POSTPARTUM DEPRESSION

BUILD A STRONG SUPPORT

Talk with your partner, family, or friends about how they can help after birth.

SET REALISTIC EXPECTATIONS

Let go of the pressure to "bounce back." Your only job is to heal and care for your baby.

TALK ABOUT YOUR MENTAL HEALTH

If you've had anxiety, depression, or birth trauma before, tell your doctor or midwife.

PREPARE EMOTIONALLY

The first weeks can feel overwhelming. Normalize the hard days.

CREATE A POSTPARTUM CARE

Think beyond the birth plan for meals, sleep help, and rest.

FUEL YOUR BODY AND MIND

Eat regular meals, hydrate, and move gently if you can. Balanced nutrition supports mood and healing.

SLEEP AND REST AS A PRIORITY

Sleep deprivation is a major trigger. Share baby duties at night if possible.

KNOW THE SIGNS BEFOREHAND

Learn what postpartum depression feels like — so you or your partner can spot it early.



Depressed Mother A Practical Guide To Treatment And Support

JG Myers



Depressed Mother A Practical Guide To Treatment And Support:

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