

# QUICK FACTS:

## BABY BLUES

### What is it?

- The baby blues refer to feeling sadness, experiencing mood swings, and crying spells that women typically experience for about 3 weeks postpartum. Up to 80% of women will experience this, and chances of developing this are quite high.
- Onset: Up to three weeks postpartum

### Risk factors:

Exact reason is unknown, but it is assumed to be a result of a combination of factors such as laboring and giving birth, major hormonal shifts, sleep deprivation and the anxieties and difficulties we experience while adjusting to our new role as a parent.

### Symptoms:

- Feeling emotional, or triggered easily
- Crying for no reason
- Difficulty sleeping (even when baby is sleeping)
- Feeling restless
- Mood swings
- Difficulty attaching to or bonding with your baby or partner
- Missing aspects of your old life and identity
- Forgetfulness, difficulty making decisions

### Duration:

Baby blues should not last longer than 3 weeks, if you continue to feel these symptoms for longer than 3 weeks this is a sign that a perinatal mood disorder may be present

### Baby Blues vs. PPD

- Duration: Baby blues last for no more than a few weeks post delivery, after a few weeks your symptoms should improve.
- Severity: While baby blues feels distressing, symptoms of PPD are more severe and interfere with your ability to function and cope with daily activities.

### Reference

Slavens, C., Bodie, C., Jackson, J., Rubenzer, A., & Schneider, A. (2023). Not your mother's postpartum book: Normalizing post-baby mental health struggles, navigating #momlife, and finding strength amid the chaos. PESI Publishing, Inc.