

BABY BLUES

LIST OF SYMPTOMS

- **TEMPORARY MOODINESS**
- **CRYING**
- **MOOD SWINGS: ALTERNATING LAUGHTER AND TEARS FOR NO APPARENT REASON**
- **SADNESS**
- **IRRITABILITY**
- **FRUSTRATION**
- **FATIGUE**
- **INSOMNIA**
- **SENSATION TO BE OVERWHELMED BY EVENTS**
- **FEELING OF VULNERABILITY OR NOT FEELING COMPETENT AS A PARENT**
- **LACK OF APETITE**

Peeks 3-5 days after delivery (about the time milk production starts)

With adequate support, rest and good nutrition, the baby blues resolve naturally.

Lasts no more than 2 days to 2 weeks