

Key tips for all caregivers—

Parent Support & Coping Skills

Common when caring for a newborn:

The “Baby Blues”

- Mood swings and crying
- Doubts about yourself as a parent
- Upsetting thoughts
- First 2-3 weeks after birth
- Can affect mothers, fathers, partners



Perinatal mood or anxiety disorders:



- Symptoms persisting past 2-3 weeks, making it hard to cope
- Affects 1 in 7 mothers
- Can affect mothers, fathers, partners
- TALK TO YOUR DOCTOR

Coping with Perinatal Depression & Anxiety

1. Grow your village

- Find people to listen
- Make a support plan
- Join support groups



2. Find ways to bond

- Cuddle, hold, or massage your baby
- Talk or sing while making eye contact

3. Take care of yourself

- Proper rest
- Good nutrition
- Exercise
- Time to relax
- Time with your partner

