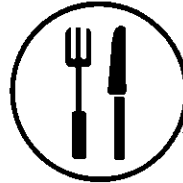




**YOU CAN** make a difference in how your baby grows by taking good care of yourself.



**HAVE MORNING SICKNESS?** Eat small healthy meals throughout the day.



**GET CARE** as soon as you think you are pregnant.

- Go to your health clinic or doctor as soon as you think you are pregnant.

- Get check-ups at least once a month or more often if your clinic or doctor says to.

**LOWER** the stress in your life.



**EAT FOOD** that is good for you.



**EXERCISE** every day.



**DRINK PLENTY** of water every day.



**TAKE PRENATAL** vitamins that include folic acid. It helps prevent birth defects.



**GET PLENTY** of rest every day.



**SEE A DENTIST** while you are pregnant. Make sure your teeth and mouth are healthy.

**DON'T DRINK** alcohol, smoke or take drugs.



**PLAN ON** breastfeeding your baby.



**FIRST 5 CALIFORNIA**

**PREGNANCY TIPS**

**YOUR HEALTHY PREGNANCY**

**Take these steps to give your baby a healthy start**

**WHERE to find help**

*Want to know more about low-cost or free prenatal care?*

Call the AIM Program:  
(800) 433-2611

Call BabyCal:  
(800) 222-9999 or (800) BABY-999

*Want to find out about eating healthy foods during your pregnancy and about breastfeeding?*

Call Women, Infants and Children (WIC):  
(888) 942-9675

*Want to find out more about breastfeeding?*

Call La Leche League:  
(800) 525-3243

*Trying to quit smoking?*

Call California Smoker's Helpline:  
(800) 662-8887 or (800) NO BUTTS

*Need to find a dentist?*

Call the California Dental Association:  
(800) 232-7645 or (800) CDA-SMILE

Call the Denti-Cal Hotline:  
(800) 322-6384

# Depression After Giving Birth

The birth of a baby is a happy event. But many new moms feel “blue” or down after their baby is born. Caring for a new baby can be very stressful and some women get depressed. Doctors call that postpartum depression, or PPD for short.

## What are the “baby blues”?

Many moms get the “blues” or the “baby blues” after birth. In the first two weeks, moms may feel sad, cry, and feel moody. Some may also feel tired and a little anxious.

To help with the “blues,” moms should get lots of rest. Have friends and family help with the baby. Have them help with meals and the house cleaning. If moms are still feeling unhappy, they may have postpartum depression.

## How do moms know if they have postpartum depression (PPD)?

Moms may have PPD if the “baby blues” get worse or won’t stop. You could also:

- Feel sad, anxious or angry
- Feel very irritable and tired
- Feel you can’t cope with the baby
- Be unable to sleep or eat
- Have scary thoughts
- Have the same thoughts over and over

If you hear or see things others don’t, this is called psychosis. If this happens, get help right away. You could harm yourself or your baby.

## What causes PPD?

Your body goes through lots of changes before and after having a baby. After birth, your hormones change. Other chemicals in your body also quickly change. These changes affect how you think and feel. They can make you feel unhappy and depressed.

## Who is at risk?

PPD can happen to any woman. You may be at more risk if you:

- Had it before
- Have anxiety
- Have emotional problems
- Had bad pre-menstrual syndrome (PMS)
- Were depressed while pregnant
- Have other health problems
- Had other children
- Have been abused
- Have or had drug and alcohol problems

## Can PPD be prevented?

It is hard to prevent. But there are things that can be done. Pregnant moms should take care of themselves. Ask relatives and friends to help out after the baby comes. After birth, have them help with the baby and chores. Get rest and have time for yourself.

## How is PPD treated?

Treatment can include therapy. It can also mean taking medicine. Check with your doctor. Even if breastfeeding, moms can take some medicine. Support groups for moms with PPD can also help. Sharing feelings can make moms feel less alone. It helps to know that other moms have the same problem.

**Where can I get help?** If you think you have PPD, get help right away. Call your doctor or local health clinic. You can also get help at 1-800-PPD-MOMS (1-800-773-6667). Or visit [www.depressionafterdelivery.com](http://www.depressionafterdelivery.com) or [www.postpartum.net](http://www.postpartum.net) for more information.