

BABY BLUES VS POSTPARTUM DEPRESSION

UNDERSTANDING EMOTIONAL CHANGES AFTER CHILDBIRTH CAN MAKE ALL THE DIFFERENCE.



BABY BLUES

After giving birth, many women experience a temporary period of mood changes known as the baby blues. It is very common and affects nearly 80% of new mothers.

Onset: 2–3 days after delivery

Duration: Usually lasts up to 2 weeks

Common symptoms include:

Sudden mood swings

- Tearfulness or crying without reason
- Feeling overwhelmed or anxious
- Mild sleep or appetite changes
- Trouble concentrating





SYMPTOMS OF POSTPARTUM DEPRESSION



- Onset: Usually within the first2 months postpartum
- Duration: Can last for weeks or months if untreated
 - Symptoms may include:
 - Deep sadness, emptiness, or hopelessness
- Lack of interest in the baby or bonding difficulties
- Severe fatigue and loss of energy
- Sleep disturbances
- Feelings of worthlessness or guilt
- Loss of interest in daily activities

POSTPARTUM DEPRESSION

Unlike baby blues, postpartum depression (PPD) is more severe and long-lasting. It affects about 1 in 7 mothers and can begin days, weeks, or even months after childbirth.



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