

What Are These Feelings I'm Having?

Is it the baby blues? 70-80% of new moms have the “baby blues” and feel stressed, sad, angry or nervous after the birth of their baby. For most moms the “baby blues” go away within 2 weeks.

Is it postpartum depression? If the baby blues don't go away or get worse, you may have postpartum depression. As many as 1 out of 10 new moms feel depressed for more than a couple of weeks.

Some signs of postpartum depression are:

- Feeling sad, anxious or “empty”
- Loss of interest/pleasure in things you used to like to do
- Lack of energy, feeling very tired
- Trouble sleeping or sleeping too much
- Eating more or less than what's normal for you
- Problems concentrating or making simple decisions
- Feeling hopeless, guilty or worthless

Call your doctor **right away** if you are having feelings like these. Please know that feeling this way is **not** your fault and it does **not** mean that you are a weak person or a “bad mom.” The sooner you get help the sooner you will feel better for you and your family.

Call 911 **right away** if you feel you may harm yourself or your baby.

Mommy Tips

1. Take good care of yourself.
2. Keep all doctors' visits.
3. Sleep when your baby sleeps.
4. Talk with other moms.
5. Drink plenty of fluids.
6. Eat a healthy diet.
7. Make time each day to enjoy your baby.
8. Get plenty of fresh air.
9. Schedule time each day for you and your partner to be alone and talk.
10. Ask other people for help!

CalOptima is your partner in health care. *Healthy You* is our program to encourage you and your family to be healthy and to support you in getting the care that you need. If you have questions about *Healthy You*, please call CalOptima at **1-714-246-8500** or toll-free at **1-888-587-8088**. TDD/TTY users can call **1-714-246-8523**. You can also visit our Website at www.caloptima.org.

Your Health is a Gift to Your Baby!



After Your Baby Is Born...

Get Your Postpartum* Checkup

*Postpartum: a word for the first 6 weeks after your baby is born

Healthy You
Putting Your Health First

 **CalOptima**
A Public Agency
Better. Together.

Congratulations and Best Wishes to You and Your Baby!

When you are a mom, your health is very important. Your baby depends on you and needs you to take care of yourself.

Make sure to see your doctor for your postpartum checkup:

- if you had a c-section, **1-2 weeks and again at 4-6 weeks** after your baby is born
- if you had a vaginal birth, **4-6 weeks** after your baby is born

Tip: Ask your partner, family and friends to remind you about going back to your doctor for this checkup.

If you need help making or getting a ride to this appointment, call the Health Network number on your ID card. They will work with you to get you the care you need.

At Your 4-6 Week Postpartum Checkup

Getting your checkup is one of the best things you can do for you and your baby!

Your doctor will:

- Make sure that you have healed
- Treat any problems found during pregnancy or birth
- Check your weight and blood pressure
- Talk to you about family planning and birth control

You can ask questions about:

- Your feelings and the changes in your body
- When your period will come back
- When you can have sex
- When you may return to work
- Feeding your baby
- The best foods to eat
- What type of exercise you can do

Do I Still Need the 4-6 Week Postpartum Checkup even if...?

- I've had a checkup 1-2 weeks after my baby was born? Yes
- I feel fine? Yes
- I've had kids before? Yes

