I have a beautiful baby, but I feel so sad!

Two to three days after giving birth you may feel...

- Tired
- Weepy
- Anxious
- Panicky
- Scared
- Temperamental
- Irritable
- Angry
- Disappointed
- Sleepless
- Tense
- Restless
- Confused
- Strong
- Happy







You may have many conflicting feelings all at once!

How have you felt since the baby was born?

It can feel as though you are on an emotional roller-coaster after giving birth. One minute you are ecstatically happy to have had a baby. The next you feel deeply melancholy without knowing why. At other times you can feel angry, sad or happy again. You may be wondering what on earth is going on.

You may react by thinking:

“I thought I would be so happy when the baby was born. What’s wrong with me? Why am I feeling so down?”

“I’m so happy! I have a beautiful newborn baby. Life is amazing!”

“I’m angry at everyone! I feel as though no one knows what I’m going through. Why aren’t they helping me?”

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The baby blues

What do you know about the 'baby blues'?

What do you know about the feelings you may have after giving birth?

What expectations do you have for life with a newborn?

Do you know where to turn/who you can contact when you are struggling?

Do you have any worries or concerns?

Contact your doctor or family nurse if:

- The baby blues last more than a week
- The sad thoughts get worse
- Your emotional state makes it difficult to take care of yourself. It gets hard to look after your baby. It gets hard to get along with other people



Remember, this is the first time you have had a job that lasts 24 hours a day!

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