

BABY BLUES

- ✓ Impatience
- ✓ Anxiety
- ✓ Restlessness
- ✓ Crying for No Reason
- ✓ Feelings of Disappointment

POSTPARTUM DEPRESSION/ANXIETY

- ✗ Sadness & Hopefulness
- ✗ Feeling Overly Anxious
- ✗ Resentment & Mood Swings
- ✗ Over-Attentiveness or Lack of Interest in Newborn
- ✗ Feelings of Isolation & Withdrawal from Others

