

“Baby blues” vs postpartum depression

In the initial days after giving birth, moms may sometimes feel worried, irritable, and tearful. This is known as the “baby blues” and it’s quite common. But, depending on when these feelings begin, how intense they are, and how long they last, they may indicate postpartum depression (PPD). **If Mom or her mom team are concerned about her mental wellness, Mom should talk to her healthcare provider about how she is feeling.**

When does it start, and how long does it last?

Baby blues	Postpartum depression
Symptoms usually peak in the first few days after delivery, then resolve within 2 weeks without treatment.	PPD symptoms can start during pregnancy and up to 1 year after the birth of your baby. If left untreated, symptoms of PPD may persist for months or even years.

What are the symptoms?

Baby blues	Postpartum depression
<p>The baby blues are characterized by mild symptoms but do not impact Mom’s ability to care for herself or her baby.</p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • Mild mood changes • Feelings of worry • Tearfulness • Sadness • Irritability or anger • Sleep difficulties • Fatigue • Anxiety 	<p>PPD symptoms are more severe and persistent and can interfere with daily activities and Mom’s ability to care for the baby.</p> <p>Symptoms include:</p> <ul style="list-style-type: none"> • Persistent sad, anxious, or "empty" mood most of the day, nearly every day, for at least 2 weeks • Feelings of hopelessness or pessimism • Feelings of irritability, frustration, or restlessness • Feelings of guilt, worthlessness, or helplessness • Loss of interest or pleasure in hobbies and activities • Fatigue or abnormal decrease in energy • Being restless or having trouble sitting still • Difficulty concentrating, remembering, or making decisions • Difficulty sleeping (even when the baby is asleep), waking early in the morning, or oversleeping • Abnormal changes in appetite or unplanned weight changes • Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause and do not go away with treatment • Trouble bonding or forming an emotional attachment with the baby • Persistent doubts about the ability to care for the baby • Thoughts of death or harming oneself or the baby or suicide attempts

How many are generally affected?

Baby blues	Postpartum depression
Baby blues can affect 50-80% of women after childbirth.	Approximately 1 in 8 moms in the United States reports experiencing symptoms of PPD after childbirth.