



5 Things to Remember about Maternal Mental Health

- 1. Identify someone you can be absolutely real with,** and commit to share your feelings with that person. No matter how frustrated you are or how silly you think your feelings may be, having someone to confide in and validate your experiences is important! Keep communicating
- 2. Make sleep a priority!** New babies are notorious for disrupting their parents' sleep, but lack of sleep can intensify emotional reactions and negative feelings. Find a friend, relative or babysitter you trust who can watch your baby while you sleep. Utah County residents may also call the Emergency Respite Nursery at the Family Support and Treatment Center. They will watch your baby while you get some rest. Call 801.229.1181.
- 3. Give yourself permission to care for your baby in the way that works best for you.** Everyone will have an opinion on parenting, but there's more than one way to do it right. You may need some practice to find the best method for you. Stick to what works for you and don't worry about what others think.
- 4. Be kind to yourself.** Don't compare yourself to the images you see on social media. Much of what you see isn't realistic and it's often achieved with some additional help. Do the best you can and give yourself time to adjust to a new baby (and some major lifestyle changes).
- 5. Know your resources and have a plan to get help.** Feeling emotional after baby is normal, but postpartum depression is not! Moms are always welcome to call the mom/baby department at any Intermountain hospital. Utah Valley Hospital's phone number is 801.357.2318.