



THE POSTPARTUM STRESS CENTER

The Postpartum Stress Center • 610.525.7527 • www.postpartumstress.com

TO PHYSICIANS AND OTHER HEALTHCARE PRACTITIONERS:

If you are not asking these questions of each postpartum patient, you do not know how she is feeling.

Have you had PPD before?

Do you have a history of depression?

Are you sleeping okay when your baby sleeps?

Any changes in your appetite?

Are you experiencing anxiety or panic?

Are you afraid to be alone with your baby?

Do you feel more irritable or angry than usual?

Are you worried about the way you feel right now?

What worries you the most about the way you feel?

Are you afraid you might lose control?

Are you afraid of the thoughts you are having?

Do you wonder if you're a bad mother?

If you are breastfeeding, how important is that to you?

Do you ever have thoughts about hurting yourself?

Do you find it hard to make decisions?

Does your husband know how you are feeling?

How do you feel about taking medication if it helps you feel better?

Are there other stressful events that are impacting the way you feel?

Is there anything you are afraid to tell me, but think I should know?

TIPS FOR PROFESSIONAL AND FAMILY SUPPORT:

Do not assume that if she looks good, she is fine.

Do not tell her it's normal to feel this way after having a baby.

Do not assume this will get better on its own.

Do encourage her to get a comprehensive evaluation.

Do take her concerns seriously.

Do let her know you are there if she needs you.