

Julie Lamppa, C.N.M., R.N.
Certified Nurse Midwife
Mayo Clinic

Postpartum Depression: What You Need to Know

Baby Blues vs Depression

“You’re exhausted, you’re unsure if breast feeding is going right, why is the baby crying? I mean, there can be a wide range of emotions in the first couple weeks. Eighty percent of women will experience this and we kind of label that as the baby blues. So that’s normal. Expect that to happen. There’s a light at the end of the tunnel. However, for 15 percent of women, it goes beyond that and that is what we label as postpartum depression.”

Happens in the first year

“If you start experiencing symptoms nine months down the road, they don’t necessarily relate it back to the pregnancy, but really, anything in the one year we would label as postpartum depression.”

Classic symptoms

“So classic symptoms of depression, feeling hopeless, crying too much, sometimes it just shows as irritability. Of course, if you’re ever having feelings of wanting to hurt yourself or wanting to hurt others, we need people to seek out help immediately.”

Be open about it

“The biggest thing that I want to instill in women is to be open about it. There’s no need to feel shame, to blame themselves, they are not being bad moms, they are not being failures. They just need to be open about it.”