

Baby Blues VS Postnatal Depression

Baby Blues

Postnatal Depression



Occurs in many new mothers and usually **happens within the first few days after giving birth.**

With baby blues, you feel emotional, sad or even tearful on some days. You may also feel anxious when your baby cries.



Affects up to **2 in 3 women**, especially first time mothers.



Lasts about **1-2 weeks**

What is it?

How common is it?

How long does it last?

A mental health condition that affects mothers **during pregnancy or within a year after giving birth.**

With postnatal depression, you might persistently feel low, tired and negative towards yourself and your baby. You might also feel worried and lose sleep over your baby's crying



Affects about **1 in 10 women** who delivered recently.



Lasts about **2 weeks or longer**



Hey, do you have some time for a chat?

What to do if you are experiencing baby blues or postnatal depression?



Seek support and speak to someone for comfort and reassurance.



Be gentle with yourself when it comes to learning about motherhood and rest when you can.



Eat well and have good nutrition.



Try this self-assessment tool. Speak to your doctor if you are experiencing signs of postnatal depression.



Scan to find out more at Parent Hub
go.gov.sg/info-ph-19