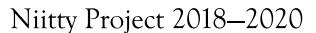


Niitty — Developing a Peer-based Family Training Model for Immigrants

## Low mood after CHILDBIRTH

Mielialan lasku synnytyksen jälkeen



https://projects.tuni.fi/niitty/ www.facebook.com/niittyhanke/

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Sources and further information:

Finnish Institute for Health and Welfare (THL). 2013. Äitiysneuvolaopas. Suosituksia Äitiysneuvolatoimintaan. Opas 29.

Photographs: www.pixabay.com











### **MOOD CHANGES**

- Having a baby changes the mother's everyday life
- Mood changes after childbirth are normal
  - They are the result of hormonal changes
  - You may feel tearful and irritable
- Usually the symptoms are temporary

Contact your child health clinic if the symptoms persist

### Help is at hand!





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# WHEN SUFFERING FROM POSTNATAL DEPRESSION

- The mother's symptoms are tiredness, exhaustion and fearfulness
- The mother may have trouble sleeping
- The mother may feel guilty
- The mother may have aches and pains
- The mother is not happy about the baby
- The baby may be tired and serious
- The father may also suffer from depression

If you don't feel well, please don't hesitate to contact your child health clinic. We are happy to help.

Seek help, don't try to tackle it on your own!





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### POSTNATAL DEPRESSION

Seek help, don't try to tackle it on your own

- If the symptoms persist you may be suffering from postnatal depression
- The depression may begin 2—3 weeks after childbirth and evolves over the subsequent weeks and months

Contact your child health clinic!





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