



Niitty Project 2018–2020

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

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Sources and further information:

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Photographs: www.pixabay.com

LOW MOOD AFTER CHILDBIRTH

Mielialan lasku synnytyksen jälkeen



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!



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!



POSTNATAL DEPRESSION

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

Contact your child health clinic!

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

