

WHAT'S
NORMAL,
WHAT'S NOT

FOR NEW MOTHERS/ CAREGIVERS

THE QUIET SHIFT

BECAUSE IT HELPS TO KNOW WHEN TO REACH OUT FOR EXTRA SUPPORT

Why this matters

After having a baby, your mind and body are adjusting to huge changes — hormonal shifts, sleep disruption, recovery, and the emotional impact of becoming a parent.

It's normal for feelings to be intense or to fluctuate, but sometimes these feelings may indicate you need more help.

Often Normal (especially in the first weeks after birth)

- Mood swings or feeling more tearful than usual ("baby blues").
- Feeling irritable or more sensitive.
- Worrying about your baby's health or safety.
- Feeling tired but still able to care for yourself and your baby.
- Wanting occasional alone time, even from your baby.

💡 These feelings often improve on their own within about 2-4 weeks.

When to Seek Extra Support

Reach out to a healthcare professional if you notice:

- Intense sadness, anxiety, or anger lasting more than 2 weeks.
- Feeling hopeless or unable to enjoy things you used to.
- Feeling disconnected from your baby most of the time.
- Thoughts of harming yourself or your baby.
- Severe panic attacks or constant intrusive thoughts.
- Difficulty sleeping or eating even when you have the chance to.

💡 You are not failing — you are experiencing symptoms that deserve care and support.