



أصدقاء الرضاعة الطبيعية  
Breastfeeding Friends

المجلس الأعلى للأسرة [Supreme Council For Family Affairs]

Health Promotion Dept. - إدارة التثقيف الصحي

SCFA - SH - المجلس الأعلى للأسرة والمشورة



# Happiness after birth

Children are the adornment of life and therefore the event of birth is accompanied by happiness and pleasure for the mother, father, and all members of the family. But sometimes this happiness turns into a cloud of sadness and depression and the mother shows symptoms of so-called postpartum depression.



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## What does postpartum depression mean?

A mood disorder accompanied by a range of depressive symptoms that affect an individual's ability to perform their daily tasks.

### Types of postpartum depression:



**Baby blues:** An emotional condition that may appear in the first week after birth, in which the mother feels some sadness and desire to cry. It is not a medical condition and lasts only a few days.



**(Postpartum Depression):** A condition of obvious depressive symptoms that appear around a month after birth and in which the mother feels tired and desires to sleep and cry. This condition may last a few weeks, however, may last for months if not treated properly.



**Psychotic depression:** The least common and most severe of different types of postpartum depression, symptoms appear weeks after birth and symptoms worsen rapidly. The mother may lose connection with reality and complain of hallucinations, and the mother must undergo psychotherapy



**Types of depression may be similar in many symptoms, but vary in degree, severity and duration of continued symptoms**



**Postpartum depression does not occur to all mothers, as there are many mothers who give birth peacefully and live happily after God has blessed them with the satisfaction of their maternal instinct.**

## Factors that may lead to postpartum depression:

- 1 Conflict between husband and wife.
- 2 Negative feelings of the mother, father or family towards pregnancy.
- 3 Various psychological pressures on the mother.
- 4 A previous psychiatric history of the mother.
- 5 The husband's lack of support to his wife after birth.
- 6 Unhealthy nutrition.
- 7 Poor medical care for the mother.
- 8 The mother does not receive the appropriate support from the husband and family to care for the child after birth.
- 9 A malfunction in the secretion of certain hormones in the mother after birth such as estrogen - progesterone and other hormones.



Many scientific studies have indicated that the psychological state of the mother and postpartum depression affect breastfeeding and lead to a decrease in the proportion of breast milk.



## Symptoms of postpartum depression:

1. Sharp mood swings.
2. Appetite disorders between anorexia and over-desire to eat.
3. The desire to be isolated from all.
4. Over-crying for no reason.
5. Insomnia and sleep disorders.
6. Feeling tired or losing energy.
7. Bouts of anxiety or severe panic.
8. Confusion and inability to think clearly.
9. Not being able to enjoy what was fun before.
10. Quick and intense anger.
11. Fear of failure as a mother.

The presence of three of the previous symptoms is sufficient to diagnose postpartum depression, if the symptom continues for more than ten consecutive days.

If a mother complained from one or more of the previous symptoms in addition to the following symptoms, this requires immediate consultation and follow-up from specialists.

12. Thinking about self-harm or child abuse.
13. The idea of death

Some mothers suffer from a condition called "New Motherhood / Parenting Anxiety" as a result of some hormonal strikes, symptoms of which include: extreme fear for the child, lack of physical comfort and lack of adequate sleep



## General tips to help mothers prevent the risk of postpartum depression:

1. Support the mother during her anger episodes or anxiety.
2. Give the mother the opportunity to take a break, sleep, and rest
3. Engage in a suitable sport or exercise to relax
4. Help the mother in taking care of the baby.
5. Guide the mother to receive good medical care.
6. Encourage the mother to take courses in child-rearing and care.
7. Support the mother to get used to breastfeeding the baby.
8. Encourage the mother to enrich her knowledge about breastfeeding.
9. Encourage the husband to take an active role in his child care.
10. Provide healthy maternal nutrition.
11. Give the mother the chance to take care of her beauty/appearance.
12. Allow the mother to go out and entertain herself at least one hour a week.

## Tips for breastfeeding to be a source of happiness for the mother and infant:

1 Breastfeed your child in a quiet place.

2 Talk to your baby while breastfeeding.

3 Listen to Quran or quiet sounds you prefer during lactation.

4 Receive breastfeeding education during pregnancy.





جمعية الأصدقاء  
Breastfeeding Friends

## resources and references

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Regards from breastfeeding friends

خط الدعم  
support line



**6005 70001**

(8am to 10pm)

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