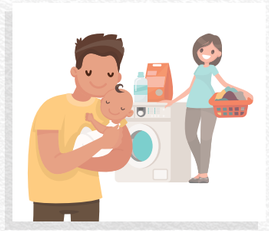
Getting people to help



- Coping with pregnancy or a newborn can be an enormous stress for many people.
- Do not be embarrassed about getting the help that you need, may it be with household chores or with caring for your baby or older child.
- You would need to rest and conserve your energy for you and your baby.

RESOURCES

Clarity Singapore Ltd
+65 6757 7990
ask@clarity-singapore.org

MindCare
AMKFSC Community Services Ltd
www.amkfsc.org.sg/what-we-do/mindcare
+65 6553 6643

Samaritans of Singapore (SOS)
1800 221 4444 (24-hour)

Department of Psychological Medicine
KK Women's and Children's Hospital
Email your enquiries to pnd@kkh.com.sg

Please see the primary health care doctor at the polyclinic for a referral to see a specialist.

KK Women's and Children's Hospital
100 Bukit Timah Road
Singapore 229899

6-CALL KKH (6-2255 554)
6293 7933
www.kkh.com.sg
www.facebook.com/kkh.sg

SingHealth Polyclinics
167 Jalan Bukit Merah
Tower 5, #15-10
Singapore 150167

+65 6643 6969
polyclinic.singhealth.com.sg

TEMASEK FOUNDATION

INTEGRATED MATERNAL AND CHILD WELLNESS HUB IN PUNGGOL



MOTHERS' EMOTIONAL AND MENTAL WELL-BEING

An initiative by:

KK Women's and Children's Hospital
SingHealth

Polyclinics
SingHealth

TEMASEK FOUNDATION

Few experiences in life are as significant as becoming a mother. Having a baby can be an exhilarating time for you. Along with the physical changes of childbearing and giving birth, you may also go through emotional changes as you prepare for motherhood. Sometimes, instead of being excited, joyful and in the pink of health, you can find yourself struggling to cope with caring and adapting to a newborn in your life.

BABY BLUES



Many new mothers experience mood swings after delivery and may be tearful. This usually lasts for a few days and should go away. However if these symptoms persist beyond 2 weeks after delivery, you may be developing postnatal depression.

POSTNATAL DEPRESSION

The birth of a new baby can be a stressful event for both parents. Studies have shown that up to one in 10 women would experience postnatal depression. A mother who experiences symptoms of depression may have difficulty bonding with the child. It does not mean that she does not love or care for the child.

If you are having symptoms of depression or anxiety for most days up to 2 weeks, or if you have difficulties functioning in your daily life, you should seek help so that you can continue to care for your loved ones.

Symptoms of depression include:

- Low mood
- Irritability
- Tearfulness
- Poor sleep
- Loss of interest or pleasure in activities you used to enjoy
- Poor appetite
- Poor concentration or forgetfulness
- Loss of energy
- Excessive self-blame or guilt
- Feeling hopeless or that life is meaningless

Some women may also have accompanying anxiety symptoms, such as:



- Feeling tense
- Palpitations, feeling breathless, chest tightness
- Panic attacks
- Excessive worries about the baby

Depression is highly treatable if you are willing to seek help. Treatment involves therapy or counselling, and medication where necessary. If you are worried about the safety of antidepressants, there are safe options for lactating women that are clinically beneficial.

6 TIPS TO KEEP YOU EMOTIONALLY WELL AFTER CHILDBIRTH

Getting into a routine

- Establishing a routine will help you feel better in control of your life.
- Try working your activities and schedule around caring for your baby.
- Allow flexibility to changes in your schedule, as an infant's feeding and sleeping patterns may change over time.



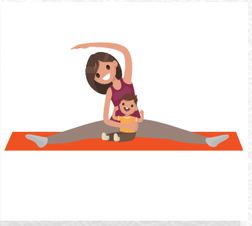
Taking care of yourself

- Allow yourself time to rest or do things that you enjoy.
- Try to have some 'time out', even if it is for a short period of time; go for a walk or read a magazine.



Eating well and exercising

- Nutrition is important for recovery from childbirth.
- Exercising helps build up your immune system and provides you with energy to care for your child.



Talking to someone

- Talking to your family, a doctor or counsellor about your thoughts and feelings is a great way of releasing your pent-up emotions.
- If you experience any symptoms of depression and anxiety, do seek advice and treatment from a specialist.



Writing your thoughts down

- Having a baby is a life-changing and significant time for you.
- Writing down your thoughts could help you to keep track and gain a better perspective of what happened and how things have affected you.

