

Quebec, August 2013

Dear,

Congratulations on the birth of your baby. Having a baby is usually a joyful time of life. Most women hope that they will adjust easily to the arrival of their new child. While you may expect to be tired as you get used to your new routine, you also expect to feel good about yourself, your baby and your family.

A new baby however, may affect you in ways that you did not expect. You may feel happy one minute and sad the next. You may also feel teary, angry, anxious, or mixed up. These feelings, often called the “Baby Blues,” should go away within a couple of weeks after delivery. If these feelings do not go away, get worse, or begin months later, they may be a sign that you are suffering from postpartum depression.

Please find enclosed a pamphlet called “Baby Blues,” and an article about a woman named Ellen who talks about her postpartum depression. You will also find a questionnaire called the “Edinburg Postnatal Depression Scale”. The goal of this questionnaire is to better understand your feelings so that we can offer you the support you may need. The questionnaire has only ten simple questions and should take just a few minutes of your time. Please know that your answers will remain private. Once you have finished the questionnaire, please return it in the enclosed envelope. If you are not at ease filling it in on your own, I can do it with you.

If you think that you might have postpartum depression, you should know that it is not uncommon and that it is possible to feel better. We invite you to look up these two helpful guides found on the following website: www.postpartum.org. 1) The Postpartum Journey and, 2) Coping with depression during pregnancy and following the birth.

For help or information, please call me at 684-5333. We are here to help look out for your well-being as well as that of your family.

Yours truly,

Perinatal Nurse, Early Childhood Team
Jeffery Hale Community Services