



*When you are feeling blue,  
here are some simple things you can do*

- Talk, sing, and read to your baby.
- Touch, hold, and cuddle your baby.
- Do something “just for you” every day.
- Smile at your baby and make funny faces.
- Eat at least three healthy meals every day.
- Sit down and rest when your baby is resting.
- Get some exercise. Take your baby for a walk.
- Look for humor around you, on TV, or in the newspaper.
- Take a break from the baby. Let someone else care for the baby for a while.
- Talk to a supportive person and express your feelings, positive and negative.

The “baby blues” usually occurs soon after birth and goes away within two weeks. If your symptoms last longer than this, contact your health care provider.



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