

# Provider Tip of the Week

January 26, 2022

## Postpartum Depression and the Baby Blues

Parents of infants may express concerns around fluctuating emotions during the first few weeks after birth. Reassuring parents that it is totally normal to experience Baby Blues, while discussing more serious signs of PPD or PP Anxiety, is an important part of ensuring baby's health, too. Untreated parental depression can disrupt a parent's ability to sensitively respond to their infant, accurately read infant cues, and to engage in verbal and non-verbal communication.

See this video for an example of how to discuss these concerns: [Postpartum Depression and the Baby Blues](#)



Watch the Video!

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