"Why isn't my daughter smiling at her baby?"

"Why is my wife so distant?"

Maternal Depression Affects Everyone and There is Help Available

Depression is common and can be treated. If you are worried about a new mom who is showing signs of:

- worry
- fatigue
- irritability
- sadness

that are lasting beyond 2-3 weeks, talk to someone about it.

Reach out to:

- your family doctor
- your child's doctor

There are strategies that can help your family through this time.

Developed for the Center for Early Childhood Mental Health Consultation, Georgetown University Center for Child and Human Development with funding by the Office of Head Start/ACF, DHHS (#90YD0268)