



Tips for Growing Your Baby's Brain

Tip #9: Treat Depression Early

Many mothers feel sad and drained after the birth of a baby. This is known as the baby blues. In some cases, depression or sadness sticks around, keeps coming back, or becomes overwhelming. This is called post-partum depression and it can seriously harm your baby.

Depressed mothers often have trouble responding to their babies in healthy ways, simply because they feel so terrible. Infants of depressed mothers may develop "depressed brains" and become sad children. When moms are depressed during the first six months of a baby's life, attachment and bonding become more difficult.

Babies with insecure attachments can experience trouble throughout childhood, including impulsive behavior, trouble concentrating, frequent accidents, and trouble trusting and loving others.

There is help and support for moms with post-partum depression. If you are feeling down, don't wait. Talk to your doctor and ask for help. Your depression can have lasting effects on your baby's brain development.