

Adjusting to Motherhood



What's normal and expected?

Being tired

Difficulty finding a comfortable position to sleep while pregnant; waking in the night to care for the baby

Being excited or worried at times

Emotions & thoughts that are slightly more intense than usual; being 'moody'

Eating somewhat more or less than usual

Somewhat less concentration and/or increased forgetfulness

Wondering what you will be like as a parent; wanting to be a 'good' parent

Being scared or nervous at times

Knowing that really important changes are happening in your life

When should I contact a care provider?

Being so tired you can't function and aren't refreshed by sleep

Difficulty sleeping when the baby sleeps, especially when your mind is racing

Being uncharacteristically angry, irritable, or overwhelmed; feelings may be experienced as waves or panic attacks

Feeling like you're on an 'emotional rollercoaster' for no reason; emotions or thoughts that increase for no reason

Unable to eat, even though you know you should; unable to stop a significant increase in 'comfort eating'

'In a fog' or unable to do important tasks; forgetting important information, unable to make most decisions

Thinking that most other parents are better than you are; thinking you are not good enough to be a parent

Experiencing scary thoughts that are repetitive in nature; frequent nightmares

Believing that the only way to cope is to hurt yourself or kill yourself

If you are experiencing any troubling symptoms, please contact me for assistance.

JACKI SILBER LMFT
LICENSED MARRIAGE & FAMILY THERAPIST

More information: supportivesolutionsforyou.com
jacki@supportivesolutionsforyou.com - 650.260.4883