



First aid and resources in case of problems after giving birth

- Admit that you need a lot of support, sympathy and understanding as well as good conversation with understanding people.
- Try and ignore advice from people around you which puts you under pressure, e.g. with regard to breast-feeding or when dealing with your crying baby.
- Get help with your daily life (shopping, cooking, cleaning babysitting). Get help, e.g. from family, friends, help with cleaning, the Spitex foundation.
- Plan time windows for yourself and your couple relationship.
- Make sure you get enough sleep and make time for relaxing during the day, e.g. when your baby is asleep. This helps you to recover.
- Take brief breaks from motherhood, even if you find it hard. Leave your baby or its siblings in the care of your family or friends for a few hours. This is beneficial for everyone.
- Continue to pursue your hobbies, with or without your baby.
- Keep up with your favourite social contacts and trust that you and people around you can also deal with stressful situations with your baby.
- Try to eat something on a regular basis and take regular walks. Exercise out of doors lifts your mood. This is not the time to go on a diet.
- Discover your personal views on breast feeding and draw your own limits. In this way you also avoid feeling under pressure – which can harm both you and your baby.

Visit our website www.vap-psychologie.ch

The time immediately after birth Opportunities and risks



The 'Parents and Baby Group' of the Association of Aargau Psychologists (VAP) would like to congratulate you on behalf of the Association on the birth of your child. The birth of a child – whether it is the first born or a sibling – means a big change in the life of a couple. The initial time after birth is not always free of complications. There can be problems that go far beyond the normal 'baby blues'.



You may experience the following problems:

- Disturbed sleep and inability to relax
- Physical problems such as dizziness and headaches
- Irritability and restlessness
- Exhaustion and chronic fatigue
- Gloominess, listlessness, lack of interest
- Depressive moods and feelings of guilt
- Inner emptiness; feeling detached from your baby
- Worries about the baby, fear of responsibility and solitude
- Scary thoughts, e.g. fear of dropping the baby, feelings of aggression, e.g. when the baby cries at night
- Problems finding a daily rhythm and coping with daily life

If you are particularly affected by these problems and situations, it is important to find professional help. In this context special psychotherapists are available to help you out. The earlier you seek help, the sooner you can counter a downward spiral. This will have a positive impact on both you and your baby.

Supplementary insurance will pay some of the costs of psychological psychotherapy. With delegated psychotherapy the basic insurance coverage will pay the costs.

Through the Association of Aargau Psychologists (www.vappsiologie.ch) you can find information about the specialists, Parents and Baby Group as well as a list of who you can contact directly. The kind of support that would be of help to you is then clarified in an initial personal discussion. You are welcome to bring your baby along.



This information is also available in French, Italian, German, Spanish, Turkish and Croatian.

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