

11. Feelings I and my family should look out for include...

- persistent sadness/low mood
- lack of energy/feeling overly tired
- feeling unable to look after my baby
- problems concentrating or making decisions
- changes in appetite
- feelings of guilt, hopelessness or self-blame
- difficulty bonding with my baby
- problems sleeping or extreme energy
- loss of interest in things I normally like
- having unpleasant thoughts that I can't control or keep coming back
- suicidal feelings or thoughts of self-harm
- repeating actions or developing strict rituals

If you are worried by any of these feelings, talk to someone you trust and/or your midwife, health visitor or GP.

My thoughts, feelings and questions:

Caring for your baby

12. Things to consider before going home include...

- ☐ how to tell if your baby is feeding well
- ☐ signs of an unwell baby and what to do if you're worried
- ☐ changes to expect in your baby's nappy
- ☐ BCG vaccination (if applicable)

The team in your maternity unit will be on hand to provide support.

My thoughts, feelings and questions:
