



Let's talk about Sleep.

People who say they “sleep like a baby”, usually don't have one!

When you do not get enough sleep you may:

- Feel angry with others.
- Feel moody.
- Be forgetful.
- Have no appetite.
- Feel “flat” emotionally.



How to help Mom have a better sleep:

- Sleep when the baby sleeps.
- Do gentle stretches before bed.
- Take a warm bath before bed.
- Do not have drinks that contain caffeine or smoke before sleeping.
- Make your bedroom a tidy and restful place.
- Practice a breathing exercise before falling asleep to relax.

How to help your baby sleep:

- Give the nighttime feeding in a room that is quiet with dim lights.
- Put baby into bed before they are fully asleep.
- Wrap baby gently in a soft blanket.
- Sing to your baby—it will help you both.

Postpartum depression is a treatable illness. It will end.

**Talking to us is good for you and your baby.
We can help. Call 403 205 5178**

Support for this resource was
generously provided by: 