

Symptoms that are often associated with PMADS:

Transitioning from having no children to having one child, or from having one child to two children, or more, is a significant event in a woman's life. Each pregnancy and child is unique and changes a woman's life in a unique way.

Identity Shifts

Motherhood brings along a huge identity shift. Many women feel as though they "lose" themselves in the transition into motherhood. These feelings are normal and are not permanent.

Loneliness & Isolation

Many mothers feel a sense of loneliness after having a baby. This can be due to a number of reasons, such as lack of social support, hormonal imbalances, or lack of social engagement once the new baby arrives.

Excessive Worry

Being afraid of people touching your baby, afraid of your baby getting sick, worried if your baby is eating enough, sleeping enough, or breathing are all examples of the worries new mothers have.

Intrusive Thoughts

Some mothers have intrusive thoughts about harm coming to their baby, either by the mother or someone else. These thoughts are unwelcome and often scare the mother. They are scary, but treatable with the right care.

Emotional Sensitivity

Pregnancy and birth bring along many emotions. It is normal for new mothers to cry one minute and feel angry the next. Some need additional support navigating the emotional roller coaster that comes with changing hormones.

Trouble Eating, Sleeping, or Performing Daily Activities

New mothers often struggle to find the time or energy to eat, sleep, or shower. It is important to keep an eye on these basic daily needs, as they can really help heal the symptoms of PMADs.

Difficulty Attaching to Infant

Maternal-infant bonding is the cornerstone for healthy attachment. Mothers suffering from PMADs can sometimes have a hard time attaching to their infant. With help, healthy attachment can be achieved.

Feeling of Hopelessness

When in the throws of motherhood, it is easy to feel hopeless and as though nobody understands.

The good news is that what you are feeling is temporary and with help, you will be well.

