

# TELL YOUR DOCTOR

*Are things not as you expected?*

## Expectations

- Supported by friends and family
- Warm fuzzies while breastfeeding
- Getting your body back
- Endless love for your baby
- Sleeping when the baby sleeps

## Reality

- ✓ Feeling more alone than ever
- ✓ Constant worry or scary thoughts
- ✓ Rage towards your partner
- ✓ Don't feel connection with baby
- ✓ Can't sleep, even when baby does

1 in 6 moms will feel this way.  
You deserve to be cared for.

**Parenting is hard.  
Sharing doesn't have to be.  
Tell your doctor, midwife,  
or nurse today.**



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