

Becoming a mother is such a joy and a beautiful feeling. However, it does come with its challenges like sleep deprivation, exhaustion from caring for the baby, mood swings from the hormonal changes. We prepare for the arrival of the baby by getting the furniture, clothes, diapers, etc ready. But no one actually prepares us to become a mother and what it will entail.

To raise physically and emotionally healthy kids, the mother's mental health is extremely important and we can support new mothers in the following ways:

**Emotional Support:** Pregnancy and childbirth bring about a rollercoaster of emotions, including joy, anxiety, sadness, and stress. We can create a safe and non-judgmental space for new mothers to express and process their feelings.

**Postpartum Depression (PPD):** PPD is a more severe form of depression that can occur in the weeks or months after childbirth. It involves persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in activities. As trained mental health professionals we can make the assessment and support the mother through PPD.

**Postpartum Anxiety:** Some new mothers experience intense anxiety and worry about their baby's health and well-being, as well as their own ability to care for their child. To support them through the anxiety and self doubt.

**Relationship Strain:** The dynamic of a romantic relationship often shifts after the birth of a child. Sleep deprivation, added responsibilities, and changes in intimacy can lead to stress and strain in the relationship. Help address relationship issues, improve communication, and maintain a healthy partnership during this transition.

**Work-Life Balance:** Mothers returning to work or navigating career changes may experience working mom guilt. We can provide guidance on balancing their professional and family responsibilities and help them navigate the guilt.

**Stress Reduction:** The demands of motherhood can be overwhelming. We can teach stress management techniques and relaxation exercises to help new mothers cope with daily stressors.

**Body Image Issues:** Many women experience changes in their bodies during pregnancy and after childbirth. These changes can lead to body image concerns and feelings of self-consciousness, which may affect self-esteem and mental well-being. Help new mothers explore and affirm their sense of self and address any concerns related to body image or self-esteem.

**Identity and Role Adjustment:** Becoming a mother can lead to a significant shift in a Woman's identity and sense of self. Some women may struggle with the transition from their previous roles and identities to that of a mother. Help new mothers explore and affirm their sense of self and address any concerns related to body image or self-esteem.

**Building a Support Network:** They say it takes a village to raise a child! It's true, but in today's nuclear families raising a child becomes the sole responsibility of parents which can be overwhelming. We can assist new mothers in building a support network, whether through support groups, connecting with other parents, or strengthening relationships with family and friends.

**Sleep Deprivation:** Newborns often wake frequently during the night to feed, which can lead to severe sleep deprivation for mothers. Chronic sleep deprivation can exacerbate emotional challenges and make it more difficult to cope with stress. To equip them with mindful and relaxation techniques. Isolation and

**Loneliness:** The demands of caring for a newborn can lead to social isolation and feelings of loneliness. New mothers may feel disconnected from friends and family, which can contribute to feelings of depression and anxiety. We can help them with prioritization, encourage self-care and self-compassion, take care of their own mental and physical health.