

Helpful Terms & Definitions

1 Antidepressants: Drugs that are used to treat depression.

2 Baby Blues: After having a baby, some moms may feel sad, scared, angry, or anxious for about 3 days. Usually, these feelings go away within 1 to 2 weeks.

3 Cesarean Birth: When a baby is born from the uterus through a cut in the woman's belly.

4 Estrogen: A female hormone produced in the ovaries.

5 Fetus: The stage of human development that comes after 8 weeks since fertilization.

6 Hormone: A substance made in the body that controls the function of cells or organs.

7 Menstrual Periods: The monthly shedding of blood and tissue from the uterus.

8 Obstetrician–Gynecologist (Ob–Gyn): A doctor with special training and education in women's health

9 Postpartum Depression: A type of mood disorder that happens in the first year after having a baby. It can make it hard for a woman to take care of her child.

10 Prenatal Care: A program of care for a pregnant woman before the birth of her baby.

11 Progesterone: A female hormone that is made in the ovaries and prepares the lining of the uterus for pregnancy.

12 Psychotherapy: Working with a therapist to identify problems and find ways to change behavior.