

POSTPARTUM STRESS TRIGGERS

Women's hormones fluctuate a ton after birth. To manage potential emotional episodes consider this list of possible stress triggers and use it with the postpartum plan to set yourself up for success. If you, as the mother, know you might have issues with any of the following see how you can minimize their impact by allowing others to take responsibility for a duration of time.



Difficult Sibling Adjustment



Family, In-laws and Other Visitors



Food Preparation



The Primary Responsibility of Household Chores



Nighttime Parenting



Lack of Sleep



Previous Postpartum Depression



Cabin Fever



Going Back to Work, Your Partner or You



Baby Care



Isolation



Pet Care and/or Pet Adjustment