

## Family Education Package for Families with Newborn Babies

### Episode 1: Postnatal mothers may face emotional disorders? (Transcript)

**Host:** Many new parents feel very excited about their newborn babies. However, once they start taking care of their babies, they will find that they do not have enough time to rest and have to face various adjustment problems. Betty is one of them.

#### Drama part 1

**Narration:** Betty is holding her baby in the living room, looking perplexed. When she puts down her baby, she smells something burning.

**Betty:** (Voice over) Oh, I forgot to turn off the gas. How can I be so forgetful?

**Betty:** Baby, mommy can't even do the chores properly. Am I useless?

**Narration:** Betty looks at her baby, feeling guilty.

In the evening, Betty cries on the sofa in the living room. Her husband Brian comes back from work.

**Brian:** Honey, what happened? Not feeling well? If nothing happened, then why are you crying?

**Betty:** I don't know, I've been like this these days. Dear, I'm so worried...

**Brian:** It'll be fine. This happens to everyone in the beginning. You are thinking too much about it.

**Betty:** What? Thinking too much about it? You're not me, you won't understand.

#### Expert advice

**Dr. Wong:** Experiencing a change in role after the baby was born and under the influence of stress and hormones, new mothers are more prone to be emotionally unstable. They may easily become tearful, sleepless and irritable. Statistics show that one of every two postnatal women will suffer from postnatal blues three to five days after childbirth. As long as the new mother gets enough rest and receives support from her partner, family and friends, her mood swings will be relieved after a few days. However, about 10% of the women may suffer from postnatal depression. The depressed mood will usually appear within 6 weeks after childbirth, but in some cases, it may occur within a year after childbirth. Apart from becoming tearful, irritable and anxious, they may suffer from insomnia, lose appetite and become uninterested in things around them. Sometimes they may even have a thought of hurting the baby or themselves. If these symptoms last more than two weeks, you should seek help from health professionals as soon as possible.

#### Drama part 2

**Brian:** So actually what are you worried about?

**Betty:** I think I'm not a capable mother. I'm so worried that I can't take good care of our baby.

**Brian:** Honey, I know being a mother isn't easy, as there are so many things to worry about. But no matter what happens, I will always be with you, support you, take care of the baby with you, and bring up with you a happy and healthy child, okay?

Expert advice

Dr. Wong: We should pay more attention to the postnatal women around us. If their emotional problems persist or get worse, we should seek help from health professionals or social workers as soon as possible.

Conclusion

Host: When someone is feeling upset, what they need may not be a solution. Sometimes a pair of listening ears or a shoulder to lean on can give them enormous support.

*Support your partner with great patience*

*Show more consideration and always listen*