

I HAVE THOUGHTS OF HARMING MY BABY...

SHOULD I BE CONCERNED?

Perinatal Obsessive Compulsive Disorder



2-3 women out of 100 are diagnosed with OCD during pregnancy

17 out of 100 women experience unwanted thoughts after giving birth



OBSESSIONS

repeated unwanted thoughts

COMPULSIONS

behaviors done to improve anxiety and lessen obsessive thoughts

Compulsions

- Repeatedly washing and sterilizing clothes, toys, bottles
- Waking baby up multiple times at night
- Questioning if you hurt your baby

Obsessions

- What if I hurt my baby?
- What if I make my baby sick?
- What if I touch my baby inappropriately?
- What if I make a wrong decision?

PERINATAL O.C.D.

What is it?

Perinatal O.C.D. is an anxiety disorder which happens during or after pregnancy. It interferes with the parent's ability function.



Could this be postpartum psychosis?

It could be, but it is very unlikely. With PPP the woman typically has little insight into her thoughts. Rather than fearing her thoughts, she . accepts them and believes them to be true and possible. Be sure to talk to your clinician about your worries.



Does it go away?

Some people have symptoms which worsen with pregnancy or when postpartum. For most people, their thoughts and behavior get better within the first year after delivery.



What kind of treatment is available?

There are several medications available to alleviate symptoms. There are specific psychotherapies which also work well to make your symptoms go away.



Do you need help?

Help is available..
Tell your obstetrician or midwife how you are feeling.
Ask you primary care provider for assistance and advice.
OCD Foundation
Postpartum Support International



www.peace4momsga.org