## Tips To Help Your

## Loved One

## Through PPD



Spend time with each other



Limit visitors to a few per week



**Ensure shared care** responsibilities



Make time for exercise and nature walks



**Provide** an undisturbed nap-time



Encourage help-seeking



non-judgemental support



Mom Junction Source: https://www.momjunction.com/articles/postpartum-depression-symptoms-

treatment\_001049703/