

POSTPARTUM SERIES 2: NURTURING MOM'S MENTAL HEALTH

Dr. Daniella Perri

I am a naturopathic doctor with over 10 years of clinical experience and a CAPPA certified childbirth educator. My practice is focussed on supporting women who want to have an empowering birth experience and those who are struggling with postpartum challenges. I am a mother of 3 with lived postpartum understanding. Tell me your story. I'm here to help!

CONTACT & SOCIALS

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BABY BLUES

- occurs immediately after birth
- improves within 2 weeks postpartum
- some symptoms: crying, exhaustion sleep deprivation, stress

POSTPARTUM DEPRESSION

- does NOT improve within 2 weeks
- symptoms: same as baby blues + hopelessness, extreme fear, disconnected from baby
- may need additional support from psychotherapist or psychologist



SUPPLEMENTS

BRAIN HEALTH

- Omega 3 fatty acids
- vegans can use flaxseed oil or algae sourced omega 3 supplements

MOOD SUPPORT

- iron: if you are deficient
- B vitamins are often deficient and can improve energy
- Vitamin D is also often deficient

STRESS

- Echinacea supports the adrenal glands
- Magnesium calms the body
- L-theanine enhances relaxation

COGNITIVE BEHAVIOURAL THERAPY (CBT)

- switch negative thoughts to positive ones
- thought record is a tool used to help shift to new perspectives

ADDITIONAL RESOURCES

- Crisis Services Canada: text 9-8-8
- Connex Ontario: text 247247
- Mind Beacon: mindbeacon.com
- Postpartum Support International Canada: postpartum.net/Canada

Scan me to book an appointment

