

POSTPARTUM CHANGES



ISSUES THAT CAN ARISE

PHYSICAL

- PAIN (WOUND, SCARRING, HEALING, MUSCULAR)
- VAGINA/VULVA STRUCTURAL CHANGES
- BLADDER PROBLEMS
- BOWEL PROBLEMS
- FATIGUE
- HORMONAL CHANGES
- PHYSICAL CHANGES
- SENSORY OVERLOAD

PSYCHOLOGICAL (MOTHER)

- ANXIETY/FEARS
- POST TRAUMATIC STRESS DISORDER
- SENSE OF BEING DAMAGED
- CHANGE OF BODY IMAGE (FEELING UNDERSIRABLE)
- CHANGE OF SELF IMAGE (AS A MOTHER RATHER THAN A SEXUAL PERSON)
- EMOTIONALLY OVERWHELMED
- DEPRESSION
- INCREASED RESPONSIBILITY FEELING UNSUPPORTED OR NEGLECTED

PSYCHOLOGICAL (FATHER)

- TRAUMATISED BY THE EXPERIENCE
- INCREASED RESPONSIBILITY AND STRESSORS
- FEELING LEFT OUT/NEGLECTED
- UNMET NEEDS

RELATIONSHIP

- FOCUSED ON PARENTHOOD RATHER THAN THE RELATIONSHIP
- FEELING UNCERTAIN OR OUT OF CONTROL
- INCREASED RESPONSIBILITY FEELING UNSUPPORTED OR NEGLECTED
- DIFFERENCES IN APPROACH TO PARENTHOOD
- RELOCATION OF ROLES AND TASKS
- LACK OF TIME TOGETHER
- LACK OF COMMUNICATION

FAMILY

- INCREASED DEMANDS OF OTHER CHILDREN
- DIFFERENCES IN PARENTING APPROACHES
- CULTURAL DIFFERENCES
- EXPECTATIONS AND DEMANDS OF EXTENDED FAMILY

