

Edinburgh Postnatal Depression Scale (EPDS)

Since you are either pregnant or have recently had a baby, we want to know how you feel. Please place a **CHECK MARK (✓)** on the blank by the answer that comes closest to how you have felt **IN THE PAST 7 DAYS**—*not just how you feel today*. Complete all 10 items and find your score by adding each number that appears in parentheses (#) by your checked answer. This is a screening test; not a medical diagnosis. If something doesn't seem right, *call your health care provider regardless of your score*.

Below is an example already completed.

I have felt happy:
 Yes, all of the time _____ (0)
 Yes, most of the time _____ (1)
 No, not very often _____ (2)
 No, not at all _____ (3)

This would mean: "I have felt happy most of the time" in the past week. Please complete the other questions in the same way.

1. I have been able to laugh and see the funny side of things:
 As much as I always could _____ (0)
 Not quite so much now _____ (1)
 Definitely not so much now _____ (2)
 Not at all _____ (3)
2. I have looked forward with enjoyment to things:
 As much as I ever did _____ (0)
 Rather less than I used to _____ (1)
 Definitely less than I used to _____ (2)
 Hardly at all _____ (3)
3. I have blamed myself unnecessarily when things went wrong:
 Yes, most of the time _____ (3)
 Yes, some of the time _____ (2)
 Not very often _____ (1)
 No, never _____ (0)
4. I have been anxious or worried for no good reason:
 No, not at all _____ (0)
 Hardly ever _____ (1)
 Yes, sometimes _____ (2)
 Yes, very often _____ (3)
5. I have felt scared or panicky for no good reason:
 Yes, quite a lot _____ (3)
 Yes, sometimes _____ (2)
 No, not much _____ (1)
 No, not at all _____ (0)
6. Things have been getting to me:
 Yes, most of the time I haven't been able to cope at all _____ (3)
 Yes, sometimes I haven't been coping as well as usual _____ (2)
 No, most of the time I have coped quite well _____ (1)
 No, I have been coping as well as ever _____ (0)

7. I have been so unhappy that I have had difficulty sleeping:
 Yes, most of the time _____ (3)
 Yes, sometimes _____ (2)
 No, not very often _____ (1)
 No, not at all _____ (0)
8. I have felt sad or miserable:
 Yes, most of the time _____ (3)
 Yes, quite often _____ (2)
 Not very often _____ (1)
 No, not at all _____ (0)
9. I have been so unhappy that I have been crying:
 Yes, most of the time _____ (3)
 Yes, quite often _____ (2)
 Only occasionally _____ (1)
 No, never _____ (0)
10. The thought of harming myself has occurred to me: *
 Yes, quite often _____ (3)
 Sometimes _____ (2)
 Hardly ever _____ (1)
 Never _____ (0)

TOTAL YOUR SCORE HERE ►

Regardless of your score, if you have concerns about depression or anxiety, please contact your health care provider.

Please note: The Edinburgh Postnatal Depression Scale (EPDS) is a screening tool that does not diagnose postpartum depression (PPD) or anxiety.

PARENT HANDOUT

3 - 5 Days (First Week) Health Supervision

Your child's growth:

Weight: _____ lb. Percentile: _____

Length: _____ in. Percentile: _____

Head Circumference: _____ cm. Percentile: _____

Create a MHS GENESIS Patient Portal Account

1. Scan QR Code with camera
2. Go to website
3. Sign Self-Service Consent
4. Click "Need an Account"
5. Complete the registration process



Parental Well-Being

- Taking care of yourself helps you take care of your baby.
- Remember to go for your postpartum checkup.
- Call for help if you feel sad or blue.

Click on me to go to the
"HealthyChildren.org" Website!
An American Academy of Pediatrics (AAP) guide
to your child's milestones, growth
and development. Search by age.



Infant Adjustment

- Encourage tummy time--put your baby on their tummy when awake and you are there to watch.
- Crying is normal and may increase when your baby is 6-8 weeks old.
- When your baby is crying, comfort them by talking, patting, stroking, and rocking.
- *Never shake your baby.*
- If you feel upset, put your baby in a safe place; call for help.

Safety

- Use a rear-facing car safety seat in all vehicles.
- Never put your baby in the front seat of a vehicle with a passenger air bag.
- Keep your car and home smoke-free.
- Keep hanging cords or strings away from your baby.
- Keep a hand on your baby when changing clothes or the diaper to prevent falls.
- Avoid bed-sharing. Infants should sleep in the parents' room, on a separate, firm, flat sleep surface designed for infants—ideally for the first 6 months. Place infants on their backs, without soft objects, loose bedding, or padded sides, and use only products that meet current federal safety standards.

Infant Care

- Wash your hands often. Ensure others wash their hands before touching your baby. Avoid large crowds.
- Read, talk and sing to your baby often. Avoid exposure to TV or digital devices.
- May wash skin with unscented soap; avoid belly button area until fully healed. Avoid sun exposure.

Feeding

- Breastfeed or bottle-feed 8-12 times per day. Give only breastmilk or iron-fortified formula for the first 12 months.
- Feed your baby when you see signs of hunger, such as putting hand in mouth or sucking, rooting or fussing.
- End feeding when you see signs your baby is full, such as turning away, closing the mouth, or relaxed arms and hands.
- Our Lactation Consultant is here to help with any concerns about feeding your baby. Call our clinic to schedule.
- Most babies should add solid foods at 4-6 months of age. If only breastfeeding, wait until about 6 months old to start solids.

Medications

- Vitamin D 400 IU per day while breastfeeding or until taking at least 32 ounces of infant formula per day.
- Saline nasal spray/drops as needed.
- No acetaminophen (Tylenol) until after 2 months of age; no ibuprofen (Motrin) until after 6 months of age.

Next health supervision appointment: 2 weeks of age.

REASONS TO GO TO THE ER OR CALL 911:

- Rectal temperature greater than 100.4°F or 38°C
- Made less than 4 urine diapers in 24 hour period
- Significant change in behavior (not sleeping, not waking up, inconsolable crying)
- Green or bloody vomit; bloody stools

Patient-specific guidance: