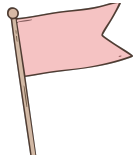


# Understanding Matrescence: Pink vs. Red Flags



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## Matrescence: PINK FLAGS

- **Emotional Swings:** From joy to anxiety; temporary and manageable.
- **Identity Shift:** Adjusting to motherhood often evokes ambivalence and disorientation.
- **Physical Recovery:** Healing and adapting to sleep; fatigue improves over time.
- **Relationship Changes:** Shifts in dynamics with loved ones.
- **Intense Comparison:** Measuring one's experience against the "Perfect Mother" ideal.



## PMADS: RED FLAGS

- **Persistent Sadness:** Lasting feelings of sadness or hopelessness
- **Severe Anxiety:** Intense worry or panic, disrupting daily life.
- **Bonding Issues:** Difficulty connecting with the baby.
- **Intrusive Thoughts:** Unwanted and distressing thoughts.
- **Appetite/Sleep Changes:** Significant eating or sleeping pattern disruptions.
- **Harmful Thoughts:** Thoughts of harming oneself or the baby; urgent help required.



## Supporting New Mothers

**Listen:** Validate feelings without judgment.

**Educate:** Share information about the normalcy of matrescence.

**Promote help:** Encourage seeking professional support when red flags appear.

**Build networks:** Connect new mothers with support groups & appropriate resources.



