

Celebrity Parents: Struggling with Postpartum and Recovery Tips



By [Bonnie Griffin](#)

When you have a baby it's the happiest time of your life... until it's not. Many mothers struggle with a sense of extreme sadness and depression after giving birth. It may feel like you're all alone, and like you need to hide your feelings and pretend to be happy even if that's not what you're feeling but it's not. [Celebrity parents](#) like [Katy Perry](#) and Serena Williams are speaking out about their battle with postpartum depression. It's nothing to be ashamed of because it is very real for many new mothers.

Parents, you're not alone. Even celebrity parents struggle with postpartum.

According to *People.com*, celebrity parents like Katy Perry, Serena Williams, and Alyssa Milano are helping to shed some light on the reality of postpartum depression. Williams opened up saying, "Sometimes I still think I have to deal with it, ... I think people need to talk about it more because it's almost like the fourth trimester, it's part of the pregnancy." These celebrities are helping shed light on the fact that postpartum is not something to be ashamed of; it is a natural part of giving birth and the first step to beginning to feel better is to accept it is natural and you don't need to hide. Here are some recovery [parenting tips](#) for dealing with postpartum depression:

1. Respond to your child's needs: Build a bond with your baby. That may seem like a lot when you're feeling like you're stuck in sadness and darkness, but take it one step at a time. You build a bond by meeting your baby's needs. When they cry, pick them up, have skin-to-skin contact, sing to them, anything as long as you're interacting with them in a positive manner. As your bond grows between you and your baby it will help you both to feel more secure and help you feel better, too.

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2. Take care of yourself: It can be easy to get lost of taking care of your baby instead of taking care of yourself after giving birth. This can be further exasperated if you're suffering from postpartum depression. Take your vitamins, and make sure you are sleeping when the baby sleeps. Ask your friends and family for help so you can get some time to yourself to pamper yourself and make sure you're getting enough sleep. Get outside and get some sunshine because it can

positively impact your mood.

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3. Use your support network: Loneliness can make your postpartum feel worse, and leave you feeling lost in the dark. Reach out to your friends and family for support when you're lonely. Visit them or invite them out to lunch. They can offer social and emotional support that will help boost your self-esteem and lift your mood.

4. Therapy: If self-help and lifestyle changes are not enough to pull you out of your depression you can seek therapy. A doctor may also prescribe medication or counseling and psychotherapy to help you talk about your concerns and set manageable goals to help you take steps towards feeling more positive.

Postpartum affects many new mothers. What are some tips you have for lifting your spirits when you feel depressed? Let us know in the comments below.