

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.

Related Link: [Parenting Tips: Apply Research to the Practice of Parenting](#)

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.

Alyssa Milano Is Expecting a Boy





Alyssa Milano can't keep a secret. This week, the pregnant 38-year-old actress revealed to fans the sex of her baby, according to [People](#). "As fun as it was reading all of your gender predictions on Twitter, I'm really bad at keeping secrets and had to share (not to mention, I was bound to unintentionally slip at some point)," Milano wrote on her website. "David and I are elated to announce that we are having a baby boy. We can't wait to meet him. Boys names, anyone?" The *Who's The Boss* and *Charmed* actress has been married to husband David Bugliari since August 2009.

Should you name your child after a family member?

Cupid's Advice:

When choosing a baby name, you can go the traditional route and name your child after a family member, or you can come up with a totally new and different name. Cupid has some tips on how to know what name is right for your baby:

1. Keep it in the family: If there is someone really special to you in your family that you want to honor, name your child

after a family member. Many people use their father or mother's names or reuse an old family name and make it new.

2. Use the middle name: Just because you don't choose a family name for your child's first name doesn't mean you can't still respect tradition. If you want, use a relative's name for your child's middle name.

3. Try something new: If you want to totally depart from traditional family names, go for it. Name your child after a song, an actor, a writer... or just pick a name you heard and liked.