

What a Partner can do

- Be patient
- Encourage your partner to talk about her feelings
- Accept that her feelings are genuine and don't trivialize them by telling her to "snap out of it" or "get over it"
- Try to understand her point of view
- Don't take her negative feelings or criticisms personally
- Tactfully limit visitors if she doesn't feel like socializing
- Enlist the aid of other family members to help around the house, if and when they can, including with baby-sitting
- Tell her often that you love her
- Show her you love her with cuddles and by helping with baby care and housework
- Don't try to turn every cuddle into sexual intercourse
- Don't criticize her post-pregnancy body or demand she lose weight, as she may already feel low about her appearance
- Care for the baby after work to promote your father-child relationship, while giving your partner a much-needed break
- Encourage compliance/adherence with recommended treatment
- If you are worried, encourage her to see a doctor
- Go to the doctor yourself for information and advice, if your partner initially refuses to go
- Reassure her that, with appropriate help and support, she will recover from her condition