

MATERNAL PPD

[postpartum depression]

We call it “the blues,”
but not to confuse
its discord with discoloration.

This unwelcome news
is not about hues,
but hormone reorientation.

Don’t focus on girth
or slander self-worth!
No mother need make that confession!
But after the birth
the best mom on earth
may move beyond doubts to depression.

Don’t ever think twice
postpartum’s not nice,
Because of hormonal commotions!
Just take my advice:
that sleep should suffice
to quiet your stormy emotions.

But if blues are deep,
still making you weep,
despite singing songs to your baby,
although it’s not cheap,
a date you must keep:
your OB will medicate, maybe.

With body well-fed
make friends with your bed,
Stroll often, but don’t overdo it!
Good thoughts in your head
and prayers you have said
eventually escort you through it.

—David L. Hatton, 3/10/2018