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### Baby Blues or Post Partum Depression Reflection

#### **Why did you choose the focus you did?**

I chose to focus on the differences between baby blues and postpartum depression because it's a critical topic for new mothers and their families. Understanding these differences can make a huge difference in how we support new moms and ensure they get the help they need. Postpartum mental health is often overlooked, and raising awareness can help reduce stigma and encourage more people to seek help. I also experienced Postpartum Depression after my first child and at the time wished I had resources and information that could've helped me through that difficult time.

Also, this topic is relevant and urgent. Many people confuse the less severe baby blues with postpartum depression, which can have serious consequences if left untreated. By addressing this, I aim to educate my audience, promote early detection, and advocate for better mental health resources for new mothers. This topic also allows for a rich multimedia presentation, including personal stories, expert insights, and data, making it compelling and informative.

#### **Who is your audience? Why did you choose the images and text you did?**

My primary audience includes healthcare professionals, new mothers, and their families. I chose this audience because they are directly impacted by baby blues and postpartum

depression. Healthcare professionals can benefit from increased awareness and training, while new mothers and their families need to understand the symptoms and seek help when necessary.

To persuade my audience, I chose images and text that evoke empathy and understanding. Images of mothers with their babies, showing a range of emotions, can help visually communicate the topic's emotional aspects. The text is clear and supportive, emphasizing the importance of mental health and available resources. Combining these elements, it aims to create a powerful, convincing narrative that resonates with the audience and encourages action.

Works Cited

Jelinek, Joslyn, "What's the Difference Between the Baby Blues and Postpartum Depression?"

20 July, 2024, <https://www.healthline.com/health/baby-blues-vs-postpartum-depression>

Byrd, Carrie, "Is This 'Baby Blues' or Postpartum Depression?", 20 July, 2024,

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