

Did You Know?

- From 2010 to 2016, over 307,774 babies were born in San Diego County – an average of about 43,968 babies per year!

Postpartum Depression vs. Baby Blues

For new mommas, it is important to learn the differences between postpartum depression and the baby blues.

- Baby blues are normal feelings of worry, unhappiness, and fatigue that many women experience after having a baby. These feelings affect up to 80% of mothers.
- With postpartum depression, feelings of sadness and anxiety can be extreme and might interfere with a woman's ability to care for herself or her family. Because of the severity of the symptoms, postpartum depression usually requires treatment. The condition, which occurs in nearly 15 percent of births, may begin shortly before or any time after childbirth, but commonly begins between a week and a month after delivery.

The Cost of Raising a Child on Top of Delivering



According to the USDA, “for a *middle-income* family to raise a child born in 2015 through the age of 17, the cost of rearing a child has hit \$233,610.”³

In California, delivery costs differed from vaginal to cesarean births⁴:

- Vaginal delivery can be charged from \$3,296 to \$37,227.
- C-sections can be charged from \$8,312 to \$71,000.

1. <https://www.nimh.nih.gov/health/publications/postpartum-depression-facts/index.shtml>
2. <http://time.com/money/4629700/child-raising-cost-department-of-agriculture-report/>
3. <https://www.ucsf.edu/news/2014/01/111071/how-much-does-it-cost-have-baby-hospital>
4. <https://www.cdc.gov/breastfeeding/about-breastfeeding/why-it-matters.html#bluestarfam.org/wp-content/uploads/2017/11/ExecSummary17-FINAL.pdf>

Resources

- **Women, Infants & Children (WIC) Program:** is an income-sensitive supplemental food program that issues vouchers and provides nutritional information for expectant moms and parents with children 5 years and under. Call 800-500-6411 or visit www.sdarc.org for information and on-base locations.
- **Postpartum Support International:** Our support coordinators available to offer peer support, information, and resources for military women and their families for pregnancy or postpartum mood and anxiety disorders and recovery. <http://www.postpartum.net/Get-Help/PSI-Support-for-Military-Families.aspx>
- **Operation Top Knot (Soldiers' Angels):** is a nationwide network of service clubs and individuals who knit, crochet, sew, quilt, and design blankets, booties, hats, onesies, bibs, and many more homemade gifts for expectant mothers in military families. We also assemble and deliver gift baskets full of goodies such as bottles, diapers, onesies, pacifiers, washcloths, grooming kits, and more. Additionally, we make sure to remember Dad by sending "It's a Boy!" or "It's a Girl!" bubblegum cigars to wherever he is stationed. <https://soldiersangels.org/>
- **Budget for Baby:** This free workshop is put on by the NMCRS to help you develop a family budget, give you tips on how to save money, and introduce you to other expectant Navy and Marine Corps parents. Workshop attendees receive a free Junior Sea Bag, including a baby blanket handmade by a Society volunteer. We also offer free, one-on-one budget counseling and financial education. To register for a Budget for Baby workshop, contact your nearest NMCRS office at <http://www.nmcrcs.org/locations>

Breastfeeding Facts

- Only 1 in 4 infants is exclusively breastfed as recommended by the time they are six months old.
- Black infants are 21% less likely to have been breastfed than white infants.
- Benefits for infants who breastfeed include reduced risks of asthma, obesity, Type 2 diabetes, ear and respiratory infections, Sudden Infant Death Syndrome (SIDS), gastrointestinal infections, and necrotizing enterocolitis (NEC).
- Benefits for mothers include reduced risks of ovarian cancer, breast cancer, Type 2 diabetes, and high blood pressure.