

Postpartum Mental Health & the Need for Education

Findings from a 2023 survey by Aeroflow Breastpumps suggest that broadened access to mental health services would enable moms across the country to more easily meet and exceed their breastfeeding goals.

9 out of 10 moms

shared they experienced **feelings of anxiety, sadness, stress or a low mood** after giving birth.



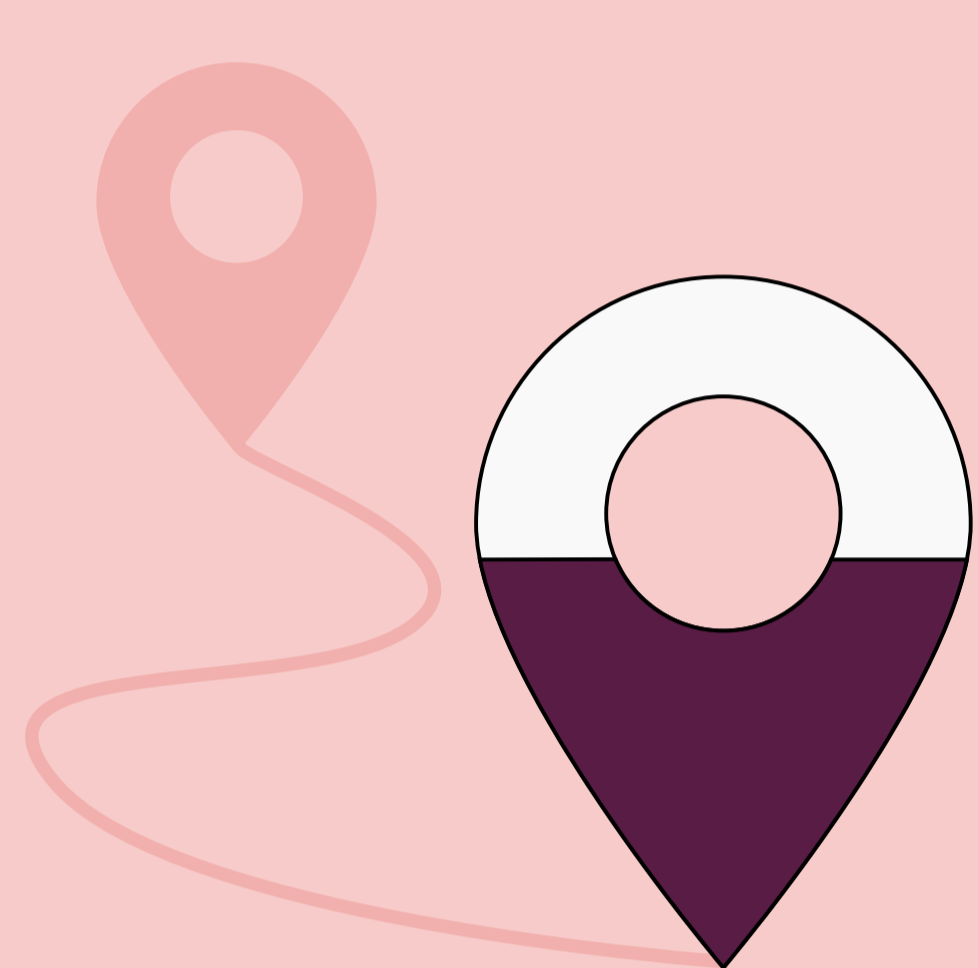
67%

saying that **breastfeeding** or making sure their **baby was fed** contributed to the **stress and anxiety** they were feeling.



53%

More than half of new mothers **experienced anxiety after weaning.**

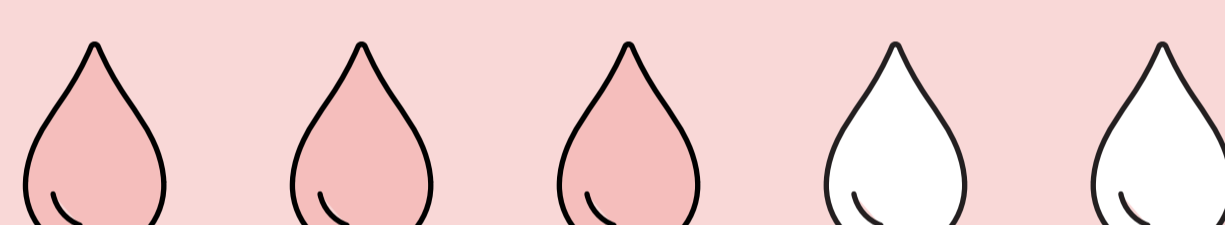


57%

More than half stated that their **location interfered with their ability to receive care** around breastfeeding and postpartum necessities.

81%

of new mothers stated that **anxious thoughts and excessive worry kept them from sleeping** while postpartum.



3 out of 5 moms

felt they **needed assistance to properly breastfeed.**



30%

Despite the issues mothers faced while breastfeeding, about 30% still **never received assistance from an IBCLC.**



70%

of new moms shared they have also had to **skip out on activities due to their postpartum depression.**

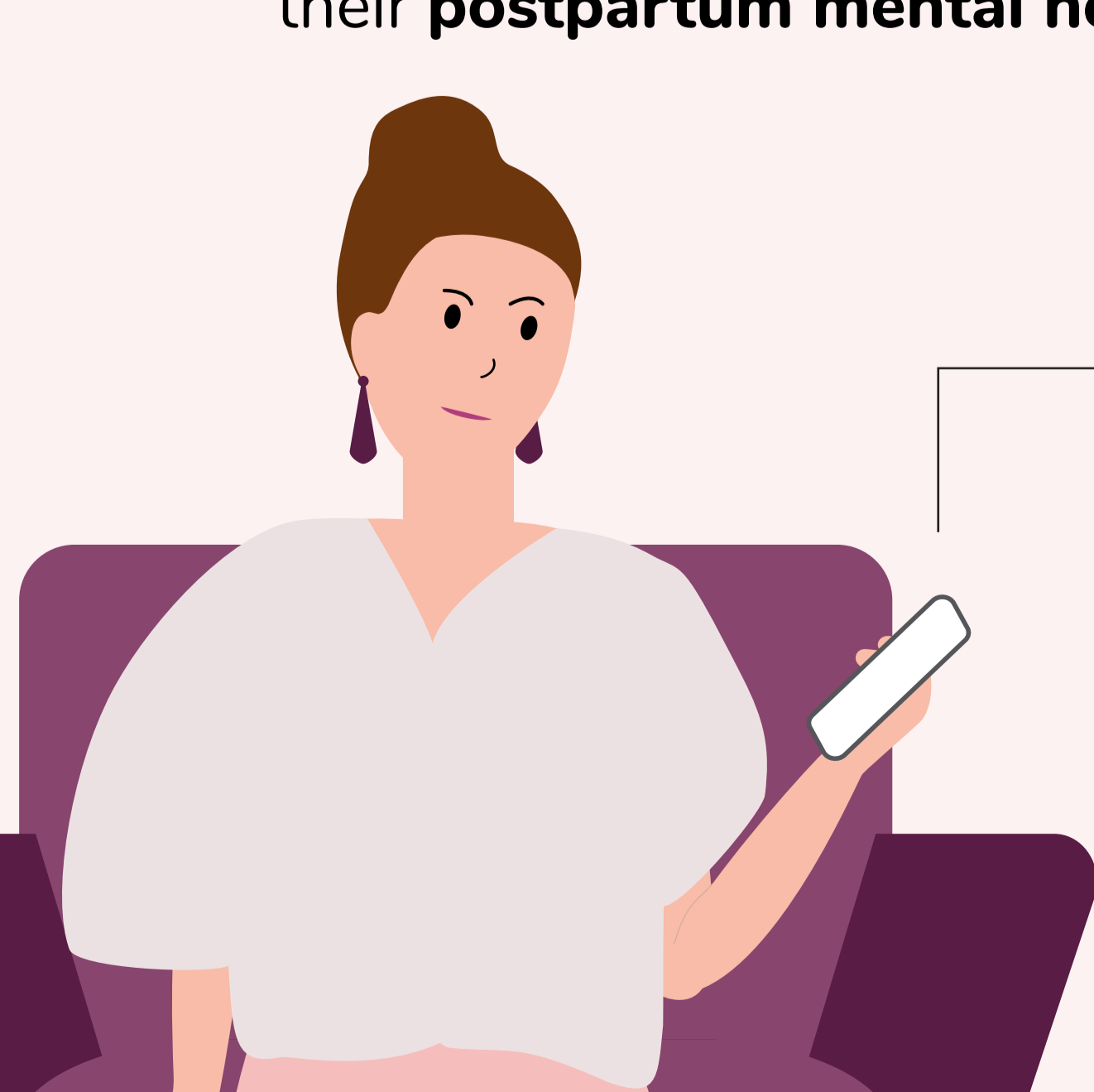
2 out of 3

67% admitted to skipping out on activities due to **not having the tools or resources necessary to breastfeed in public.**



9 out of 10 moms

feel that **education around** what mothers should expect with their **postpartum mental health needs to be improved.**



80%

expressed interest in receiving education around the **resources and tools available to help their mental health** after giving birth.