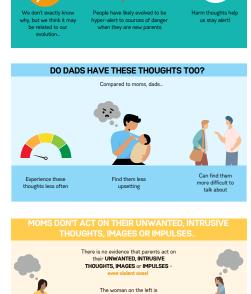


WHY DO PARENTS HAVE THESE KINDS OF THOUGHTS?

MOST NEW MOMS HAVE THOUGHTS ABOUT **HARM** COMING TO THEIR BABY

(O)

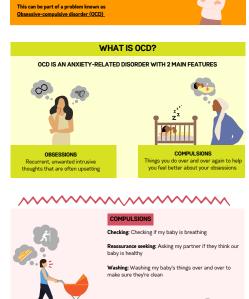




are experiencing mental health difficulties, or are strugglin hink you are not at risk of harming your infant) it can be a someone about what you're going through

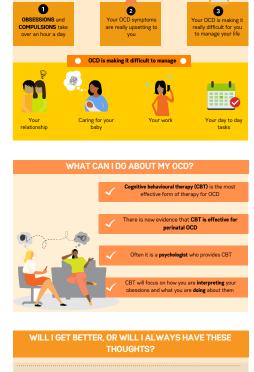
YOU INTERPRET THE FACT THAT YOU ARE HAVING THE THOUGHTS, OR THE CONTENT OF YOUR THOUGHTS TO

ARE YOU SURE YOU'RE NOT WORRIED I'LL HURT MY BABY?



e: Stepping on my baby sht: What if I shove my baby se: To scream at my baby

nost commo during the postpartur



erinatal OCD often involve the infant

HOW DO I KNOW IF I HAVE OCD?



