

**Case #2**

Julia is a 25 year old woman who delivered a baby boy, her first child, 3 months ago. She seems tense and jittery, and bounces her knee constantly as she talks to you with her baby on her lap. She asks you lots of questions about how to help her baby sleep better, how to tell if he's eating enough, how often she should give him baths, if he should be spitting up this much, etc. She mentions that she can't keep asking her pediatrician because he seems frustrated with all of her questions and phone calls. She also shares that she worries a lot about her baby's safety, because she never wants him to be hurt the way she was when she was little. The home is neat and well kept, and you notice the baby has a bit of a rash around his mouth where Julia frequently wipes his spit-up. When asked about past history of depression or anxiety, Julia states that she has never had any problems like that before, but acknowledges that she hasn't quite felt like herself since her baby was born.