

( [PRLEAP.COM](http://PRLEAP.COM) ) KidsWorldMD.com recognizes that many new mothers worry about their babies and their new roles. Many question their abilities and education to perform this important task. However, there is a fine line between being overly concern and obsessive compulsion disorder. When can this be labeled as a concern as opposed to being obsessive compulsive or categorized as obsessive compulsive disorder?

There are many reasons for new mothers to be concerned about their infants' health, growth and development, nutrition among a wide realm of topics. Many of us are familiar with topics such as sudden infant deaths and accidents causing injury or fatality. For parents that have experienced such tragedies, their lives are forever changed and they constantly question themselves of what they could or should have done differently. <http://kidsworldmd.com/blog/2013/05/>

So, what is obsessive compulsive disorder? This is as an anxiety disorder in which a person has an abnormal fear or worry and tries to alleviate or reduce the fear by rituals or performing certain actions. Some new mothers or expectant mothers may worry about their diets or habits, and can be consumed by fear that it will have a negative impact on their developing fetus or infant. This may lead to an obsession. If the mother, fearing she may infect her baby washes her hands two or more times to ensure that her hands are clean before she touches her infant, that may be a compulsion. This is different from her washing her hands twice if it is heavily soiled or contaminated and occurs infrequently. This would be a reasonable concern. <http://kidsworldmd.com/search.php?ctid=90&cid=P01628>

Researchers report that there is a higher percentage of new mothers that display symptoms of obsessive compulsions than that of the rest of the population. Based on the report, they estimate that 11% of new mothers show symptoms of obsessive compulsion than the rest of the population, which averages about 2 to 3%. While this may be a temporary phase, and it usually peaks at 2 weeks and 6 months, it is very useful, as it will identify measures to decrease the anxiety that triggers this disorder. There are some variables that cannot be controlled such as fluctuating hormones, family history, or having personal experience from a tragedy involving a child. Health education may decrease the anxiety and better prepare the new mother for her new roles and responsibilities. How many times have we heard mothers saying, "it was a lot more comfortable the second time around". [http://kidsworldmd.com/Healthday\\_News\\_Article/aid/673960](http://kidsworldmd.com/Healthday_News_Article/aid/673960)

KidsWorldMD.com encourages parents to discuss their concerns with their health care providers. These professionals will be better able to differentiate between what is considered a normal concern and what may be obsessive compulsive disorder. They will be able to advice, refer or treat the disorder accordingly. It does not treat or replaces medical services. KidsWorldMD.com is a health information website that offers current information on many health

topics.