

## Terminology: Psychology/Sociology/Anthropology

### Psychology/Sociology/Anthropology

*baby blues*: common condition of new mothers in the early postpartum period, characterized by mood swings, unhappiness, irritability, sadness; onset typically during the first 2 to 3 weeks

*baby-led weaning*: the approach of adding complementary foods to the baby's diet in a way that lets the baby self-feed when he is interested; typically, this involves soft foods at the family table

*cisgender*: a person whose physical and behavioral gender matches their gender assigned at birth

*co-bedding*: the arrangement in which the infant sleeps on the same sleeping surface, such as in a family bed

*co-sleeping*: the arrangement in which the infant sleeps in close proximity to the mother, but not necessarily on the same surface

*mother-led weaning*: the approach of adding complementary foods to the baby's diet when the mother decides; typically, this involves pureed baby foods and infant cereal

*nursing strike*: a period of time when an infant who has otherwise been nursing well changes their behavior and refuses to breastfeed

*postpartum depression*: condition of severe depression after delivery that interferes with daily functioning; onset may occur any time within the first year

*postpartum psychosis*: condition of severe mental illness requiring prompt treatment and possibly hospitalization; onset typically occurs within the first 1 to 3 months

*rooming-in*: the arrangement in which the infant sleeps in the mother's room instead of a nursery, typically on a separate sleeping surface