

Emotional Changes After Giving Birth

After the birth of your baby, you may feel many emotions. You need time to adjust to your body's changes and to your baby's needs. These changes can make your emotions swing from happy to sad. This is normal. About half of new moms have these feelings.

Signs

You may have one or more of these signs:

- Cry for no reason
- Feel restless or nervous
- Go from being happy to sad quickly
- Are easily irritated
- Have little patience
- Feel overwhelmed
- Have trouble thinking
- Not feel like eating
- Are tired and have little energy
- Have problems sleeping

These changes should go away in a few days or weeks as your body adjusts and you get used to caring for your baby. Here are some things you can do to help:

- Ask for and accept help.
- Rest or nap when your baby sleeps.
- Take a break and have someone care for your baby while you go out.
- Talk about your feelings with family and friends.
- Join a new mothers' group.
- Exercise if your doctor says it is okay.
- Care for yourself. Read, take a bath, or watch a movie.
- Eat a healthy diet.

Ukoktak ko Elikin am Kalotak Ninnin

Elikin am Kalotlok Ninnin eo nejom, kwoj maron enjake elon jet Turiamo ak Mejatoto ko. Kwonaj aikwoj Iien ekijien am naj enjake Ukoktak ko ilo Wawin Enbwinom im barainwot Aikwoj ko an Ninnin en nejom. Ukoktak ko kain rej maron kommon bwe kwon enjake am ilok jen Mejatoto in Monono lok non Mejatoto in Buromij. Wawin in ej walok iben elon Kore ro im ejjab menin am inebata. Enanin jimattan in aolep Kore ro rej kalotok lok juon Ninnin inem ej walok Wawin kein ibeir.

Kokale ko

Kwoj maron enjake juon ak elon jen juon Kokale ko kein:

- Jan ilo ejelok Unin
- Enjake am Enibata ak Ueta
- Elukuun mokaj am etal jen Mejatoto in Monono non Mejatoto in Buromij
- Ilulu ilo ejelok Wawin
- Makoko in kotar non Jabrewot
- Kwoj maron enjake im tomak, ke kwoj jab maron tobar Men Otemjej
- Ejab emon am kolmenlokjen.
- Kwoj jab kanan mone Jabrewot
- Kwoj lukun mok im ejelok am Kajur non koman Jabrewot
- Ej aban am kiki im kwojab kiki Ainemon

Ukoktak kein renaj jeblak, iomin jet wot ran ak wiik ko, ilo an Enbwinom bar rol lok non ainwot mokta im ke kwoj minene lok ekijien am najidrik Ninnin eo nejom. Erkein ej jet Wawin ko kwoj maron kommon bwe en jiban Euk:

- Kwon kajitok im barainwot monono in kajerbali elane ewor juon Armij ej maron Jiban Euk.
- Kakije ak kiki ilo Iien ko Ninnin eo nejom ej kiki.
- Kakije ilo jet Iien im lelok bwe bar juon Armij en lale Ninnin eo nejom ke kwoj ilok non bar juon Jiken.
- Konono ekijien am enjake Wawin kein iben ro Nukom ak ro Mottam.
- Koba lok iben juon Brokram en an Kore Ro rej kab jino jenik lok Ninnin ro nejier (**mother's group**).
- Kamourour Enbwinom (**exercise**) elane ej melim iben Takto eo am.
- Kejbarok Kwe make. Riit bajjek, tutu, ak alwoj juon Pija (movie).
- Mona wot ilo Kokan ko rej emon non am ejmour.

Emotional Changes After Giving Birth. Marshallese

Danger Signs

Sometimes these signs do not go away or they get worse. You may need more help. You may have a more serious problem if you:

- Are not able to care for yourself or your baby
- Are afraid to be alone with your baby
- Have thoughts of hurting yourself or your baby

These are danger signs and you need to **get help**. Call your doctor **right away**.

Kakolle ko ekijien Kauwotata ko

Jet Iien ko Kakolle kein rej jab im emonlok ak jako, ak rej enana lok wot. Kwoj maron aikwoj bwe en elap lok Jiban. Ej maron walok jet Wawin ko rej elap lok wot aer Alikar elane:

- Kwoj jab maron kejbarok Euk make ak lale Ninnin eo nejom
- Elane kwoj mijak in ber iben Ninnin eo nejom make
- Elane ej wor am Lomnok in kokure Euk make ak ej wor am Lomnak in kokure Ninnin eo

Wawin ko kein rej Kalikar Kakolle ko ekijien Kauwotata ko im kwoj aikwoj **Kajitok Jiban**. Kir lok Takto eo am **Kio Kio Wot!**

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