

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.

Isbeddellada Dareen ahaaneed

Dhalidda ka Dib

Ilmahaagu markuu dhasho ka dib, waxaa laga yaabaa in aad dareento dareemmo badan. Waxaad u baahan tahay waqti aad kula qabsato isbeddelka jidhkaaga iyo baahiyaha ilmahaaga. Isbeddelladaan waxay dareemmadaada ka dhigi karaan kuwo ka wareega farxad oo u wareega uur xumo. Tani waa caadi. Ilaa kala badh hooyooyinku dareenkaan ayey leeyihiin.

Calaamadaha

Waxaa laga yaabaa in aad mid ama in ka badan calaamadahaan isku aragtid:

- Oohin aan sabab lahayn
- Dareen degganaansho la'aan ama niyadkac
- Si deg deg ah farxad uga guuridda iyo uur xumo u guurka
- Si fudud u xanaaqid
- Sabar yar lahaansho
- Dareemid in lagaa taag badiyey
- Dhibaato ku qabidda in aad fekerto
- Inaadan dareemid inaad wax cunto
- Aad daallanaato oo tamartu kugu yaraato
- Aad dhibaato hurdada kala kulantid

Isbeddelladaan waa iney dhowr maalmood ama dhowr toddobaad kaaga tagaan marka uu jidhkaagu la qabsado aadna u barato in aad ilmahaaga daryeesho. Halkaan waxaa ah waxyaabo aad sameyn karto si ay kuu caawiyaan:

- Weydiiso oo aqbal caawino.
- Naso ama xoogaa seexo marka ilmahaagu uu hurdo.
- Fasax yar ka qaado oo qof ha kuu sii hayo ilmaha intaad maqan tahay.
- Qoyskaaga iyo saaxiibbadaa kala hadal dareenkaaga.
- Ku biir koox hooyooyin cusub ah.
- Jir-dhis samee haddii takhtarkaagu uu yiraahdo waa hagaag.
- Is daryeel. Wax akhri, qubeyso, ama filim daawo.
- Cun cunto caafimaad leh.

Emotional Changes After Birth. Somali.

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**.

Calaamadaha Halista

Mararka qaarkood calaamadahaan kaa tagi maayaan ama wayba ka siiaraan. Waxaa laga yaabaa in aad u baahato caawinaad dheeraad ah. Waxaa laga yaabaa in aad dhibaato daran qabto haddii:

- Aadan awoodin in aad is daryeesho ama aad ilmahaaga daryeesho
- Aad ka cabsanayso in aad ilmahaaga la keli ahaato
- Aad ku fekereysid in aad is wax-yeelleysid ama ilmahaaga wax-yeelleysid

Kuwaani waa calaamado halis waxaadna u baahan tahay in aad **caawino u hesho**. **Isla markiiba** wac takhtarkaaga.

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