

# 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.

# Ewor Eddodo im Oktak Ilo Boro Elikin Kollotok Ajiri

Elikin am kollotoke ninnin eo nejum, kwo maron enjake jet kain oktak im eddodo ilo buruom. Enaj bok jidik ien nan am kaminene kin oktak ko ilo enbwinom im bareinwot aikuij ko an ninnin eo nejum. Oktak kein remaron kommon bwe kwon monono ilok buromoj. Waween in ej walok ibben elon kirae ro. Enanin jimettan in aolep kirae rej enjaake kain oktak kein.

## **Kokalle ko**

Kwo maron enjaake juon ak elonlok jen juon kokalle rot kein:

- Jan ilo ejelok unin
- Enjaake am jaje kakkije ak ikkumkum
- Enjaake an mokaj am etal jen monono non buromoj
- Ilulu ilo ejelok unin
- Am jaje kijenmij
- Kwoj enjaake am lutoklok kin eddo
- Ejjab emmon am kolmenlokjen
- Kwoj jab konaan mona
- Kwo mokmok im ejelok am Kajur
- Ejjab emmon am kiki

Oktak kein renaj jako iumwin jet wot raan ak wiik, ñe enbwinnun eminentelok ilo an bar rol lok non einwot mokta, im ñe kwo minene lok ikijien am lale ninnin eo nejum. Erkein ej jet waween ko kwo maron kommoni bwe en jiban eok:

- Kwon kajjitok jiban im bareinwot kwon monono elane ewor en emaron jiban eok.
- Kakkije ak kiki ne ninnin eo nejum ej kiki.

Emotional Changes After Giving Birth. Marshallese.

- 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.

## **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**.

- Kakkije jidrik im lelok ninnin eo nejum nan juon eo emaron lale bwe kwoj ja jambo.
- Konono ibben ro nukum im mottam kin eddo ko ilo buruom.
- Drelone droulul ko an mama kaal ro.
- Exercise im kamakitkiti enbwinnum elane emoj an takto komelimi.
- Kejbarok am mour. Kwon riit, tutu, ak alwoj pija.
- Mona wot mona ko remmon non am ejmour.

## **Kakalle ko Rekauwotata**

Jet iien kakalle kein rej jab emmon lok ak rej nana lok wot. Bolen ej aikuij lap lok jiban nan eok. Emaron laplok joraan elane kwoj:

- Jab maron kejbarok eok make ak lale ninnin eo nejum
- Mijak in bed make iaam ibben Ninnin eo nejum
- Lomnok in kokure Eok make ak ewor am Lomnak in kokure Ninnin eo nejum

Kakalle ko kein ne ej wor kauwotata im kwoj aikuij **Kajitok Jiban**. Kur lok takto eo am **Kio Kio Wot!**

2005 – 5/2010 Health Information Translations

Unless otherwise stated, user may print or download information from [www.healthinfotranslations.org](http://www.healthinfotranslations.org) for personal, non-commercial use only. The medical information found on this website should not be used in place of a consultation with your doctor or other health care provider. You should always seek the advice of your doctor or other qualified health care provider before you start or stop any treatment or with any questions you may have about a medical condition. The Ohio State University Medical Center, Mount Carmel Health System, OhioHealth and Nationwide Children's Hospital are not responsible for injuries or damages you may incur as a result of your stopping medical treatment or your failure to obtain medical treatment.

Emotional Changes After Giving Birth. Marshallese.