

Isbedelka Dareenka Kadib Dhalmada

Emotional Changes After Giving Birth

After the birth of your baby, you may feel many emotions. It takes time to adjust to your body's changes and to your baby's needs. While these feelings can be normal, it is important to know when to get help.

“Baby Blues”

You may have the “baby blues” in the first 2 weeks after your baby is born. Most new moms have some of these feelings.

You may have one or more of these signs:

- Cry for no reason
- Go from being happy to sad quickly
- Are easily irritated
- Feel overwhelmed or anxious
- Are tired and have little energy

These feelings often get better 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.

Kadib marka aad dhasho ilmahaaga, waxaad dareemi kartaa dareen badan. Jirkaagu waqti ayuu qaadanaayaa inuu la qabsado isbedelka iyo baahiyaha ilmahaaga. Ayadoo dareenkaas uu noqon karo mid caadi ah, hadana waa muhiim inaad oggaato waqti aad u baahan tahay caawimaada.

“Murugta timaada dhalmada ka dib”

Waxaa kusoo wajihi karaa "murug dhalmada ka dib" 2 asbuuc ugu horreysaa kadib marka ilmahaagu dhasho. Inta badan hooyooyinka cusub waxay dareemaan qaar kamid ah dareemadaan.

Waxaad lahaan kartaa hal ama kasii badan calaamadahaan:

- Oohin bilaa sabab ah
- Farxada oo si dhaqso ah isku bedesha murugo
- Xanaaq sankaa kaa saaran
- Dareemida culeys ama walaac badan
- Daal iyo tamarta oo kugu yaraata

Dareemadaan badanaa ayaa dega maadaama jirkaagu la qabsanaayo iyo inta aad daryeelayso ilmahaaga. Halkaan waxaad ka heli kartaa qaar kamid ah caawimaada aad adeegsan karto:

- Waydiiso aqbalna caawimaada.
- Naso oo seexo hurdo yar marka ilmahaagu seexdo.
- Qaado fasax una dhiib ilmahaaga qof si uu kuugu daryeelo kadibna aad banaanka.

- Talk about your feelings with family and friends.
- Join an online or in-person new mothers' support group.
- Exercise if your doctor says it is okay.
- Care for yourself. Read, take a bath or watch a movie.
- Eat a healthy diet.

Postpartum Depression

Sometimes depression does not go away on its own. If feelings of depression or anxiety get worse or last longer than 2 weeks, call your health care provider.

Symptoms can start at any time within the first year of having a baby. Depression after pregnancy is common and can get better with treatment.

Getting treatment is important for you and your baby. Common treatments include counseling and medications. There are medications that are safe for moms who breastfeed.

Untreated depression can make it harder to care for and bond with your baby.

It is important to ask for help from a health care provider.

Symptoms will be different for each person, but it might include:

- Feelings of sadness, hopelessness or guilt
- A lack of interest about your baby (or excessive worry about baby)

- Kala hadal asxaabtaada iyo qoyskaaga waxa aad dareemayso.
- Kubiir kooxaha bixiya taageerada hooyooyinka cusub ama oonleenka.
- Samee jimicsi haddii dhaqtarkaagu dhaho waa caadi.
- Isdaryeel. Wax akhri, qubeyso ama daawo filim.
- Cun cuntooyin caafimaad leh.

Walaaca Dhalmada kadib

Mararka qaar walaacu si iskiis ah uma tago. Haddii aad dareento in walaaca ama walalku ay kasii darayaan ama ay siijiraan muddo dhan 2 asbuuc, wac daryeel bixiyahaaga caafimaadka.

Calaamadahu waxay bilaaban karaan waqti kasta inta lagu jiro sanadka koowaad ee ilmahaaga. Walaaca kadib dhalmada waa wax inta badan yimaada waxaana lagu daaweyn karaa daawo.

Inaad hesho daawo ayaa ah wax muhiim u ah adiga iyo ilmahaaga. Daaweynta inta badan la isticmaalo waxaa kamid ah talo bixin iyo daawooyin. Waxaa jira daawooyin badqab u ah hooyooyinka naaska nuujinaaya.

Walaaca aan la daaweyn waxa adkeen karaa daryeelka iyo hilloowga idinka dhaxeeya adi iyo ilmahaaga.

Waa wax muhiim ah inaad caawimaad waydiisato daryeel bixiyahaaga caafimaadka.

Qofba qofka kale wuu kaga duwanaan karaa calaamadaha, laakiin waxaa kamid noqon kara:

- Dareemida murugo, rajo la'aan ama qoomamayn
- Xiiso la'aan ku aadan ilmahaaga (ama walaac saa'id oo kaa haysta ilmaha)

- Trouble sleeping
- Excessive crying
- Anger or irritability
- Weight loss or gain
- Lack of energy
- Hurdo la'aan
- Oohin saaid ah
- Xanaaq ama dulqaad la'aan
- Miisaanka oo yaraada ama bata
- Tamar la'aan

Danger Signs

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 911 or go to the nearest hospital emergency room.

Calaamadaha khatarta ah

Waxaa laga yabaa inaad dareento dhibaatooyin badan haddii:

- Aadan awoodin inaad isdaryeesho ama aad daryeesho ilmahaaga
- Aad ka walaacsan tahay inaad kaligaa la joogto ilmahaaga
- Aad ka fakarto inaad wax isgaarsiiso ama ilmahaaga wax gaarsiiso

Kuwaasi waa calaamadaha khatarta ah waxaadna u baahan tahay inaad hesho caawimaad. Wac 911 ama booqo qolka isbitaalka ee xaaladaha degdega ah.