

Kein jerbak nan kolemenlokjen ilo ien Bororo im elikin keutak



Utah Department of
Health & Human
Services

S

Sleep (Kiki): Kotobarlok eman lok nan jiljino awa in kiki ilo juon ien, jonan eo jillu bon ilo juon wiik. Kajitok iben ro uan bamle ak motam nan lelok mona mokta ilo bonin eo jinoun bwe kwon maron in bok kakije.

U

Understand (Melele kake): Katak iben ro rej jerbak ilo jikin eo an kirae ilo mental health nan kejbarok keijmour ikijen jorren ko an kolemenlokjen ak mental health. Jela elablok ilo am kurluk Help Me Grow ilo 801-691-5322, ak kile am etal nan MaternalMentalHealth.utah.gov nan bok jiban.

N

Nutrition (Kajoor jen Mona): Bok vitamin ko an ri-bororo ilo juon yio in kamomo. Jab bok caffeine im juka elane kwoj maron. Kobaik protein im men ko rejab kirij ilo mona in kotan awa kab ien mona ko. Kajeon idraak ruo pitcher in dren kajojo ien.

S

Support (Jiban): Bwebwenato iben ro jeram kin men kein ak ro uan bamle, ak doulul an ro rej jiban online ak ilo armij. Kabukot group in jiban ko ilo MaternalMentalHealth.utah.gov. Kajitok jiban ikijen kejbarok ninnin – bok juon awa kajojo ran nan komane men ko jet.

H

Humor (Kojak): Koman ien nan koman kejak im lemonono kajojo ran. Pija in koman kejak ko, ien iben ro mottam, ikkure ibben ajiri ro nejum enaj kokmanmanlok lomnak. Elane ebin am etton, ej ien nan bukot elablok jiban ko.

I

Information (Kemelele): Bok Edinburgh Postnatal Depression Scale kajojo allon nan juon ien kamomo nan lale jonan kolemenlokjen eo am. Kurluk ro rej lewaj jiban ak kejbarok elane jikoor eo am ej 10 ak lablok, ak elane kwonaj kokaleik “ejain kar” ilo kajitok 10 kin kakure iok make.

N

Nurture (Kejbarok): Kejbarok iok make ilo ien in: belakuum, katak kin jetob eo, al im pija ko, emmeloke, nan iben ro jeram, men ko jet. Jikejuuli ien ilo wiik ilo kolenta eo am men ko kwoj konan komane itulikin am juon jinen.

E

Exercise (Kemourur): Etatal 10-20 minit ko ilo juon ran enaj jiban enbwinum, kolemenlokjen eo am, im jetob in keijmour, enej bed ilo ejmour. Komaron in bar kajeon yoga ak ederake enbwinum, elane eo ej lewaj kejbarok ej men bwe kon wonmanlok wot.

Koman jemdrön iben ro ilo Utah Department of Health im Human Services im komomo ko kin Support International Utah nan loe juon group in support, im katakin/kamodmod ko, ak jabrewot kain group nan ro rej neje im kin air kolemenlokjen.

Nan bukot juon group in jiban ilo Utah, ri-katakin/ri-komadmod, ak juon eo emaorn jiban kin kolemenlokjen ko am im ejmour. Nan bukot ri-kabel, etal nan: MaternalMentalHealth.utah.gov