

# Omwana Thrive

Neonatal Health Guide Part I: Mama Care



Rose Academies

# So you just had a baby!

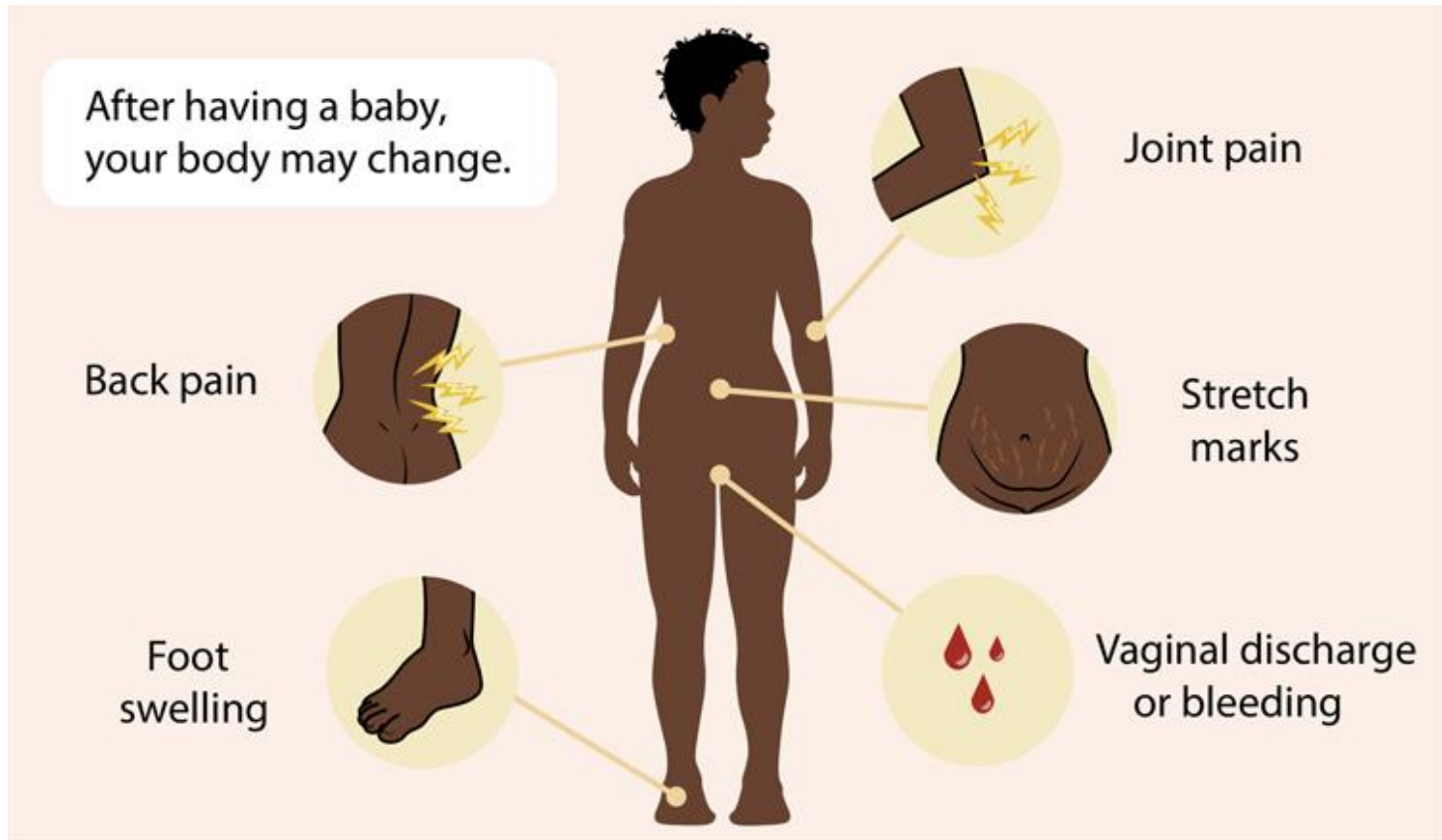
Congratulations! After giving birth to a new baby you may feel anxious and experience different emotions. This is completely normal.



**Kulika omwana! Bwooba ozadde omwana binji ebikyuuka mubulamua'bwo nga nebimu bitiisa nga webuuza nti naabiyitamu'ntya. Naye tolina kutya kubanga buli mukyala abitutamu nga azadde**

# Body changes after having a baby

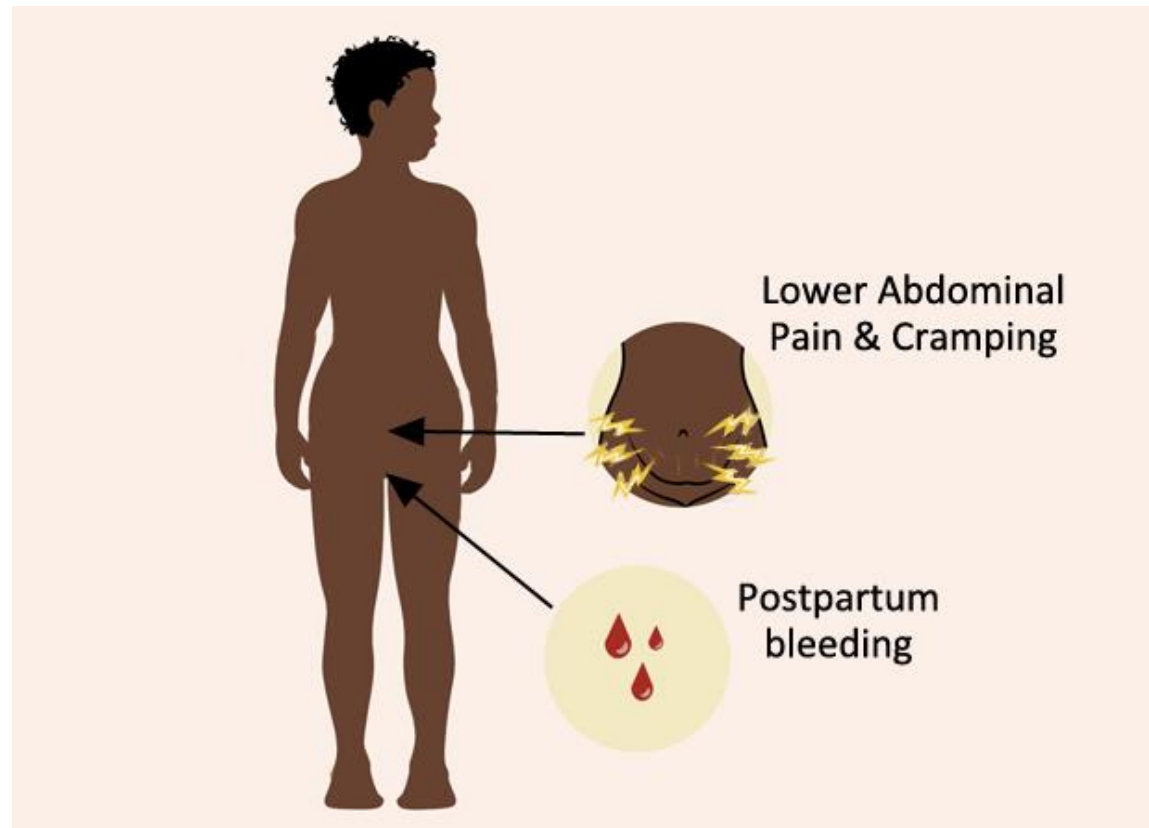
After you have a baby, you may have some body changes, such as pain in your back or joints, swelling of feet and/or vaginal discharge.



**Buli lwomala okuzaala Omubili 'gwo tegusigala kyeekimu, gubeeramu enkyuuka kyuuka nga; kulumwa omugongo oba enyingo, okuzimba ebigele nokuvaamu omusaay imubitunde bye'chaama.**

# Lower body pains

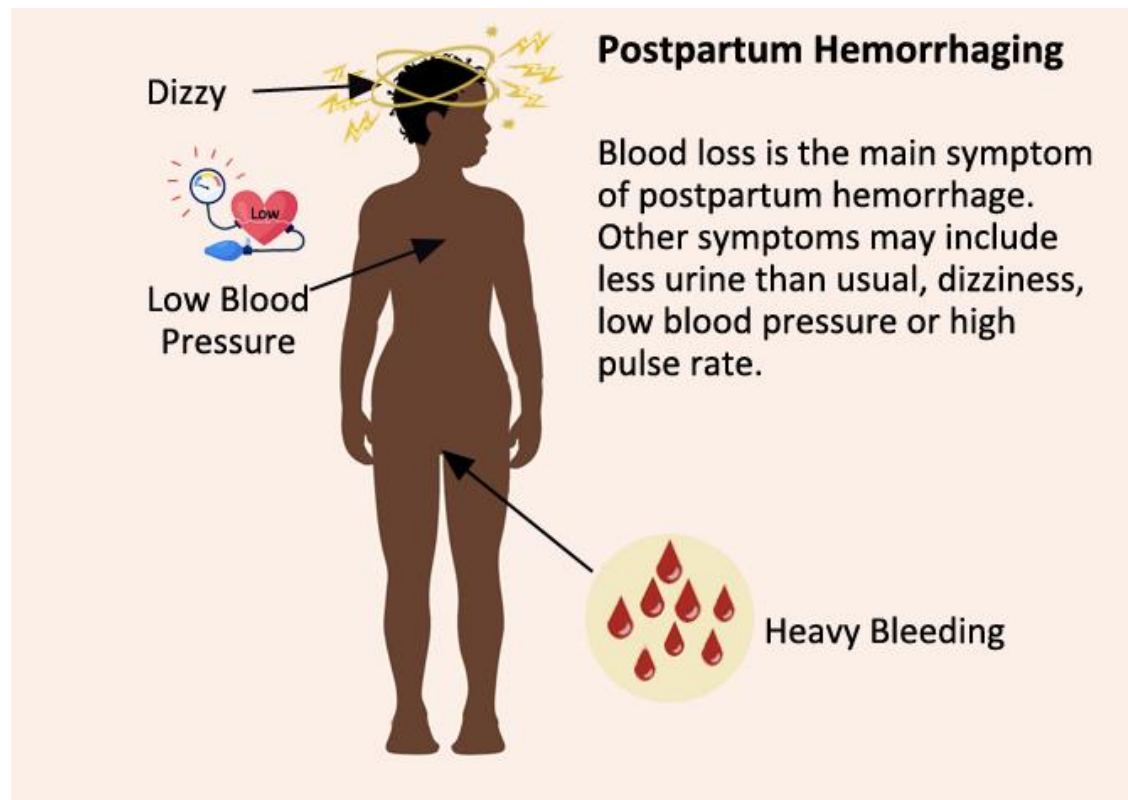
As your uterus shrinks back into its normal size and shape, you will feel pain and cramping in your lower abdomen.



Omukyaala nga amaze okuzaala omwana, nabaana edayo mu saizi ne kiffo kyaayo, mumbeela eno ofunnobukulumizibwa mu lubuuto okwa'amanyi.

# Excessive bleeding

If after the third day of giving birth you have **excessive bleeding**, your **blood is bright red**, you have **large blood clots**, or **bleeding that won't stop** - **See your doctor right away!**



Wooba okya 'vaamu omusayi nga munji oba ogwe bitole oba'nga mummyuufu nyo oluvanyumanlwe'naku sattu nga omaze okuzaala,genda olabe omusawo mubwangu

# Bowel problems

It is common to suffer from constipation or hemorrhoids after giving birth. Eating fruits and vegetables helps to relieve constipation.



Okufuluma obubi obukaluba oba nga buliko olusayi sayi nakyo kibaawo nga omaze okuzaala. okweewala ekyo lya nyo ebibala ne'enva endiilwa.



# Tenderness of breasts

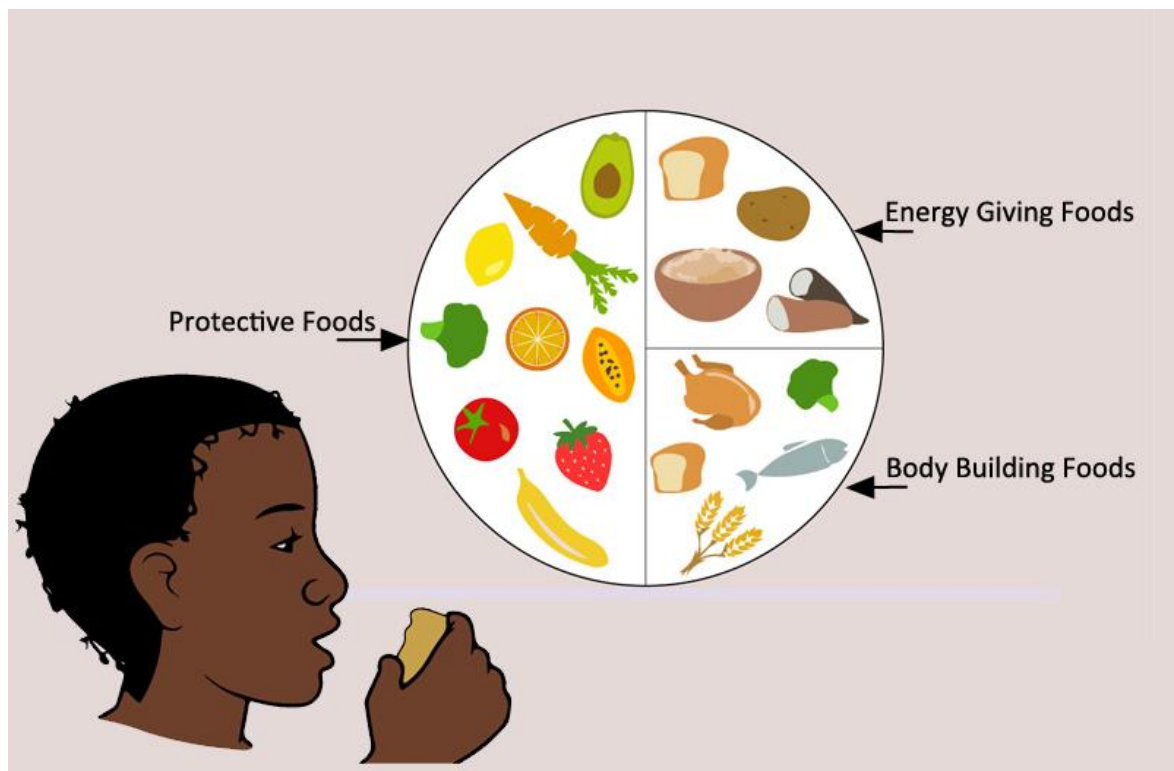
As your baby learns how to nurse, you may develop chapped nipples. Use warm compresses to soothe sore and tender nipples.



**Nga omwana tanayiga kuyonka bulunji, amabeere gayiinza ofuna amabwa ku nwanto, osobola okukozesa ekigoye ekibuguma noganyigako mpola mpola**

# Eat healthy when breastfeeding

A healthy diet should include a selection of protective, body-building and energy giving foods; snacks should include fruits, vegetables or nuts to keep mom healthy.

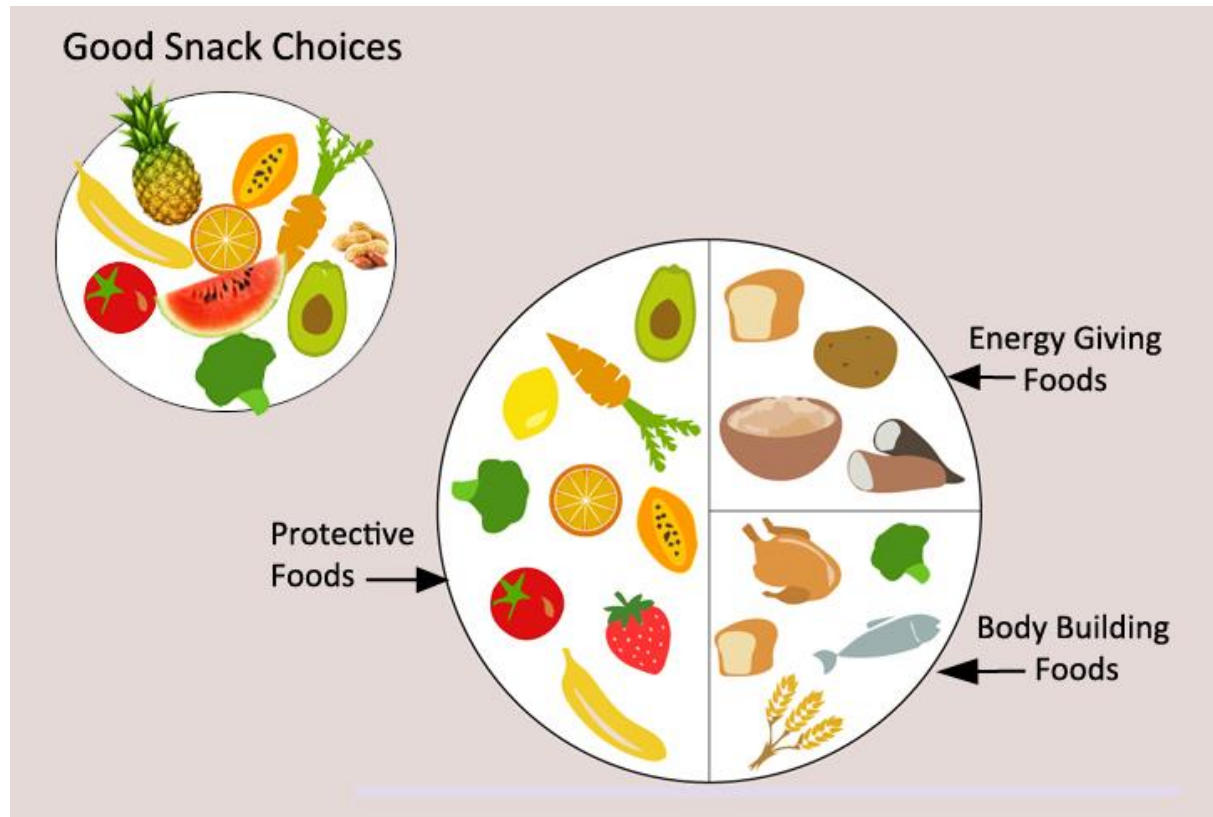


**Kyaamugaso maama ayonsa okulya emiluundi esattu olunaku ate'nga emeere gya'alya elimu ebilungo ebigasa omubili omuli emere ezimba omubili nga amaggi, ebinyeebwa, enyaama, mukene, bijanjalo nebilala, kwotade ne mere etuwa amanyi nga (muwogo, lumonde, akawunga, akalo, ..... ) kwosa nebika bye mere ebikuuma omubili omuli, (ebivaavava ne bibala), Kujhino emilundi esaatu oyongerako okulyaayo obumpwanchinpwanch i nga kasooli, kumeketa yo ku binyeebwa, ebibala, nenva endiilwa. Kino kiyambako maama okuba namaanyi ago'kulabilila omwaana.**



# What is a healthy diet?

A healthy diet should include a selection of protective, body-building and energy giving foods to keep mom strong and healthy. Snacks should consist of fruits, vegetables or nuts.



**Emeere eyomugaaso elina obeelamu ebbika ebiziimba omubili, ebituwa amaanyi ne bitutangila okulwalalwala.**

# After having your baby...

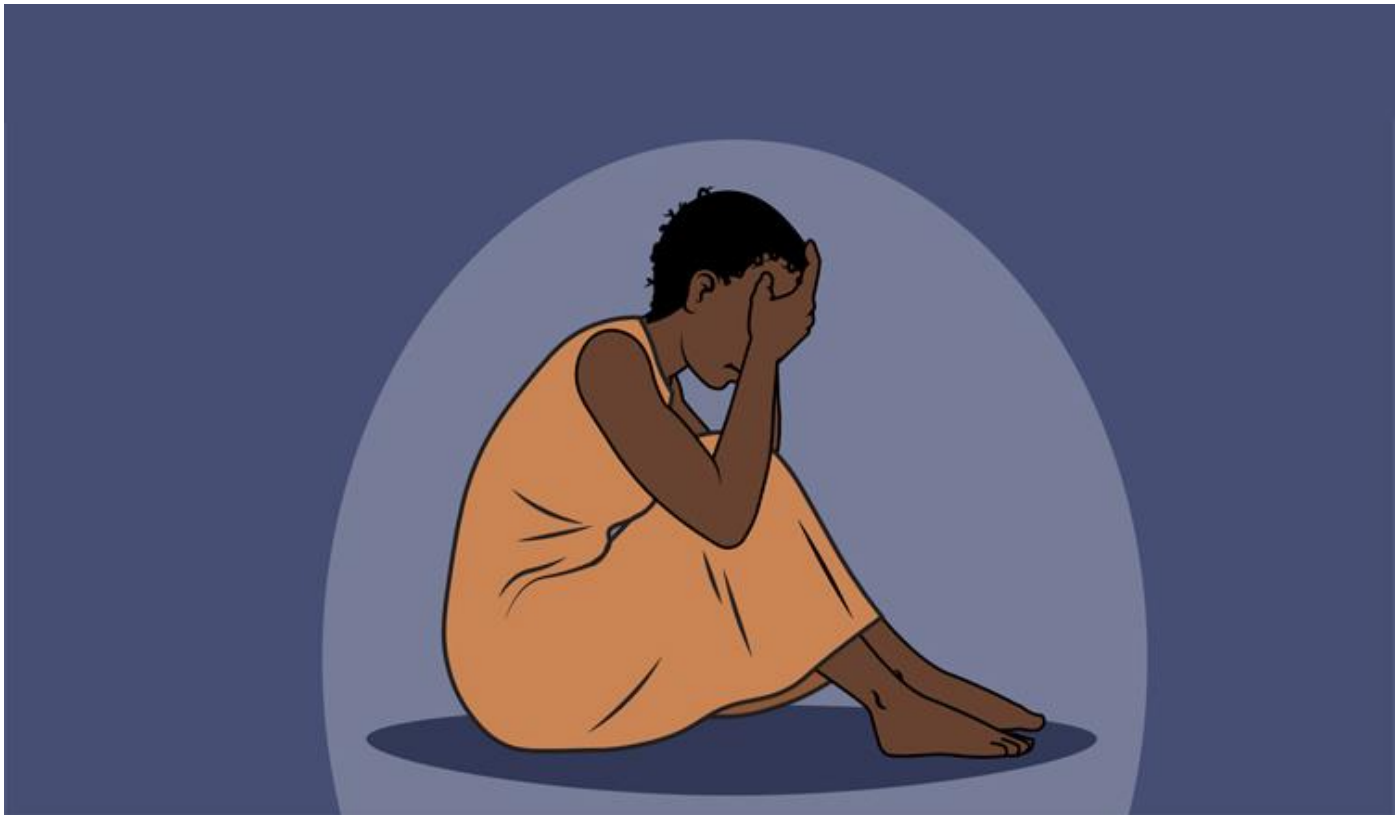
Your body needs time to heal after having a baby. It is normal not to be intimate with your partner as your body heals.



**Omubili gwo guwe obudde obumala okuwona obulunji nga omaze okuzaala nga tonaba gwegaata na baawo**

# Some women experience depression

Many women experience sadness, anxiety, and exhaustion after giving birth. These are common symptoms of postpartum depression.



**Abakyaala abasinga bafuna okwelalikilila, okuyongobela no'okutya naye tekyelalikiliza kubanga byebimu kubitukawo nga omaze ozaala**

# It's ok to feel overwhelmed.

If you feel overcome with depression, ask for help from family, friends or a community health worker.



**Bwowulila nga welalikilide nyo,osobola okwogerako ne mikwano gyo, abenganda oba abasawo kumbeera gyoyitamu.**

# Reach out to friends for support

Having a baby is an emotional experience and can be frightening. Talk to your friends about your feelings as they most likely felt the same way for their first child.



**Okuzaala omwana kitiisamuko naye bullwoyiwulila nga otidde gabanako nebano abayiita mumbeela nga eyiyo**