

Bulaan in Wawein ao Kejbarok ao Kirae

Bulaan in kirae in ekar komman nan jipan eok lomnak kin naninmej in komalij eo am im wawein am kejbarok am mour, bok jipan, im menin aikuji ko komaron aikuji ilo ien in aurok nan mour eo am im ninnin eo nejum. Ej am kalet elane kwoj konaan jeere bulaan in ippen ro jet.

Kiki

Kiki elap an aurok nan ajmour eo am ak ne ej wor juon ninnin kaal emaron komman bwen pen an kwon am kiki. Ekka an ninnin ko kiki ilo jidik wot kotoan, enej aetoklok ilo aer rittoklok. Wawein am kiki enaaj bar oktak alikin an ninnin eo lotak ak komaron kajjeon men kein nan jipan eok kakije. Wawein am kiki emaron bar oktak alikin an ninnin eo lotak ak komaron kajjeon men kein nan jipan eok kakije.

- Komaron aikuji in kiki ilowaan 2–3 awa im emoj am karoki ilo juon ien, kobaik aolep nan maron bok 7-9 awa in am kakije.
- Elane elon bar armej ilo mweo im emaron jipan kotaiki eok naajdik ninnin eo, lelok ninnin eo nan bar juon ritto im etal im kiki.
- Elane kojjab maron rool im kiki alikin an ninnin eo ruj, jab kalimjok electronic ko; riit, jeje, ak ronjak kein kaenemman am kolmenlokijen.
- Elane ewonmaanlok wot an pen am rool im kiki alikin an ninnin eo rool im kiki, kurluk takto eo am.
- Kawor tokjen menin kein nan jipan ak kajjitok ippen ro mottam ak baamle bwe ren itok im jipan kin ninnin eo bwe kwon maron kiki jidik, tutu, ak bwebwenato ippen ritto ro jet.

Kokmanman am Mona & Buul Daak Aiboj

- En wor men kein: protein, pijitabol, buruut, whole grain mona ko.
- Komman bwen wor mona ko “rededelok kadede” bwe kwon maron mona ilo am kakije ak lale ninnin eo. “
- Komman bwe juon kab ak bato in aiboj ren pad wot turim aolep ien im kakutkut am daak aiboj.

Emakitkit & Diwoj nan Naboj

- Jeek ippen takto eo am elane komaron jino ekjorjaj ak buul makitkit.
- Kajjeon makitkit 30 minit ilo juon raan. Jino ilo am kokmanman dikdik! Etetal, jermal dikdik ilo mweo (karreo, kwalkol nuknuk, komat) ak ekkat, juon tureep dikdik nan mon wia ko ak diwoj ippen bar jet armej.
- Kajjeon diwoj nan naboj aolep raan, jekdoon ne jidik wot am etetal.

Koba Ippen Ro Jet

- Kobalok wot im kotopar wot baamle im ro mottam.
- Kurtok er bwe ren loetok im kajjeon kalikar lukkin “awa in loetok ko”.



menin jipan ko

[How Does Being a New Parent Affect Sleep? \(www.sleepfoundation.org/sleep-deprivation/parents\)](http://www.sleepfoundation.org/sleep-deprivation/parents)

[Help Me Connect \(helpmeconnect.web.health.state.mn.us\)](http://helpmeconnect.web.health.state.mn.us)

[Nutrition by Life Stage \(www.nutrition.gov/topics/nutrition-life-stage\)](http://www.nutrition.gov/topics/nutrition-life-stage)

[Minnesota Doula Registry \(www.health.state.mn.us/facilities/providers/doula/index.html\)](http://www.health.state.mn.us/facilities/providers/doula/index.html)



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Nan bok melele kein ilo juon bar wawein eo oktak, kurluk: 651-201-3650.



Bulaan Ta Imaan

Ijo emmantata nan kakije ilo mweo imo ej: _____

Wamouruur, mona ko repidodo kilteer ikonaan mona rej: _____

Armej ro imaron kajjitok jipan ipper elane ij aikuij:

1. _____

2. _____

Wawein ko nan makitkit im topar armej ro jet im imaron kin juon ninnin rej:

1. _____ 2. _____

Makitkit ko imaron kojerbali nan jipan ie (wia, karreo, etc.)

1. _____

2. _____

3. _____

4. _____

Maan Japopo

Ilo an wor juon ninnin ej juon menin oktak laplap.

Ewor menin jipan ko rej pad nan jipan eok im ninnin eo nejum. Elane menin apan ko rej walok, emman ne kwoj loe ijin im kabok jipan.

Kokale ko ij loi mokta ke ejjab emman ao mour, nana ao mour ak elap ao inepata:

- _____
- _____

Emaron pen kenono kin an nana ad mour. Elane kwoj enjaake menin, won eo konaaj kenono ippen?

Ta eo konaaj ba?

Kapok Jipan

Elane ejjab menin idun, ak ikonaan naan in kapilok:

Opij eo an Jikin Takto eo - Ilo raan:

- **Jikin takto eo/kulinik eo** im awa ko alikin awa in jermal: _____

Nomba nan Topari ilo ien Idun

- Nan kabok jipan kin idun: Kurlok **911**
- **988 Suicide im Crisis Lifeline: Kurlok 988** (Kar etan in National Suicide Prevention Lifeline) ak I-800-TALK (8255)
- **National Maternal Mental Health Hotline:** Kurlok ak jeje nan I-833-9-HELP4MOMS (I-833-943- 5746)

Nomba ko nan topari ilo ejjab menin idun

- **Mama-Ninnin HopeLine ilo Hennepin Healthcare:** (612) 873-HOPE ak (612) 873-4673 - Hopeline eo ejjab juon nomba in kotopar kin menin idun. Juon eo etijemlok kin naninmej in komalij enaaj kurwaj eo kilo 2 raan in jermal.
- **Pregnancy & Postpartum Support Minnesota:** Kurlok ak jeje nan I-800-944-4773, text en Español: 971-203-7773. Jipan im melele ko rej itok jen balontier ro 7 raan ilo juon wiik.