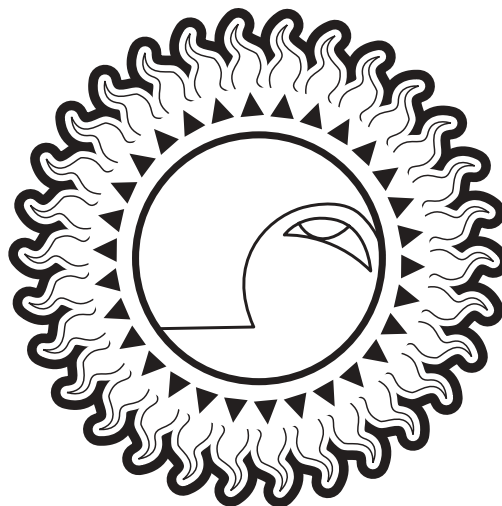


Ask for help at the clinic if you are not getting better, or any time your feelings are too much to bear.

Don't worry—you will soon feel back to normal again!



#### Traditional healing message:

There's even medicine in the natural rays of the sun.

They have a soothing effect on the mind and body, especially the early morning rays. When stressed, take time out to relax in the sun and you will feel the rays giving you strength.

Absorb the rays into your system and feel its energy going through you and you will feel much better, revived and stronger. (N.P.)



CH-10

Version française disponible



Conseil Cri de la santé et des services sociaux de la Baie James  
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Cree Board of Health and Social Services of James Bay

In the weeks after your baby is born you may have strong feelings such as joy, worry, excitement or sadness.

Bad feelings can get worse with lack of sleep, stress in the family, or not having enough help.

It is a sure sign that you need some extra help if you are feeling:

Unhappy	▶ Exhausted
Unable to laugh	▶ Disinterested
Mad at yourself	▶ Anxious
Scared	▶ Panicky
Overwhelmed	▶ Sad
Violent	▶ Unable to eat
Impatient	▶ Headaches
Confused	▶ Strange



Some Cree used to cure depression by rubbing a person down with hot bear fat each day for several days.



# Reach Out

- ▶ Ask a parent, family member or friend to stay with you and your baby for a few hours a day during the first week or two.
- ▶ Ask your partner to take some time off work so you do not have to be alone right after your baby is born.
- ▶ Phone a friend or relative to chat.
- ▶ Find someone to watch baby so you can get out of the house – even if it is just for a short walk.
- ▶ Visit with other new parents.
- ▶ Find out about programs for parents in your community.
- ▶ Talk with a nurse, doctor, CHR or social services.
- ▶ Don't turn to alcohol, cigarettes or drugs to help you with the stress.



# Live well

- ▶ Sleep when baby sleeps
- ▶ Eat regular meals with healthy foods
- ▶ Keep taking your prenatal vitamin while breastfeeding
- ▶ Exercise as soon as you feel you have healed from the birth

