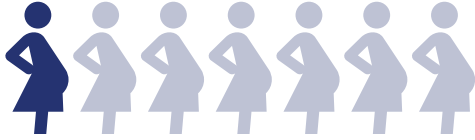




Jinen ak Jemen jorren ko ilo kemelij



1 ILO 7 KORA Eñjake jorren ko ilo kemelij ilo ien kemour im elikin kemour.



1 ILO 10 EMAN Eñjake jorren ko ilo kemelij ilo ien kemour im elikin kemour.

KAUATATA KO KEIN:

<p>Ejelok jibañ jen ro jet & jen jukjukin bed eo</p>	<p>Aikuij jeen</p>	<p>Moktalok ak paamle bwebwenato in jorren ilo kemelij</p>	<p>Mour abañ</p>	<p>Jorren wawin bed eo kab kakure ko</p>	<p>Bwebwenato in kar keutak aj abañ an keutak</p>	<p>Keutak elon kottan</p>
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JORREN KO JEN EJELOK KOMADMOD JORREN IN KEMELIJ:



KEJATRIKRIK:

KWOJAB make iam.	Eor kejatrikrik.	Mejatoto ko an ri-bororo im air jaje ta ren komane rej ÑAN JIDIK WOT IEN IM MAROÑ KEIJMOUR. Kabok jibañ jen ro re-tijemlok ej juon wawin eo eman.
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Kabok jibañ jen ro rej lewaj kejbarok ko AK kurlok jibañ ñan ri-bororo Warm-line 1.888.404.7763

ELAÑE KWOJ EÑJAKE MEN KEIN:

<p>Ejelok an itok limo ilo men ko ekkā an komane</p>	<p>Ekka an oktak mwilin</p>	<p>Kajuur illu, inebata ak buromoj</p>	<p>Bin an bed iben niñniñ eo</p>	<p>Make ian jen ro mottan & paamle</p>	<p>Kaamjak & nana kelmenlokjen</p>
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Snohomish Health District, Maternal Child Health, 3020 Rucker Avenue, Suite 203, Everett, WA 98201

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Sources: Bhat A., Maternal Child Mental Health: Bridging the Gap. 2019 Postpartum Support International: <https://www.postpartum.net> Perinatal Support Washington: <http://perinatalupport.org/>