

## a. Adjusting to Motherhood

### MODULE 8

By taking care of yourself, it will be easier to take care of your baby.

Childbirth has an impact on all the aspects of your life. Here are some examples.



These changes seem to happen all at once and are all mixed up. You may not know why you feel so overwhelmed. You just know that you feel that way. You may even be surprised to feel this way.

All these conflicting feelings come at a time when you are extremely tired. Everything seems more difficult when you are tired.

Sharing your feelings with your partner is especially important now. If you feel tired, or lonely, or resentful, say so. You may find that your partner feels the same way.

Talking with other new mothers can also help to reassure you. When they share how they feel, you will see that you are **NOT** alone.