

Why so little is done to help new mums cope

After childbirth many women suffer mental-health problems. Different women struggle with different things—**trauma** related to the birth, the difficulty of adapting to caring for the baby, or the change in **self-image**.

trauma 精神创伤

self-image 自我形象

Some 10-15% of women in America and around a quarter in Brazil are **reckoned** to suffer from **postpartum** depression. Some women have notions of a perfect “natural” birth and are upset if it does not happen as planned. Surprisingly little attention is paid to the factors that make a **pelvic** tear more likely or to what experience women want to have. They are rarely consulted during labour.

reckon 估计；认为

postpartum 产后的

The importance of the **postnatal** adjustment has been **implicitly** recognized in traditional rest periods such as China’s zuo yuezi (“sitting the month”). Yet this is poorly reflected in modern health systems, which tend to offer plenty of check-ups during pregnancy, but very few after it.

postnatal 产后的

implicitly 含蓄地

It is usual for women in countries including America and Britain to receive just one visit from a health worker when their babies are six weeks old. American federal law does not even **oblige** employers to give women paid **time off** work.

oblige 强制

paid time off 带薪休假

A survey of Britain’s National Health Service found that more than half of first-time mothers felt they were not given enough information about emotional changes they might experience.

It would help if women had access to more information. Some simple steps, such as asking a woman how she feels during childbirth can make the delivery a better experience emotionally, if not physically, suggests an **obstetrician** at Harvard Medical School.

obstetrician 产科医生