

WHAT EXPECTING AND NEW MOTHERS SHOULD
KNOW ABOUT PREGNANCY AND DELIVERY

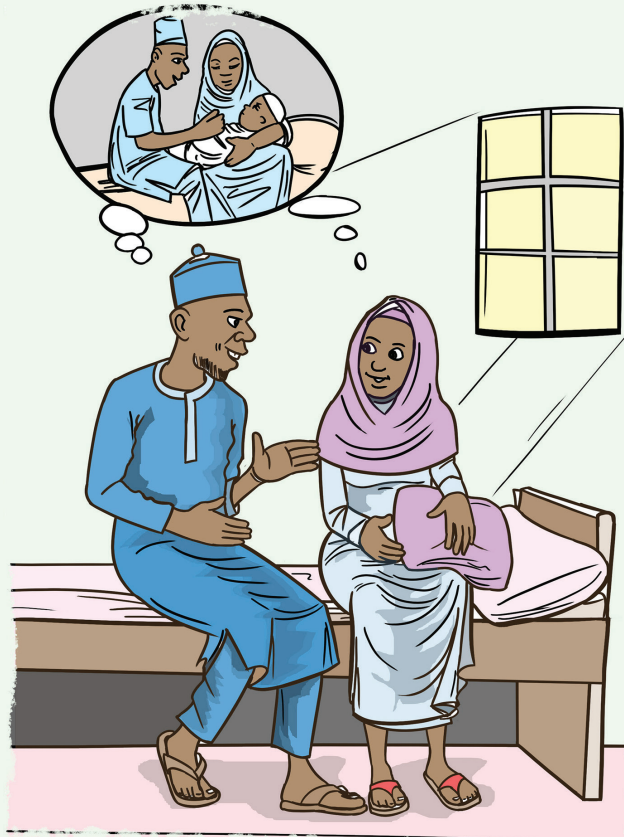
Zoko woli oboaweitulo
oche abyi-yada woiwoi
akpeye tu onubo
bodo obyimai






Abho kpokalo nho bhakukpeye nna nubwola zokwokpa

What you should know before
pregnancy



Kwo bunya fyaku azata
nwonunyi nna byima tukwo
nhofuwa dayii fyekwu bho
da fya kuko fyi ngbe gnanyi
nho nuyi sa nfyeye baya
byima ncheyi

It is good to discuss your
reproductive life plan with your
spouse.
Make a joint decision with your
partner before pregnancy.



Nuboda sheba apmait
Ngbe akufyelodo kwo
bunya felo ashugbegaba fya
zen dbho yokpeyi ye nna
biyimabe nna
bayi kpe abyimaya

Prenatal Visits are important
After deciding with your spouse to have a baby, it is also important to visit a healthcare facility for additional information you might need before pregnancy.



Beyekpeyi bha
gafye bhoyekpe
nsa bho njeson
bhodnun ga zokwo
nna byima ba

The doctor or nurse will
also provide guidance on
healthy timing and spacing of
pregnancy.






Gyi nyagyi
obmya ojesnu
mania
Osa nho
balanubwo
ncheyi hakpege
hozhin ha gyi
nyagyi manayi nho
bha bwa
kala nubwo
shinya



Eat well
and eat
good
You should
ensure that
you eat a
balanced diet
to build up
your body
protection
and strength
for pregnancy
and
childbirth.



Abho nho bhakwukpeye dna nunbwolasa

What you should know during
pregnancy



Gyi abe hoije nayi sha hoigy onuboi

Ha zhin abho nho bha je nayi ashan nsaho sahoiy uyem nho
bha bwa kala ha shi nubwo




Continue regular
exercise during
pregnancy

You should ensure
to keep fit and active
during pregnancy so
that you can remain
healthy. You can
speak to a healthCare
worker for guidance
on exercise.

Haku gyiwe vyi
bho shi not nbyi
lafiya amhoyi
bwugyi nayi
bho

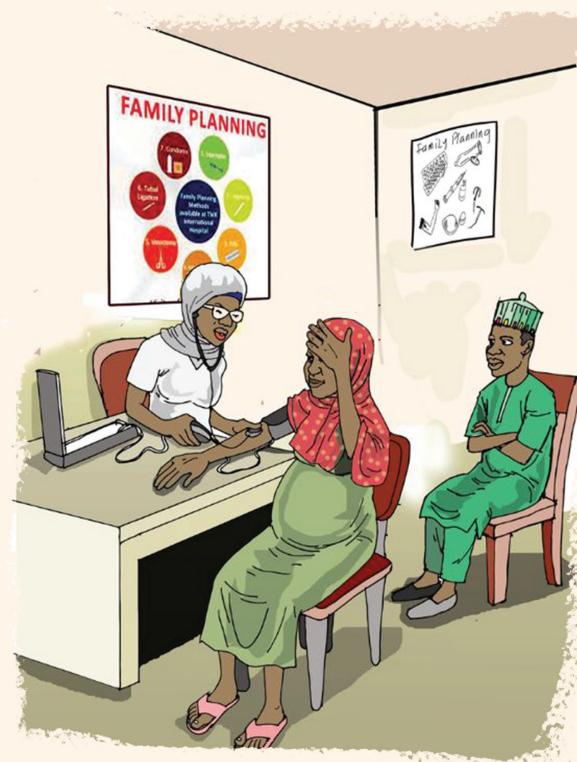


You should save money to be able to take
care of yourself and your baby.



Gye likita kodoho
nurse osuhosuhoi
o-hagye likita kadoho
nurse lonubosa бага
bmazhyiakpe boye osa
nbapa

See a doctor or nurse
regularly
Seeing a doctor or nurse during
pregnancy will help identify
issues when
they occur.



A byima shugbeaba kwo zhin obho kpokoloyi nun
nbyi lafiyayi bodo nyayi i



Antenatal
services are
important for
the health and
well-being
of both your
baby and you.



Awu she abawa nuboshiolo asibiti

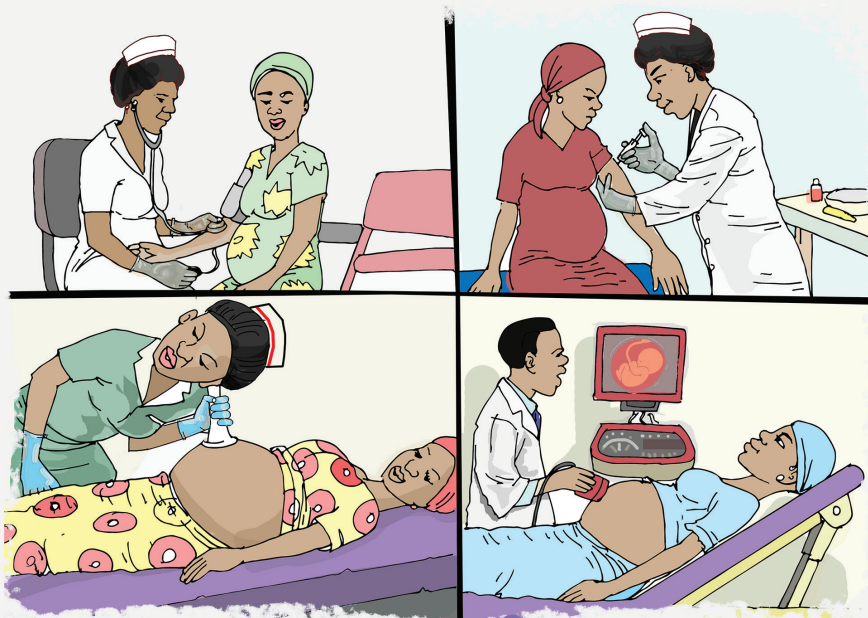
Nna abyimaba shugbegaba a
bhawuha abo gbogbo nho
bagye ha zhin nkagnabha
nlafiyayi

Pregnancy care is taught in antenatal clinic

During antenatal sessions, you will
receive information
about what to expect throughout
pregnancy, during
labor and after delivery, and how to
have a safe
pregnancy and delivery.

Iarbawa chi, mui-mui bodo oghumazhyi che abo anko zoko

Obeyekpeyi nna byimaba zhokwo tnotnoyi a zhokwo gbogbo
nho banwa holu kagnasa. Wawuho ko nyasen lolo ko atololon
nna bayi nbyi nyayi bhe kwonzhi nlafiyayi



Examination, testing
and treatment prevents
Complications
The doctor or nurse will
examine you during the
antenatal sessions to ensure
that you remain healthy,
identify if you are at risk of
serious illness and help you to
prevent complications.


Kobmya hayehoi byima ya
bodo obo kache kache yai

A kagna shugbegaba zhin
kwazhin oza kpe obhoye tu
nkagnazokwosapa ngye ozakpe
a bha nnobho mabyi zokwo nho
bha wan npyepyeyi to kwadna
gyiwyewun nmwan. Hakpe oza
nnabha so amyi dolo wolowolo

Birth preparedness and emergency readiness is essential

Birth preparedness and emergency
readiness plan helps you prepare for
normal birth and make some plans in
anticipation of what to do in case of an
emergency.





Abho nho bhakwukpeye/ha zhiri nkagnasa

What you should know/do
during delivery



Select a support partner

The person you have chosen to support you will be able to help with important decisions for urgent or emergency interventions. He/she should be familiar with processes relating to referral for further care when recommended.


Bwa shaulagai/ ohobmazhyi

Beyekpeyi nna byima zokwo ba da obho nna ba zhin nkwa shige abdo abyimn byimanlafiyayi njeson wobakpe zokwo nna ba nwa koyi shige a bha wan zokwodo nna badonun

Abyima nna
shigbegaba Zhim
kwa be nbekpeyeyi
ozanya halu
kwazhin a kpehoye
nho kni

Delivering your child in a
hospital allows capturing
of vital information and
inclusion of this in the data
of the country



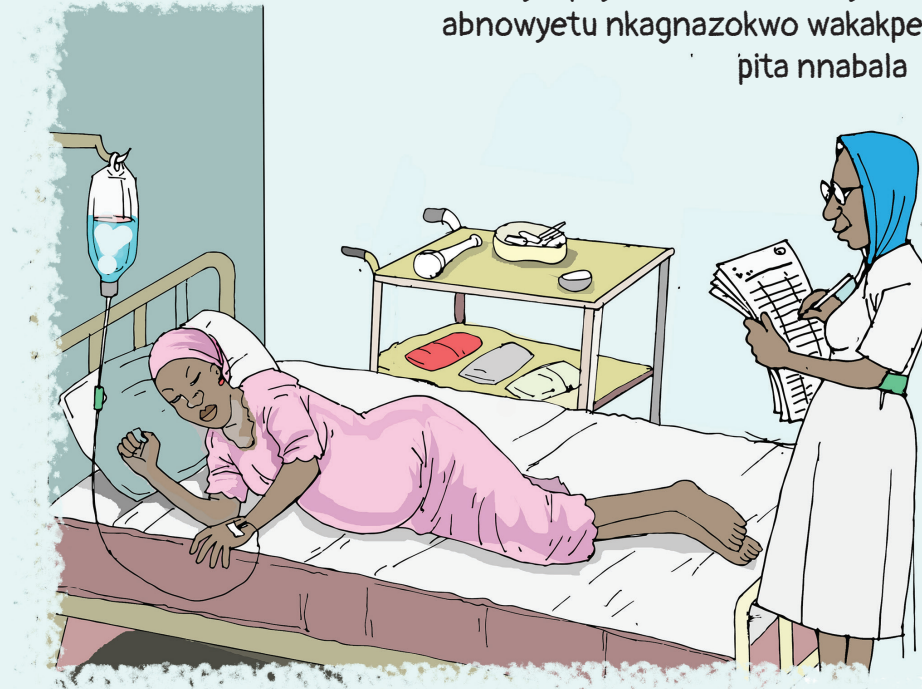


Beyekpeyi thutnu
nnabyima zokwo ba
knathunbwa saho
vyanya
ntogye nbyiputu ba
bwa lafiya

The nurse/doctor
will listen to the baby
frequently to
make sure she/he is
doing well



likita kodoho nurse bakuho boda boda
oho byiyi dna obyima sa
Beyekpeyi tnutnuda nna byima zokho zhin wa ka
abnowyetu nkagnazokwo wakakpe shewagye nwu akpe
pita nnabala



The doctor or
nurse will record
information about
you and your baby at
regular
intervals during
delivery

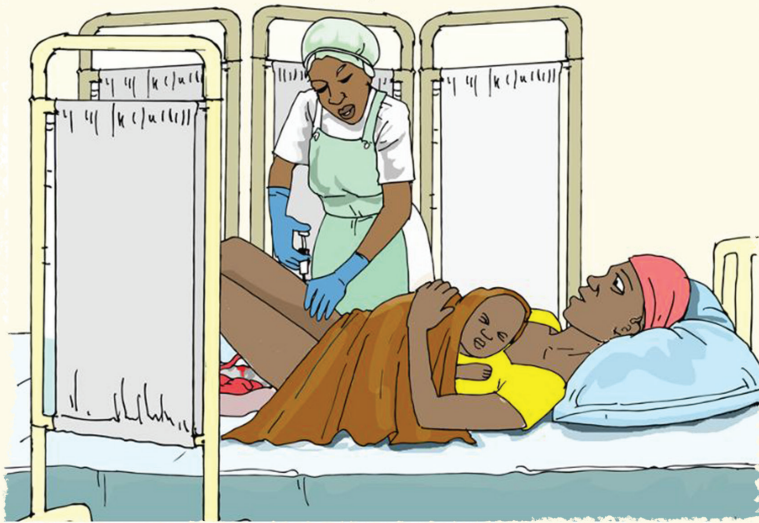
The nurse/doctor will be
entering information about
you and
the baby into a form at
intervals to ensure your
labor is
progressing well.



Nyanyi bebe ga
otnasamuiya aila piche
obyima Beyekpeyi nna byima
tnutnu zhinwa muho sahosahoyi
wa kpe
holafiyaye nsahosahoni vnya

Examination of you and your
baby during labor is important

The nurse/ doctor will check you
intermittently while you
are in labor (Blood pressure, pulse and
abdomen for
contraction before delivery)




Beyekpeyi
tnuthuda ba
fyinhoachi
hoi bwa kagna
nnabayi
nnami ta
zohoyayi ko
agye

The nurse/doctor should administer an injection to you within a minute of delivering your baby, to prevent bleeding.



Hola pwo kagna
a ka kapwuya
pechaye njesun a
zoho nubwobwa
nnabayi to amyi
ko agya zohoyan

The after-birth
(placenta) will be
delivered gently and
this will be followed
by a massage of the
womb to prevent
bleeding.



Ahbo nho bhaZhin,
hoyi la kagna

What you should know after delivery



Ji ebi bebe nunu sa'amawo gyaiya

Obyiputu layamaho nsaho
sahoyi vyanya ha zonkwo bebe
yagayi

nnabayi nyon san ta losakan
njesum fye ya myida nnajeyi

Start breastfeeding immediately after birth

Your baby should be placed in direct
contact with you, and you
should start breastfeeding your baby
soon after birth to protect
your baby from infections and to
establish a bond between you
and your baby.

Agyakna omwa
ailapiche
obyima ozhibo
nukoi nu
Nhaqye agya ko
amyi zehoya
bwoye a pye ha
bhusi be
shugbega ba
nnabayi a Zhinkwo
shigbe. Amyi zeya
Zhin kwa
be nfyi



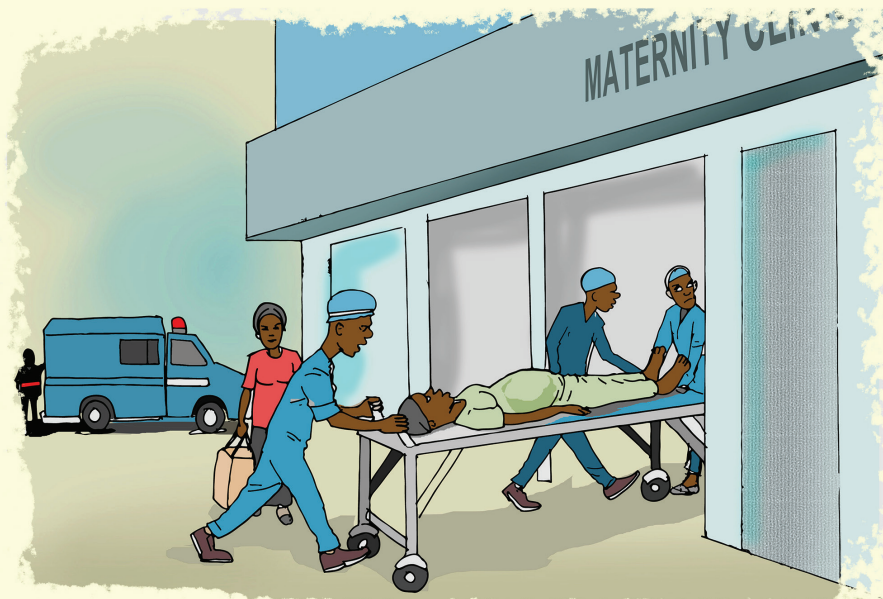
Heavy bleeding
after delivery is
dangerous

Post-partum
Haemorrhage
is heavy vaginal
bleeding, more
than is normal
after delivery.

It increases the
risk of maternal
death. If you
experience this,
go the nearest
health facility as
soon as possible.



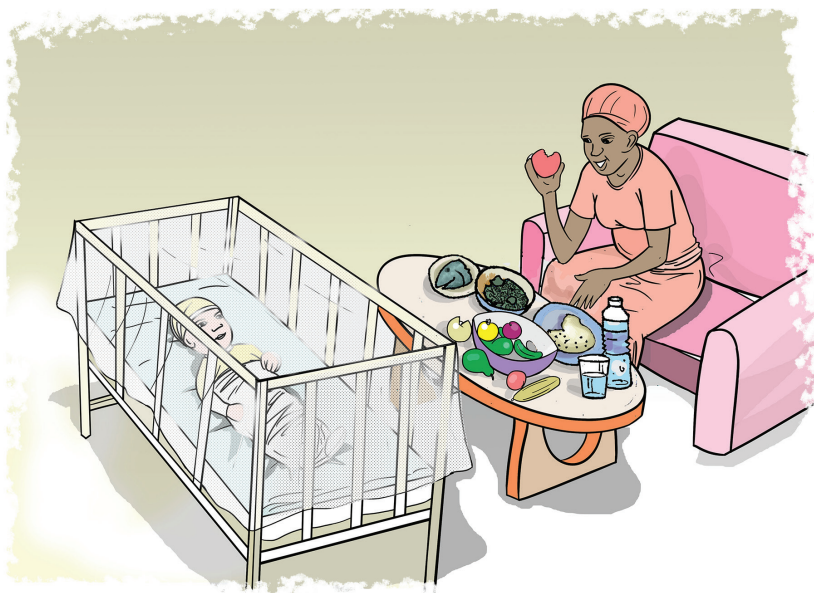
Asibiti wolo wolo ohaya agyooa kna
Nha gye amyi ko agya nmwanwayi ayi kuho gnamyi nnasibiti a
jezolo npye nha asibiti nna gnahamiyin.



If you start bleeding heavily after being discharged, return to the hospital immediately.

Godiya nyagyi gyi yi
obmya bmya hoila
piche
obyima

Hagyi nyagyi manayi hoyila
pwo kagna nna nyanunuhi
gbyin njeson ha
fubyi nunwan nsaho
sahoyi

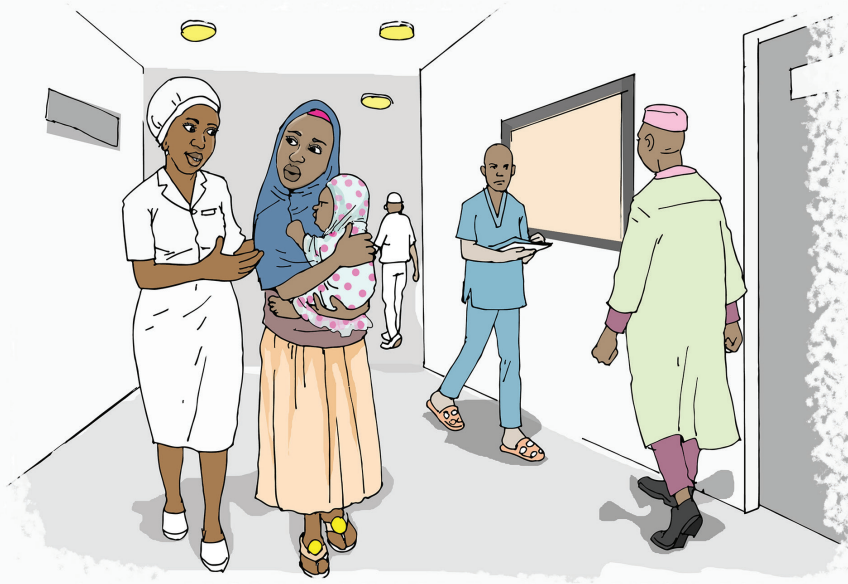


Continue to eat well after deliver
Eat well-nourishing foods, including fruits and
vegetables to help you
regain strength and take good care of your baby.

A kpe nsahosahogigye
hola bebesa obyi halu
nobwofu njeson a
lonuoyi nna achifoba
nsayi nna cheyitu nna
shigbesaba

Ensure that your baby is being
adequately fed and cleaned
and receives immunization as
required.





Learn about postpartum danger signs

Ask your doctor or nurse before you leave about danger signs and return to the hospital if you start experiencing abnormal blood loss, abdominal pain, headaches, leg swelling or breast pain/changes.

Ha owe dna nna
nysa nba be da
nyikoza woi ebi

ma

Da tnutnuyia
byimaloyan bhoho
bhohoyi nko zhinholo
shenayi wohola
now hoyiwho a
shugbegaba ko amyi

Zeyya
ko abebesam



Hajezolo a shigbegaba
nhagye ngye obyi to
woɔondan ko nayi
naghun
ko tokwosnan ko noyi
sin osnu nthadayi ko
nwuhu



Return to the hospital if you notice any abnormalities in your baby, such as slow growth, abnormal breathing, a fever or yellowing of eyes.

Abmyima ognatu
shigbelolo nna
shigbegaba da
tnutnuloyi odopya
nwoye wawuho

Family planning immediately
after delivery is now
available.

Ask your doctor or nurse
about the best family
planning method for
you.

