

WHAT EXPECTING AND NEW MOTHERS
SHOULD KNOW ABOUT PREGNANCY AND DELIVERY

Muhimman bayanai
domin kula da lafiyar
mata masu juna biyu
da sabbin haihuwa





Muhimman bayanai da ya kamata ki sani kafin samun juna

Things you should know before
you get pregnant



Lafiyar iyalinku shine jindadinku.

- Shirin haihuwa mai kyau yana da muhimmanci gareku da iyalinku.
- Yana da kyau ku tattauna shirin haihuwa tare da maigida. Ku yi shawara da maigida kafin daukar juna biyu

A healthy family is a happy family

- A good reproductive life plan is important for your health and your family
- It is good to discuss your reproductive life plan with your spouse. Make a joint decision with your partner before pregnancy.

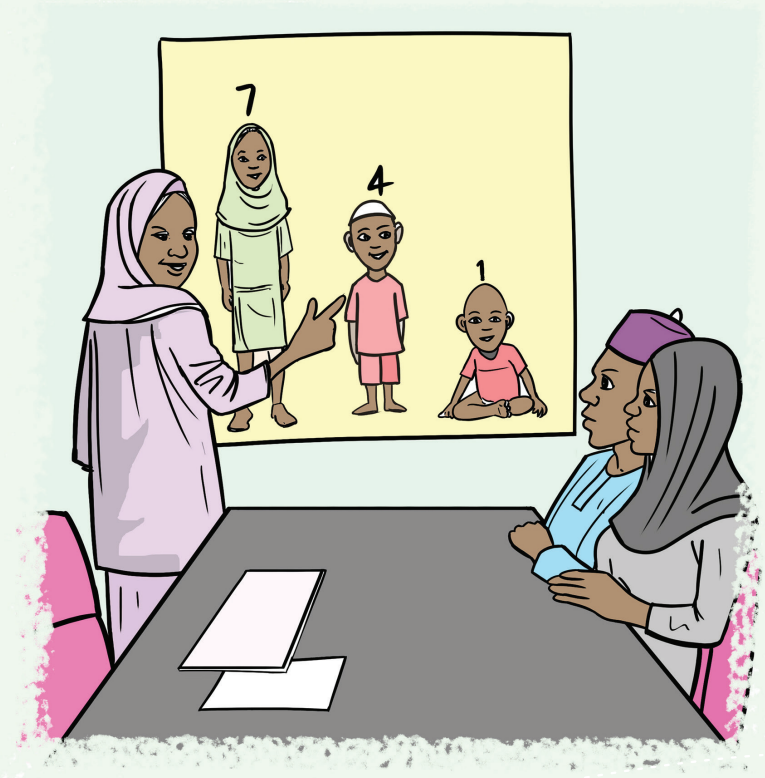


Ku yi shirin haihuwa tare
Bayan kun yanke shawara tare da
maigida, yana da muhimmanci ku
ziyarci asibiti domin neman karin
bayanin da kuke bukata

Plan for your family together
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.

Ku ziyarci asibiti domain
samun bayanai akan tazara
Haka kuma, ma'aikaciyar lafiya
zata baku shawarwari dangane
da tazarar haihuwa yanda ya
kamata

Visit the facility for
information on child spacing
The healthcare worker will provide
guidance on healthy timing and
spacing of pregnancy.





Ki rinka cin abinci mai gida jiki

Kafin daukar juna biyu, yana da muhimmancin ki rinka cin isasshen abinci mai gina jiki domin kariya ga jiki da kuma samun karfi yayin haihuwa

Eat well and eat good

Kafin daukar juna biyu, yana da muhimmancin ki rinka cin isasshen abinci mai gina jiki domin kariya ga jiki da kuma samun karfi yayin haihuwa



Muhimman bayanai da ya kamata ki sani lokacin da kike da juna biyu

Things you should know when
you are pregnant



Zuwa awo yana da muhimanci gareki da yaranki

Zuwa awo yana da muhimanci sosai gareki da kuma yaronki. Yana rage hadari da matsaloli lokacin juna biyu, haihuwa da kuma kahanan yara

ANC is good for you and your baby

Antenatal care is very important to your health and your baby. It reduces the risk of maternal complications.



Muhimmancin awon ciki:

- A tabbatar da mace ta samu kariya daga cutar cizon sauro da kuma tetanus.
- Gano alamun matsalar dake tattare da cikin
- Domin a tsara ingantacciyar tazarar haihuwa bayan an haihu

Importance of Antenatal Care Include :

- Ensures that pregnant women receive protection from malaria and tetanus
- Identifies danger signs during pregnancy
- Allows planning for healthy timing and spacing of pregnancy



ANC Visit	Week of visit
1	Up to 12 weeks
2	20 weeks
3	26 weeks
4	30 weeks
5	34 weeks
6	36 weeks
7	38 weeks
8	40 weeks

Ziyara takwas shine zaki samu cikakken awo Ya kamata ki ziyarci asibiti sau takwas lokacin da kike da juna biyu. Ki fara zuwa awon ciki gurin ma'aikatan lafiya daga wata biyu zuwa wata tara kafin haihuwa

8 contacts are required for complete ANC
It is necessary to ensure you have 8 ANC contacts during pregnancy. Start your ANC visits from 8 to 40 weeks of pregnancy



Zaki samu muhimman bayanai a lokacin awo

A yayin awo, Za ku samu bayanai dangane da abin da ke fuskantar ku a yayin ciki da lokacin nakuda da kuma bayan haihuwa, da kuma samun bayani dangane da yadda Za ku haihu lafiya.

Pregnancy care is taught in antenatal clinic

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



Ki cigaba da yin ayyukan motsa jiki lokacin juna biyu
Ƙwai ki rinka yin ayyukan motsa jiki kafin ƙaukar ciki domin ku ƙore
cikin ƙoshin lafiya. Zaki iya neman shawara a wurin ma'aikatan lafiya akan
hanyoyin motsa jiki

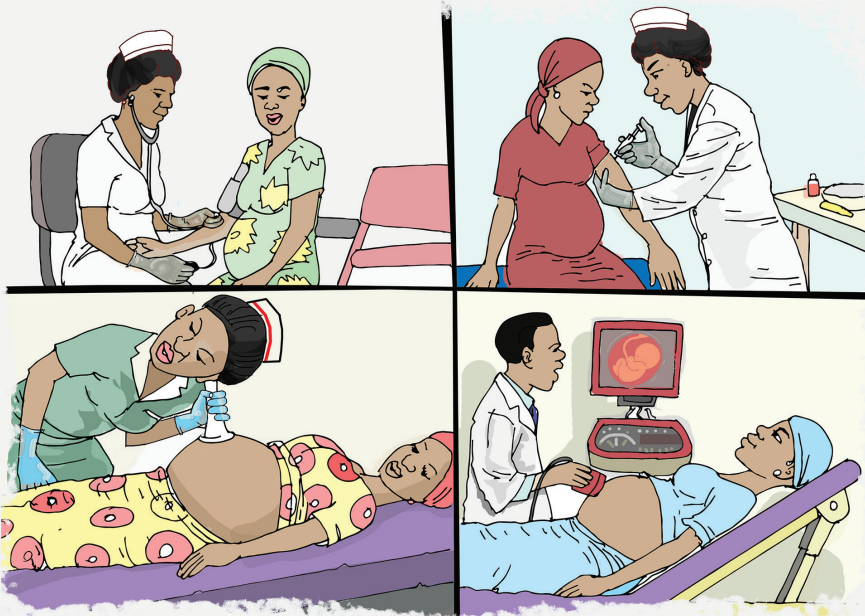


Continue regular
exercise during
pregnancy

It is important to keep
fit and active before
pregnancy so that you
can remain healthy. You
can speak to a healthCare
worker for guidance on
exercise.

Za'ayi miki gwaje-gwaje domin kiyaye matsala

A yayin awo, ma'aikaciyar lafiya Za ta duba ku domin tabbatar da cewar kina cikin koshin lafiya, ko gano idan kuna fuskantar wani hadari na rashin lafiya mai tsanani, kuma Za ta taimaka muku domin dakile aukuwar matsalar



You will get tested to avoid complications
The HCW 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.

Za'a baki maganguna yanda ya dace

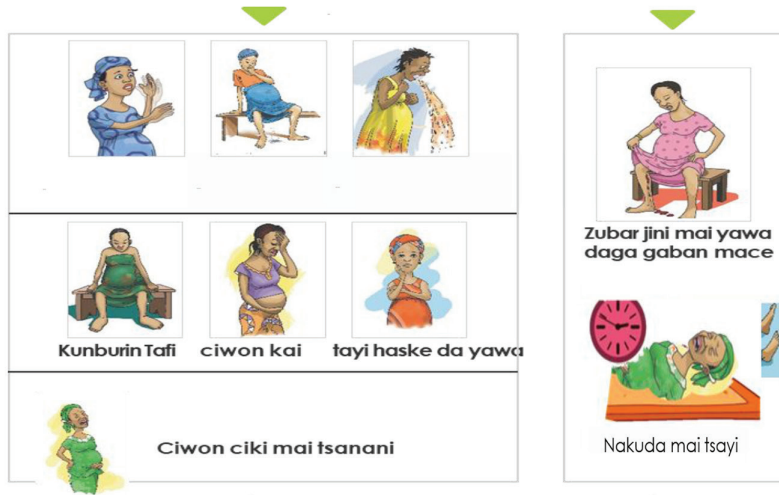
A yayin awo, Za'a baki magunguna da kula domain kula da lafiyarki da na jaririnki. Yana da amfani ki tabbatar kinsha magungunan da abinci mai kyau yayin juna biyu da bayan haihuwa.




You will receive medications when necessary. During antenatal sessions, you will receive medication and treatment for yourself and your baby. It is important to ensure you take your prescribed drug and eat a good diet during pregnancy.

Kije asibiti idan kin fuskanci wadannan matsalolin

Akwai matsalolin mai ciki dakan nuna alamar afkuwar matsala yayin juna biyu da haihuwa. Ki ziyarci asibiti mafi kusa domin samun kula idan kin fuskanci daya daga cikin wadannan matsalolin



Visit the facility when you experience any of this danger signs
There are danger signs of pregnancy that indicate possible complications that can occur during and after pregnancy. Rush to the nearest health facility once you experience any of the above danger signs



Zubar jini mai tsanani bayan haihuwa hadari ne

Zubar jini mai tsanani yana kara hadarin mutuwar uwa a dalilin haihuwa. Idan kin fuskanci zubar jini mai tsanani, ayi gaggawar zuwa asibiti mafi kusa domin samon kula



Heavy bleeding after delivery is dangerous

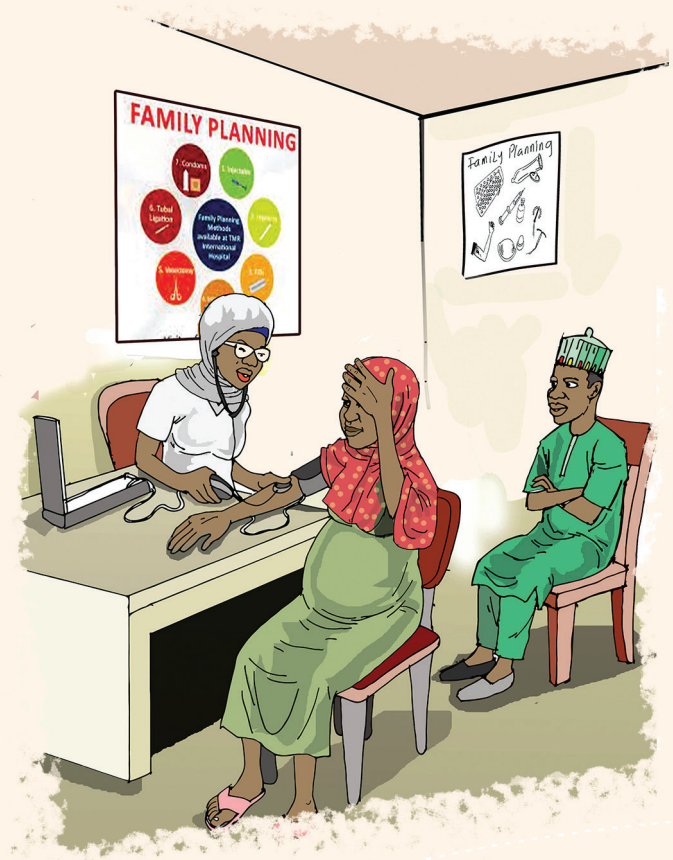
Heavy vaginal bleeding increases the risk of maternal death. If you experience this, go the nearest hospital as soon as possible.


Matan da suke cikin hadarin
zubar jini sune

Kina iya fuskantar hadarin zubar jini
mai tsanani idan kina da karancin
jini, haihuwa da yawa da suka
gabata, hawan jini, jijjiga a yayin ciki
ko tarihin karancin jini a cikin iyali
da sauransu. Ku yi rijista da Asibiti
mafi kusa

Women who are at risk of heavy
bleeding after pregnancy include

You could be at risk of PPH if you have
low blood levels in pregnancy (anemia), many
previous births, hypertension, pre-eclampsia
in pregnancy or a previous history of PPH,
etc...





Shirin haihuwa yana da muhimmanci sosai. Shiye-shiryen Haihuwa ko na ko-ta-kwana na taimaka muku shiryawa haihuwa yadda ya kamata. Sannan kuma zai sa ku yi tanadin abin da za ku aiwatar idan bukatar gaggawa ta taso.

Zai taimaka muku tantance inda kuke son zuwa haihuwa, da fayyace hanyoyin sufuri da kuma tanadin kudi domin daukarku da kuma kula da jaririnku.

Hakanan ya kamata ku samu wanda zai ba da gudunmawar jini da kuma wanda zai zartar da shawara da gaggawa idan bukatar hakan ta taso

Birth preparedness plan is important for your delivery

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

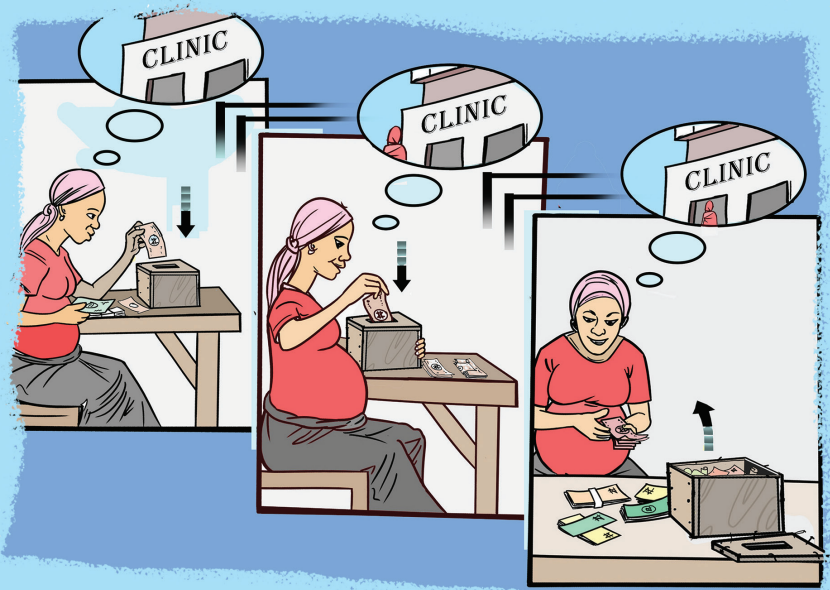
It helps you identify where you want to give birth, identify a means of transportation and save money for your delivery and care of your baby.

You should also identify a blood donor, and an emergency decision maker to avoid delays in an emergency.



Kiyi tarin kudi domin
haihuwa

Tare da maigidanki,
Ya kamata kiyi tarin
kudi domin kula da
kai da kuma jaririnki



Save money for your delivery

With the support of your husband, You should save money to be
able to take care of yourself and your baby.



Ki nemi mataimakiya mai yanke shawara kafin ki haihuwa

- Mai yanke shawarar da aka zaba zai iya zartar da wata muhimmiyar shawarar da ke bukatar gaggawa.
- Ya kamata ya/ta san matakan da suka shafi tafiya zuwa asibitin gaba idan aka bada shawarar hakan.



Identify your decision maker before delivery

- A selected decision maker will be able to and empowered to take important decisions for urgent or emergency interventions.
- He/she should be familiar with processes relating to referral for further care when recommended.

Kije asibiti da zarar kin fuskanci zubar jini bayan haihuwa
Idan kin fara zubar da jini sosai bayan an sallame ki, ki yi hanzarin komawa
asibitin da gaggawa.



Go to the facility immediately when you are experiencing bleeding after delivery
If you start bleeding heavily after being discharged, return to the hospital immediately.



Muhimman bayanai da ya kamata ki sani lokacin haihuwa

Things you should know during delivery

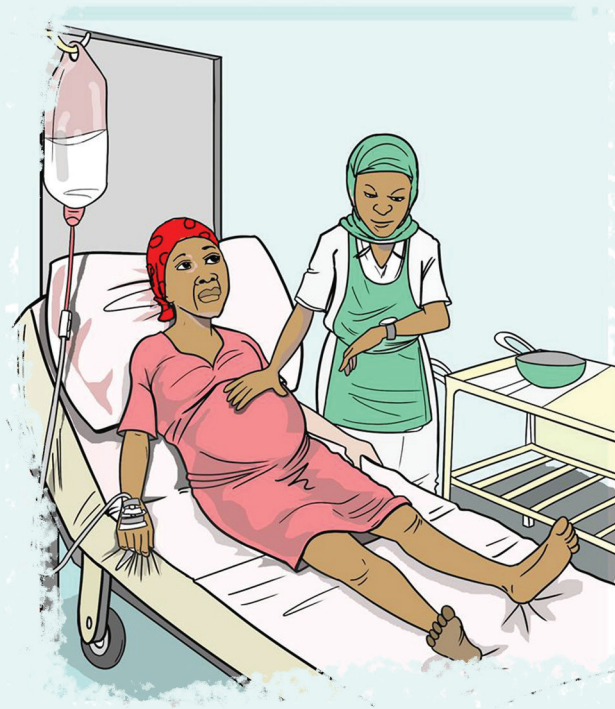


Kiyi tarin kudi domin haihuwa

Haihuwa a asibiti yana da muhimmanci kuma sai bawa ungozomar asibiti dama ta baki kulawa ta musamman, sannan zata kula da ke idan wata matsala ta auku. Yana da muhimmanci kije asibiti domin haihuwa

Visit the facility to receive optimal care during delivery

It is important to go to the nearest hospital to delivery your baby. Delivering your baby in the hospital allows the midwife to assist you appropriately during and after delivery, and to manage any complications that may arise.



Mai'aikaciyar lafiya Zata rinka dubaki lokaci-lokaci

A yayin da kike nakuda,
Ma'aikaciyar lafiya Za ta duba
ku daga lokaci zuwa lokaci
yayin da kuke cikin halin nakuda
(Kamar abin da ya shafi hawan
jini, bugun zuciyar da kuma
kankancewar ciki kafin haihuwa)

The midwife will check your health regularly

During the progress of labor,
the midwife will check you
intermittently while you are in
labor (Blood pressure, pulse and
abdomen for contraction before
delivery)

Mai'aikaciyar lafiya zata rinka duba
lafiyar jaririnki

Ma'aikaciyar lafiya za ta rika sauraron
motsin jariri akai-akai domin tabbatar da
cewar yana lafiya.

The midwife will check
your baby regularly

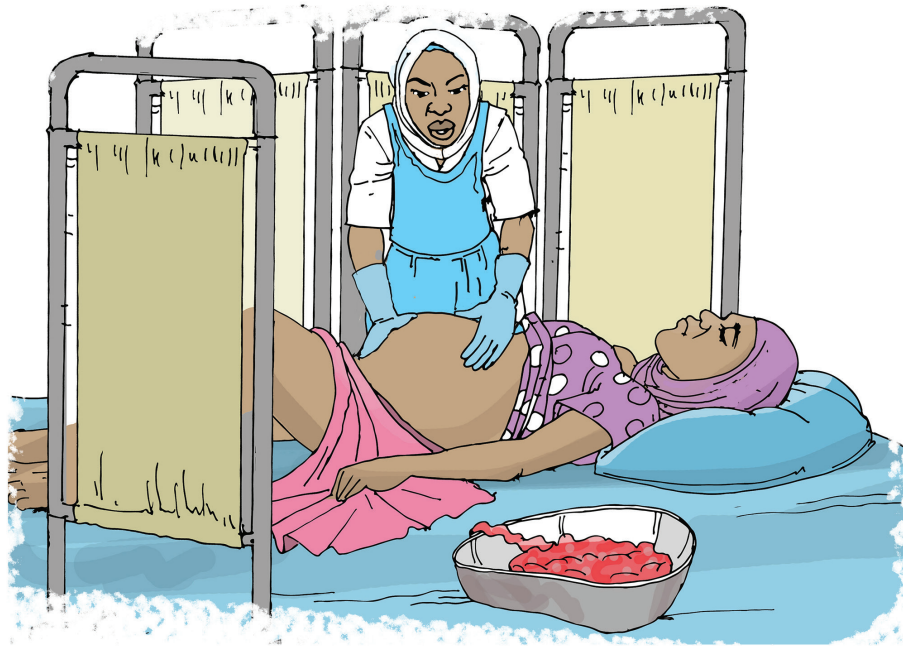
The HCW will listen to
the baby frequently to
make sure she/he is doing
well



Mai'aikaciyar lafiya zata
yi miki allura domain
saida zubar jini
Da zarar kin haihu,
ma'aikaciyar lafiya za ta
yi miki allura domin hana
kwararar jini.



The midwife will give you an injection to prevent excess bleeding
The HCW should administer an injection to you within a minute of delivering your baby, to
prevent bleeding.



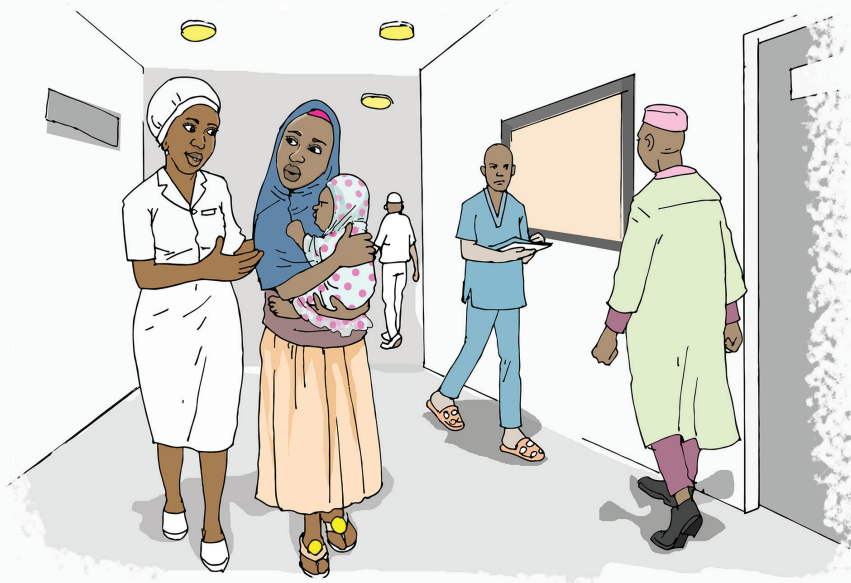
Mai'aikaciyar lafiya
Zata shafa cikinki
a hankali during
hana zubar jini
Ana cire mabiyiya
(mahaifa) a hankali
wanda Zai biyo bayan
tausa kadan ga Ciki
domin hana zubar jini.

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



Muhimman bayanai da ya kamata ki sani bayan haihuwa

Things you should know after delivery



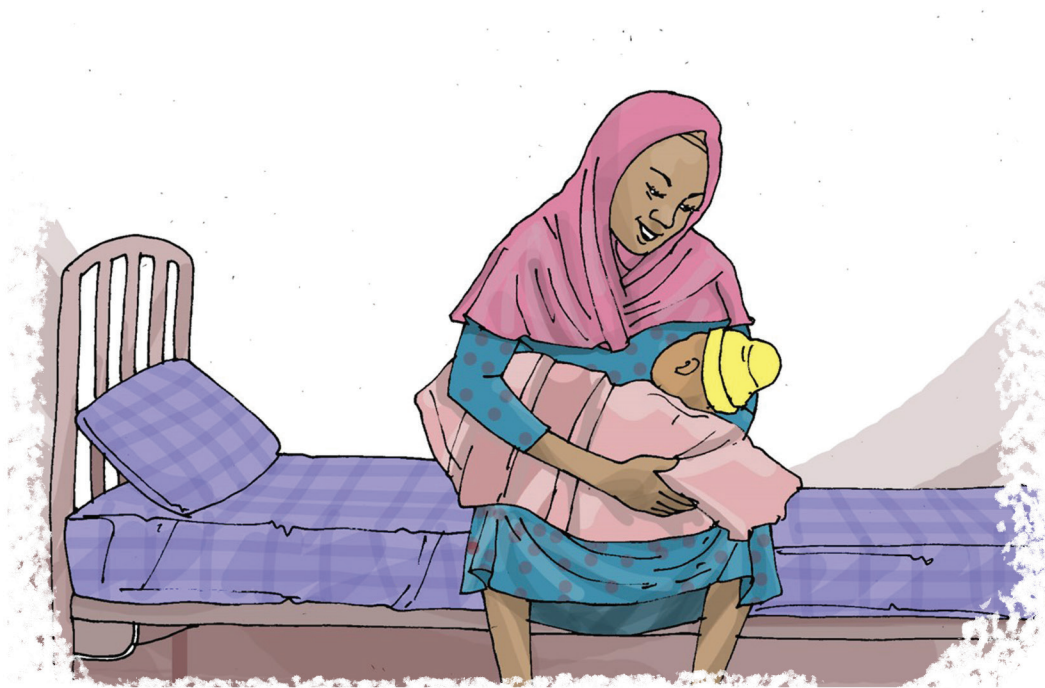
Seek for important information from the Health Care Provider

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.

Ki nemi muhimman bayanai a wurin ma'aikaciyar lafiya Kafin ki bar asibiti, ki tambayi likita ko ma'aikaciyar jinya dangane da alamomi masu hadari kuma ki koma asibiti idan kun fara fuskantar karancin jini, ciwon ciki, ciwon kai, kumburin kafa ko ciwon/canje –canjen nono.



Ki shayar da jaririnki da Zarar kin haihu domin kariya daga Cuta
Za'a sa jaririnki a jikinki kai tsaye sannan Zaki fara shayar da shi da Zarar
kun haihu, domin hakan Zai hana shi kamuwa da Cututtuka kuma Zai kara



Breastfeed
your baby
immediately
after delivery
to prevent
infection

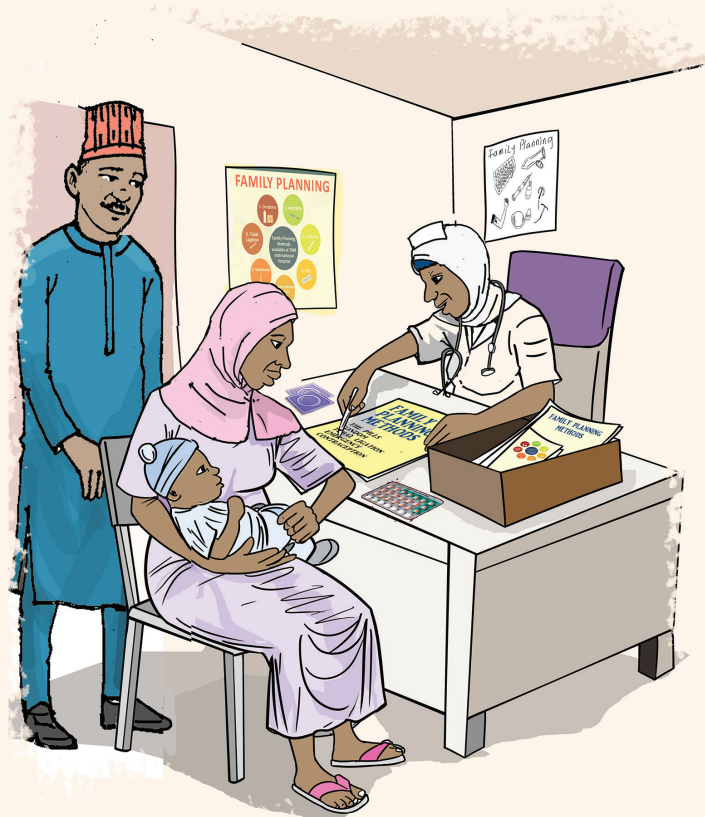
You should start
breastfeeding your
baby soon after birth
to protect your baby
from infections and
to establish a bond
between you and
your baby. Your baby
should be placed in
direct contact with
you

Za ki samu tazarrar
haihuwa da zarar kin
haihuwa a asibiti

A halin yanzu akwai tazarrar
Haihuwa da zarar an haihu.
Tambayi likita ko ma'aikacin
jinya dangane da hanyar
tsarin iyalin da yadace da ku

You can get Child spacing
immediately after delivery

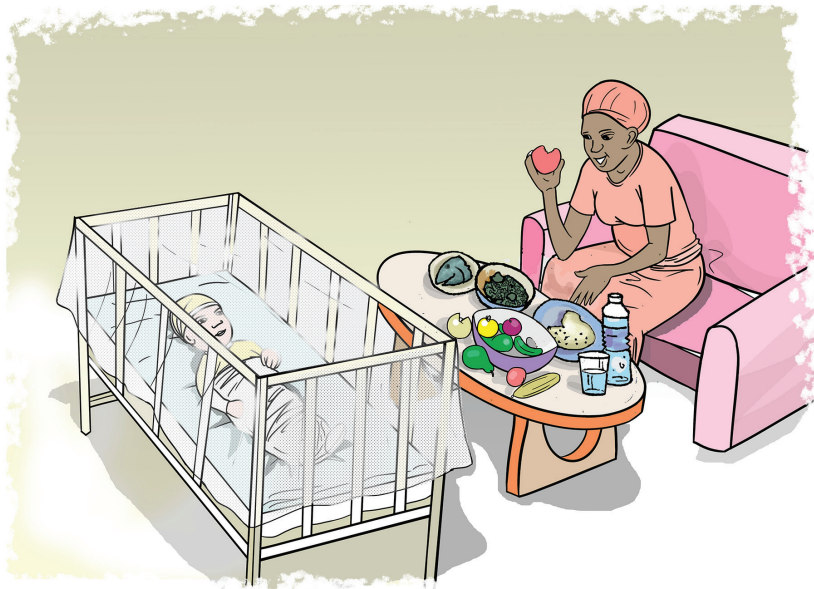
Effective methods for spacing of
pregnancy immediately after delivery
is now available. Ask your doctor or
nurse about the best family planning
method for you.





Ki ci abinci mai kyau domain lafiyar ki da na yaranta

Ki rinka cin abinci mai gina jiki, wanda ya hada da 'ya'yan itace da ganyayyaki domin taimaka muku dawo da karfin jikinku da samun kuzarin kulawa da jariri.



Eat good food for the your health and your baby

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

Ki kai yaranki
asibiti idan wata
matsala ta samu
Ku koma asibiti
idan kun lura da
wasu alamun rashin
lafiya a jikin jariri,
kamar jinkirin girma,
matsalar numfashi,
Zazzabi ko rawayan
idanu.



Take your baby to the hospital incase
of any complication

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



Ki kai yaranki domin
allurar rigakafi akai-akai
Ku tabbatar da shayar da
jaririnku yadda ya kamata kuma
a rika tsabtace shi sannan
kuma ya Zamana yana karbar
allurar rigakafi kamar yadda ake
bukata.

Take your baby for immunization
regularly

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



