


WHAT EXPECTING AND NEW MOTHERS  
SHOULD KNOW ABOUT PREGNANCY AND DELIVERY

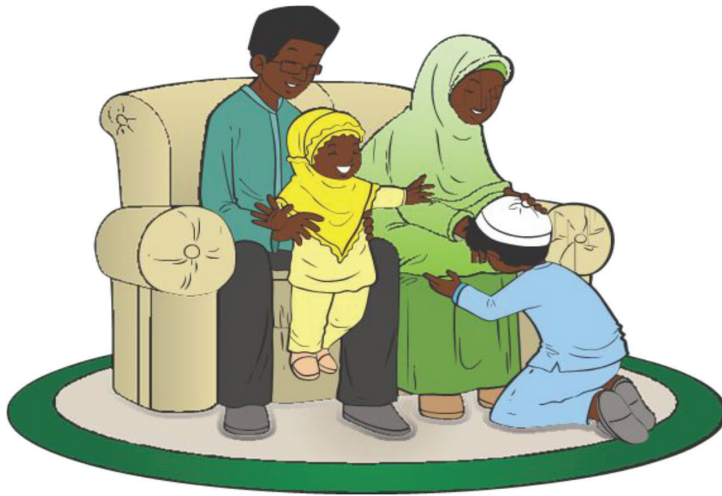
Muhimman bayanai  
domin kula da lafiyar  
mata masu juna biyu  
da sabbin haihuwa





# 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 iyalku.
- 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

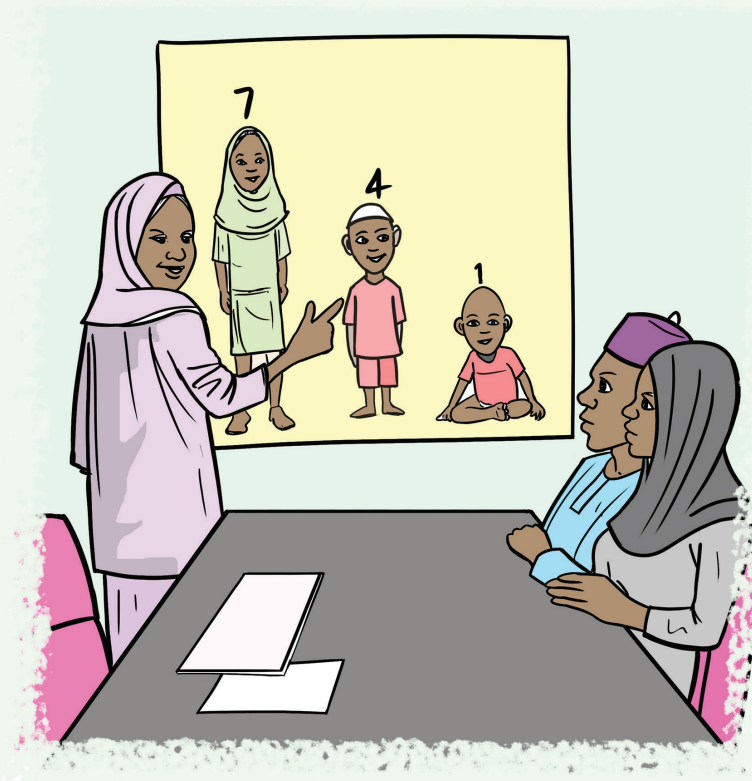
Plan for your family together  
After deciding with your spouse to  
have a baby, it is also important to  
visit a healthcare facility for additional  
information you might need before  
pregnancy.





Ku ziyarci asibiti domain  
samun bayanai akan tazara  
Haka kuma, ma'aikaciyar lafiya  
zata bazu 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  
lokaƙin awo

A yayin awo, Za ku samu bayanai  
dangane da abin da ke fuskantar  
ku a yayin ciki da lokaƙin 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



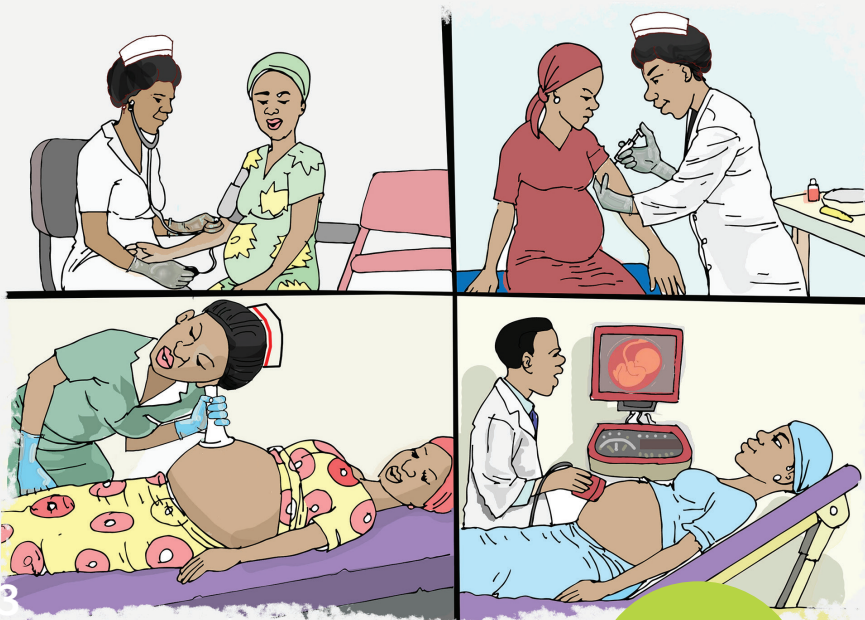
Continue regular  
exercise during  
pregnancy

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.




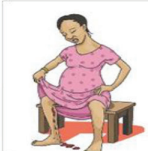







You will receive medications when necessary. During antenatal sessions, you will receive medication and treatment for yourself and your baby. It is important to ensure you take your prescribed drug and eat a good diet during pregnancy.



## 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

			 <p>Zubar jini mai yawa daga gaban mace</p>  <p>Nakuda mai tsayi</p>
			
Kunburin Tafi	ciwon kai	tayi haske da yawa	
 <p>Ciwon ciki mai tsanani</p>			

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.

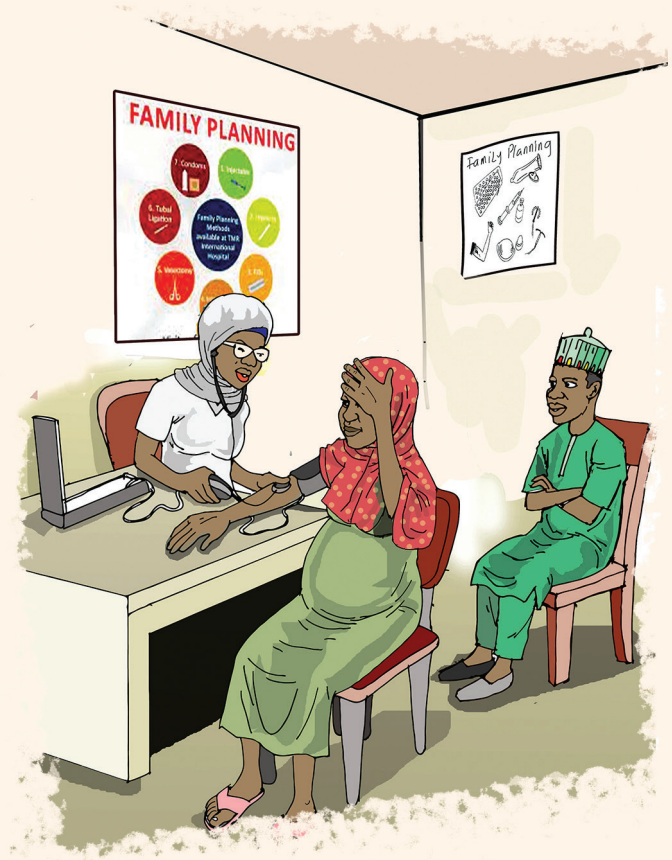


Matan da suke cikin hadarin zubar jini sune

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 Shiryе-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.

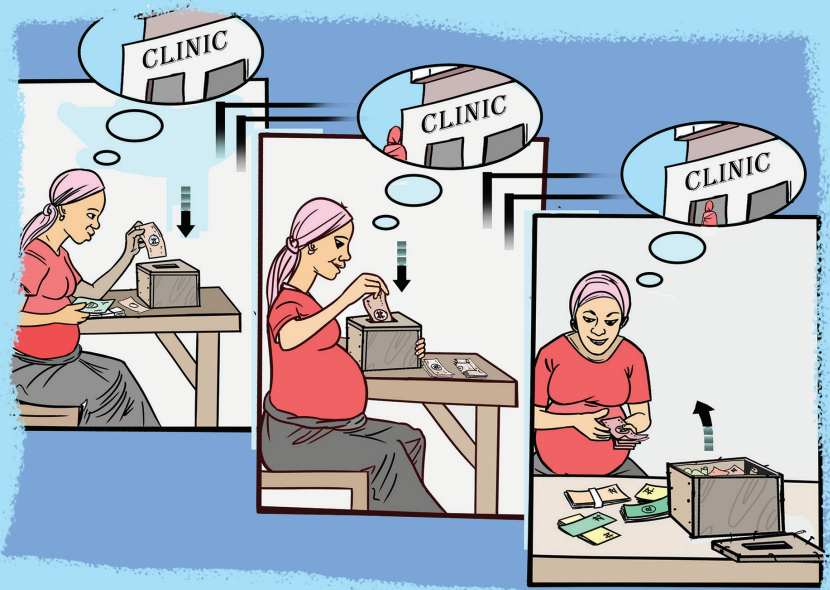






## Kiyi tarin kudi domin haihuwa

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.

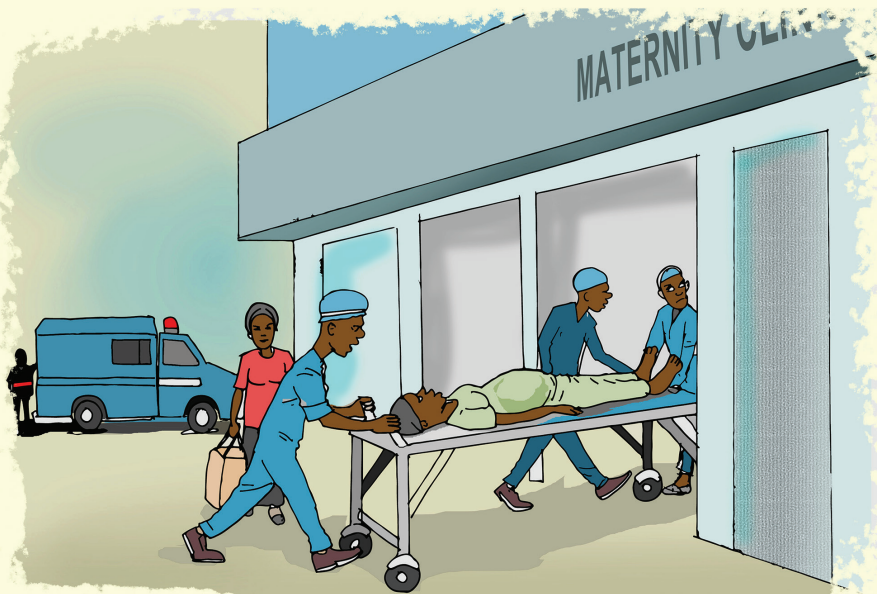


### Identify your decision maker before delivery


- 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

Ƙ 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

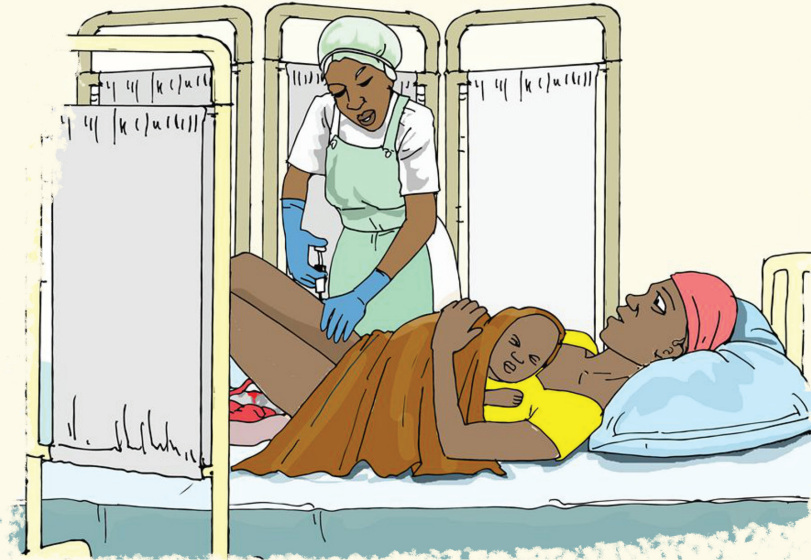
Ma'aikaciyar lafiya za ta rika sauraron  
motsin jariri akai-akai domin tabbatar da  
cewar yana lafiya.

The midwife will check  
your baby regularly

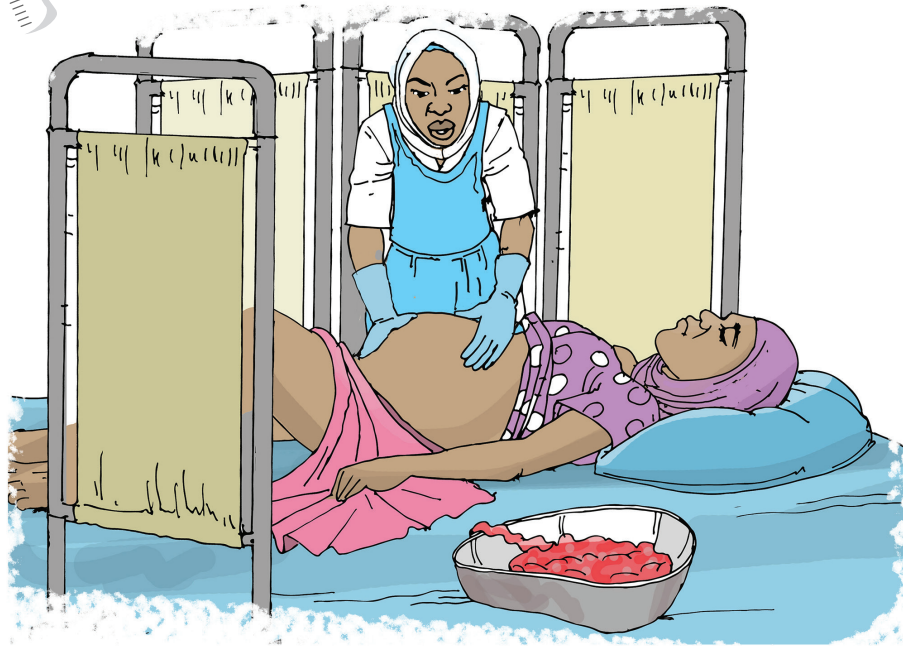
The HCW will listen to  
the baby frequently to  
make sure she/he is doing  
well



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.



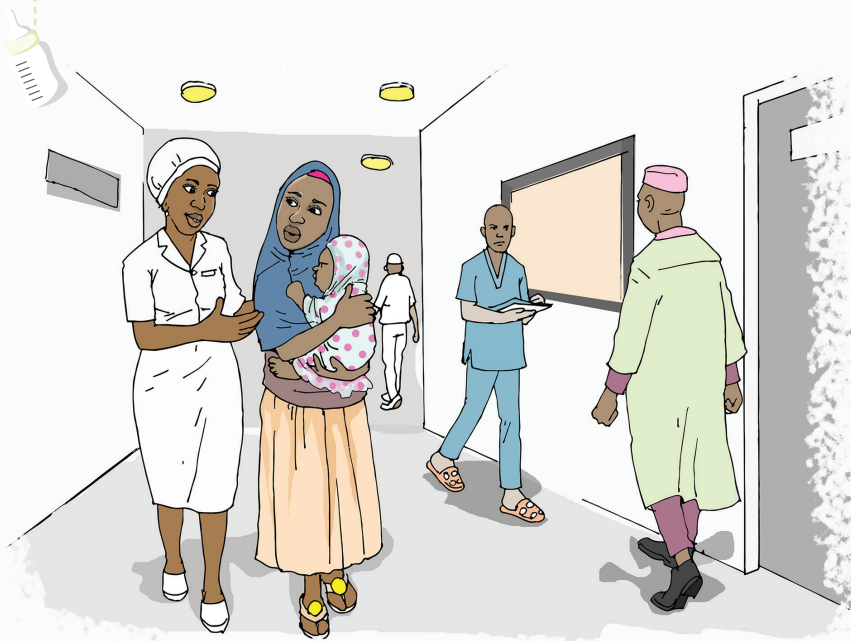
Mai'aikaciyar lafiya  
Zata shafa cikinki  
a hankali during  
hana zubar jini  
Ana cire mabiyiya  
(mahaifa) a hankali  
wanda Zai biyo bayan  
tausa kadan ga Ciki  
domin hana zubar jini.

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

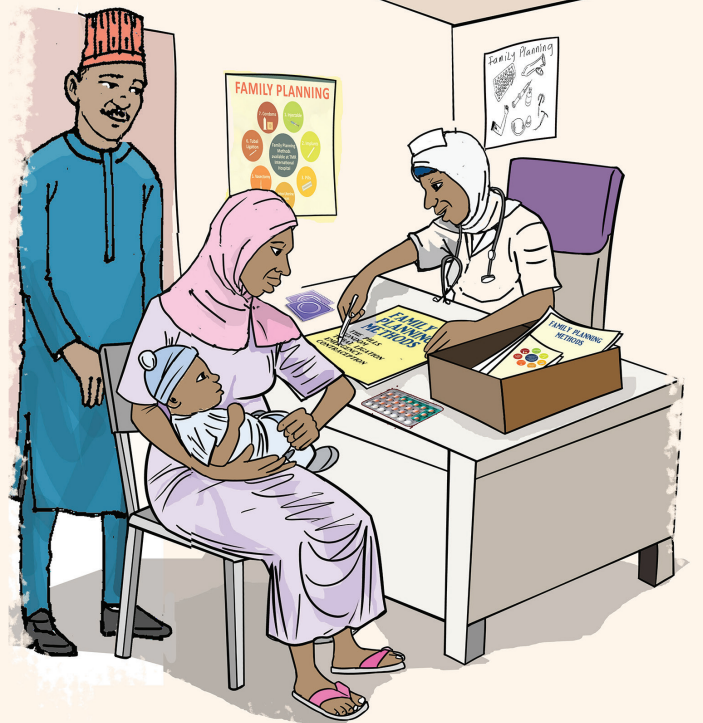


Za ki samu tazarrar  
haihuwa da Zarrar kin  
haihuwa a asibiti

A halin yanzu akwai tazarrar  
Haihuwa da Zarrar 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

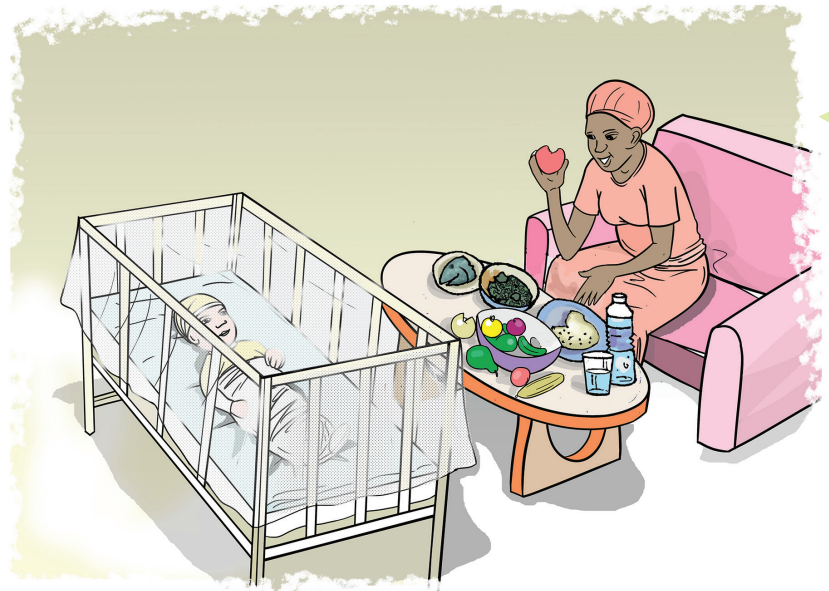
Effective methods for spacing of  
pregnancy immediately after delivery  
is now available. Ask your doctor or  
nurse about the best family planning  
method for you.





## 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.



