


WHAT EXPECTING AND NEW MOTHERS SHOULD  
KNOW ABOUT PREGNANCY AND DELIVERY

Wetin woman wey get belle  
and woman wey just  
born suppose sabi about  
the belle and the time  
wey she wan born





# Tins wey you suppose sabi before you carry belle

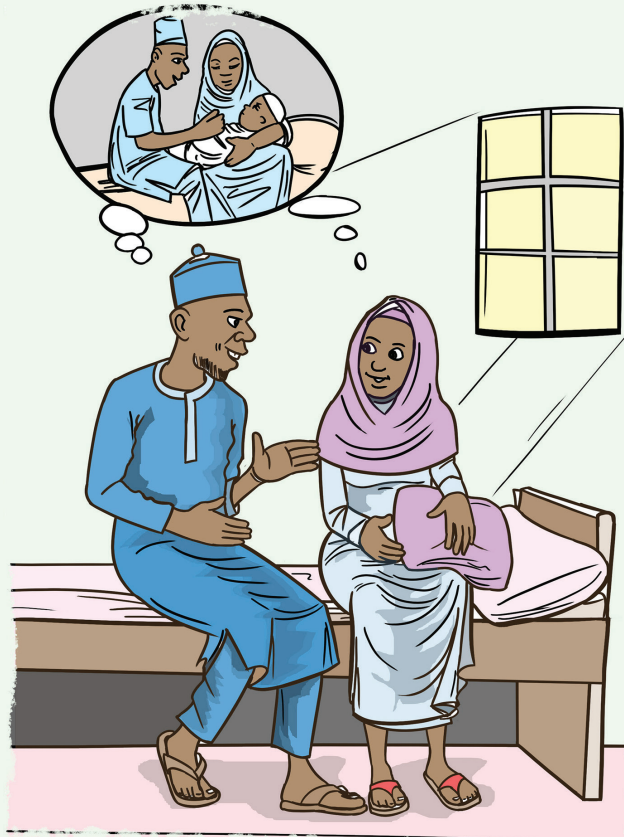
Things you should know before  
you get pregnant



You know say  
you suppose safe  
money to helep  
you and the pikin  
wey you go soon  
born



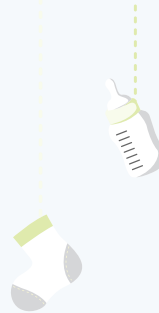
You should save money to be able to take Care  
of yourself and your baby.



E beta make you and your partner sidon discuss how many pikin una wan born. Make una gree together on this mata before you even carry belle.

It is good to discuss your reproductive life plan with your spouse.

Make a joint decision with your partner before pregnancy.



E beta make you go  
hospital before you  
get belle

After una don decide finish,  
shapali shapali, make una  
go the health center wey  
near una for more ogbonge  
informate wey go help you  
and your belle

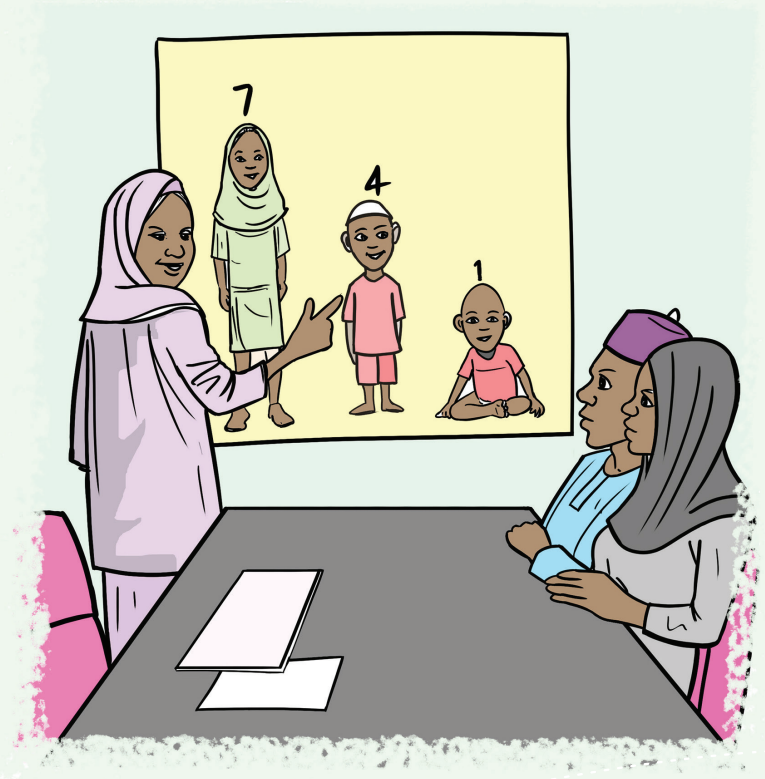
### Prenatal Visits are important

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.



When una reach hospital, the doctor or nurse fit helep una plan una family

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






## Chop beta food

Make you try  
dey eat beta  
beta food wey  
go help your  
body stay kampe  
for the belle wey  
you carry plus  
when time don  
reach to born.



## 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.



# The tins wey you suppose sabi when you don Carry belle

Things you should know about  
Care during pregnancy





Ante-natal na one kain ogbonge service wey  
go beta for you and your pikin



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

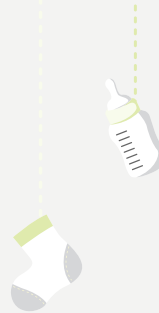


## Dem go teach you how to take care of the belle for antenatal clinic

When you waka go for antenatal, dem go give you some kain beta beta informate on things wey you suppose expect when you get belle, when you wan born pikin and how you go born pikin without any wahala at all.

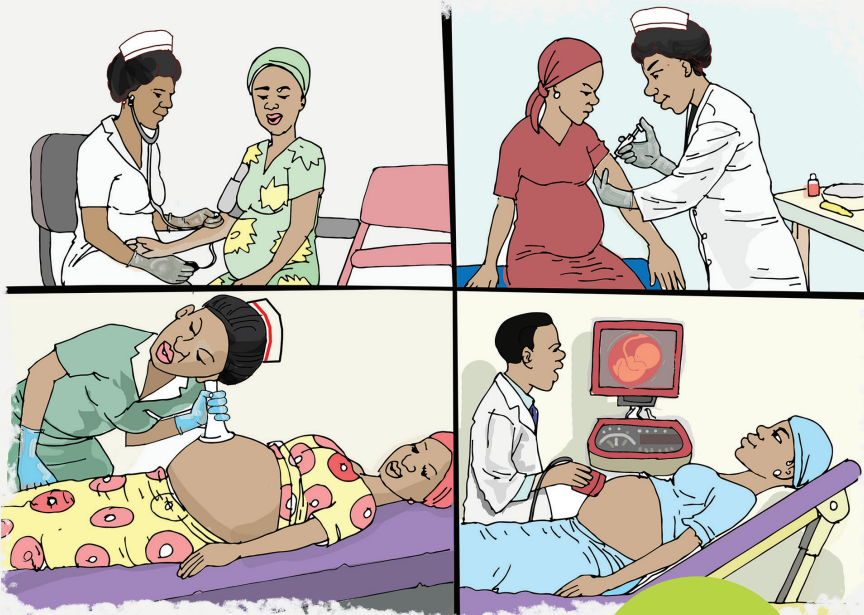
## Pregnancy care is taught in antenatal clinic

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.



## All the ogbonge tests and treatments go helep prevent any wahala

The nurse and doctor dem go dey check your body well well when you go for antenatal. This na to make sure sey your body dey kampe and to helep you make you no get any wahala wey go fit affect your belle.



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.

## To dey do regular exercise dey beta for your belle

Make you make sure sey you dey exercise your body when you get belle. The exercise go make your body dey kampe. You fit even talk to the doctor or the nurse wey dey the hospital, make im help you with the kain exercise wey you fit do wey go good for your body



### 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.

E dey very important to plan wella  
for the time wey you go born

As you know say wahala no dey tell  
anybody before e happen, e good make  
you plan for the time wey the baby don  
reach to born. This go help you plan for  
any kain emergency wey fit happen.

### 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.



Dem ogbonge doctor  
and nurse wey dey  
inside hospital dey  
ready to help you with  
any kain wahala wey fit  
happen to your belle

Seeing a doctor or nurse in the  
hospital during pregnancy will  
help identify issues when they  
occur





## Find person wey fit help you when time don reach to born


E go good make you get person wey go fit support you when time don reach to born your pikin. E go beta make this person sabi how to carry you if say the hospital wey you go come refer you say make you go another hospital wey get better ogbonge treatment for you and your pikin



## 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.



Tins wey you  
suppose sabi  
when time don  
reach to born

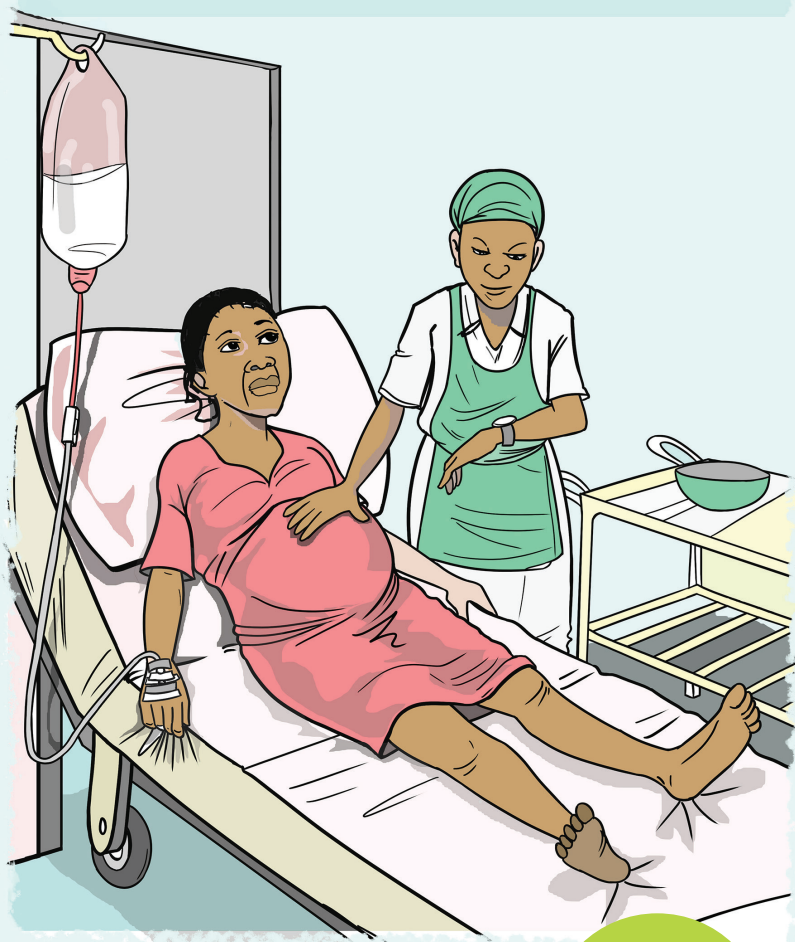
Things you should know about Care  
during labor/delivery





The doctor  
or nurse go  
dey check you  
every time to  
make sure say  
your pikin dey  
kampe

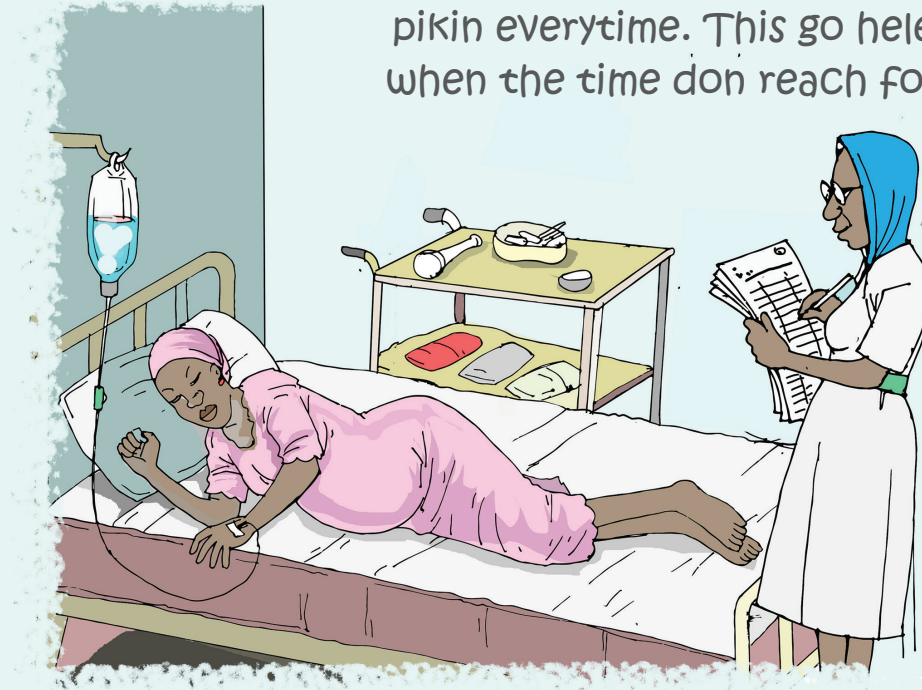
The doctor or nurse  
will listen to the baby  
frequently to make  
sure she/he is doing  
well



The doctor and nurse go dey check your BP and every, and how your belle dey move when the pain dey come and to know when time don reach to push

The doctor or nurse will regularly check your blood pressure, pulse and contractions while you are in labor

The doctor or nurse go dey write important informate about you and your pikin everytime. This go helep them know when the time don reach for you to born.



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



Na serious wahala  
if plenty blood dey  
comot your body  
after you don born

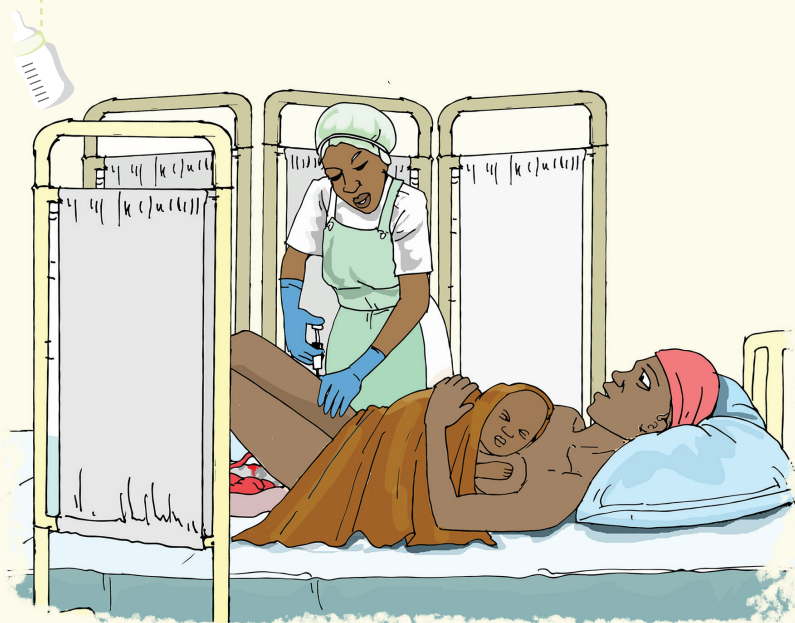
Now, post partum  
haemorrhage na when  
woman dey bleed plenty  
after she don born and  
this kain condition dey  
very dangerous because  
e fit make the woman  
die. If this kain thing  
happen, shapali rush go  
any hospital wey dey near  
you make them take care  
of you.



Heavy bleeding  
after delivery is  
dangerous

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

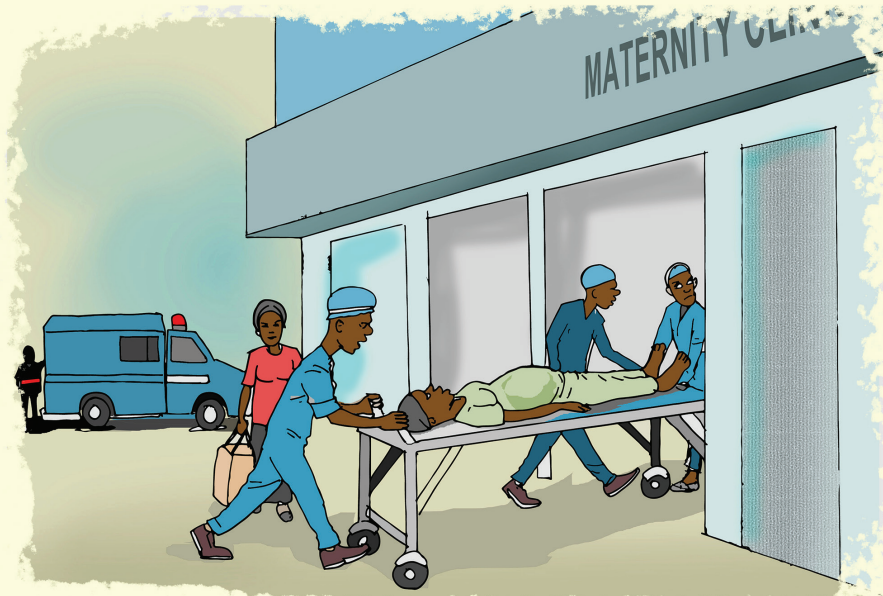
It increases the risk  
of maternal death.  
If you experience  
this, go the nearest  
health facility as  
soon as possible.



E get one important injection wey the doctor or nurse suppose give you within one minute after you born and this injection na him go make you no bleed after you don born.

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

If you begin bleed after dem don discharge you comot from hospital, shapali shapali go back make dem treat you.




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



After you don  
born your pikin,  
the doctor or  
nurse go helep you  
born the placenta.  
E good make dem  
begin rub your  
belle small small  
because this one  
go helep you make  
you no bleed.

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



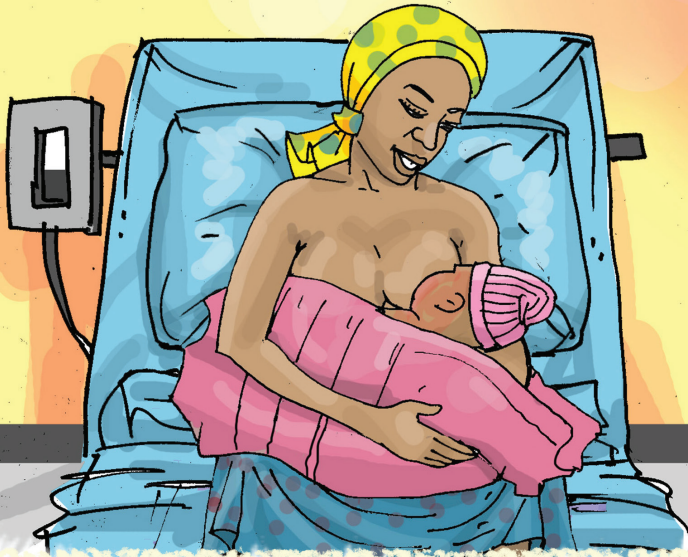
# Tins wey you suppose sabi after you don born

Things you should know about care  
after you have given birth





Make you start dey give your pikin breast after you just born  
After you don born, e good make them put your pikin near you because this go make breastmilk begin flow, and your pikin go dey close to you. E good make you begin give your pikin breast immediately after you born because e dey protect pikin from any yama yama disease wey fit happen.

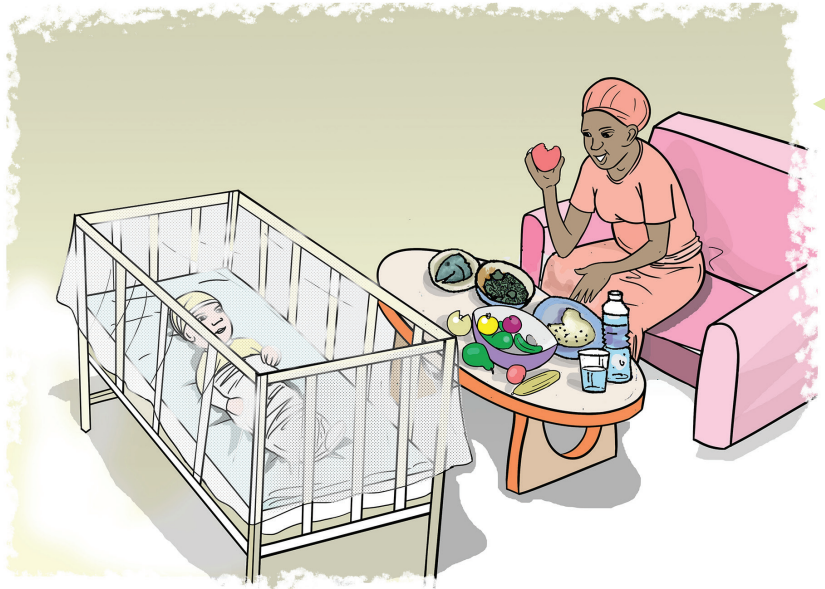


## Start breastfeeding immediately after birth

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.

Continue to dey chop ogbonge food after you don born

Eat food wey dey give blood and wey dey good for body, especially fruits and vegetables dey good for you and your pikin



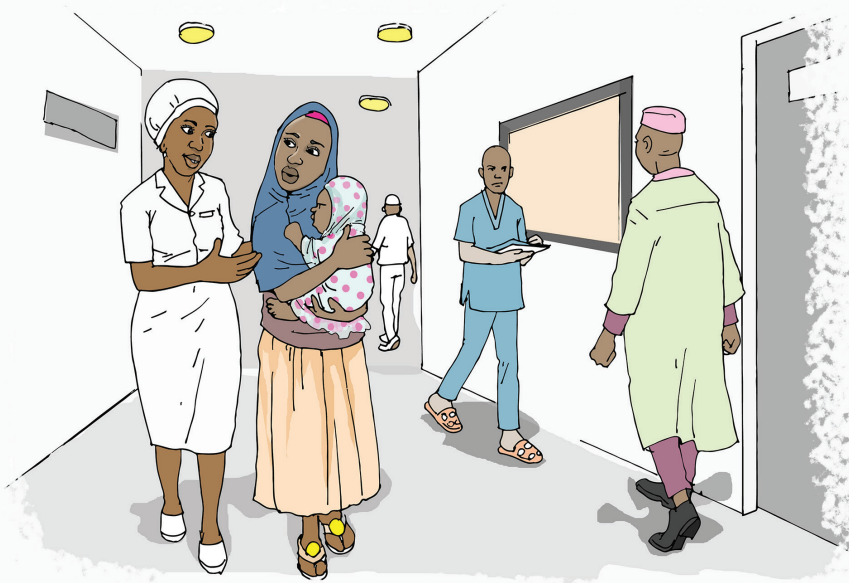
Continue to eat well after delivery  
Eat well-nourishing foods, including fruits and vegetables to help you regain strength and take good care of your baby.



E dey very good sey your newborn baby chop well well plus make sure you dey clean am well well and sey him collect immunization according to how them tell you for hospital.

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





## Learn about postnatal danger signs

The nurse will teach you more on danger signs such as abnormal blood loss, stomach pain, headaches, leg swelling or breast pain/changes.

Ask the nurse or doctor any questions you have about your health or your baby's health.

E good to sabi all the  
bad bad tinz wey fit  
happen after you don  
born

The nurse go teach  
you about plenty plenty  
wahala wey fit happen  
like say woman wey dey  
bleed, wey her belle dey  
pain am, wey her leg dey  
swell or her breast dey  
swell or dey pain one kain  
one kain.

You fit dey ask the  
doctor or nurse how you  
and your pikin body dey.



If you see say your pikin  
get any kain wahala like  
say hin body dey hot  
anyhow or hin no dey  
breathe well or hin eye  
dey yellow, shapali go  
report to any hospital  
wey dey near you



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

To dey space pikin fit  
start shapali shapali  
after woman just born  
her pikin. You fit ask  
your doctor or nurse  
which one way go good  
for your body even  
before you born

Family planning immediately after  
delivery is now available.

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

