

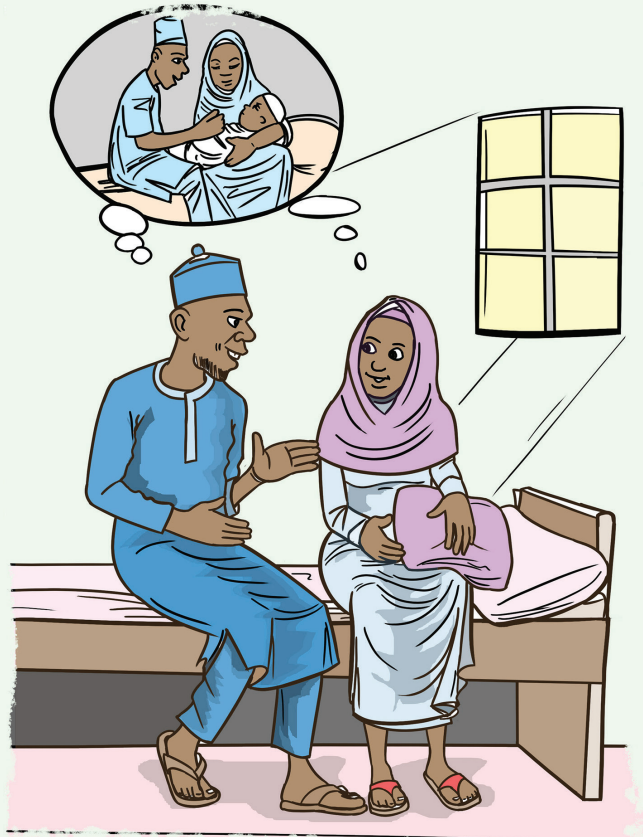
WHAT EXPECTING AND NEW MOTHERS
SHOULD KNOW ABOUT PREGNANCY
AND DELIVERY

Enazhi ungoyin
nna woro be ewan
dechi'aza kpe eti
ewan to egi ma'o na



Enazhi un goyin
wo kpe kafi wo de
ewan na

Things you should know before
you get pregnant



Un ge na wa gangan egi
ma be ebawo yin na. E jin
shawara keba kafi wo de
ewan na

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

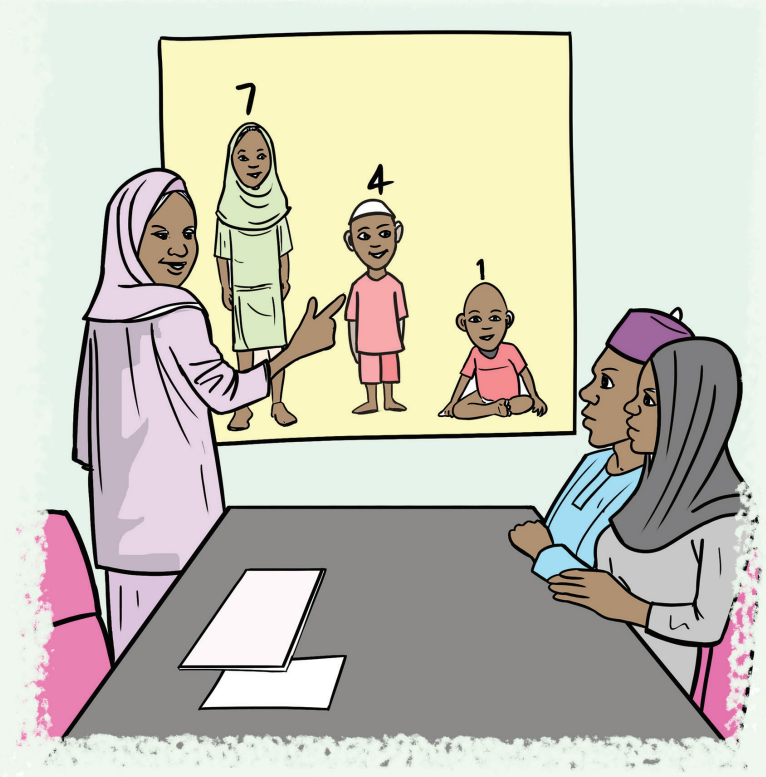
Asibiti lo kafi ewan
na de muhimmanci
Wo ga shawara jin be eba
wo yin gan ye wa egi,un ge
na wa lo asibiti na tobo
wo de bayani kafi ewan na

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.



Etun lochi asibi'a
yawɛ shawara eti
lokacin na goyin wo
de ewan na

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



Gi egichi wangi

Kafi wo de ewan
na, un goyin wo gi
egichi na de lafiya
na to bo wo de
kagbo 'yan ewan
to egima



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.

Enazhi un goyin wo kpe wo ga de ewan na

Things you should know about care during
pregnancy

Wan naka dan to kami na wo de ewan na
Un goyin wo ce'o dazan za wo ga de ewan na tobo lafiya
nakankpachi'o. Wo gan gan wo be etunlochi
yan asibiti to bo ilimi be'o



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.

Wan ewo da
na wa la dan
we to egi wo
ye na
Wo ga jin wo ce
la ewo shishi na
wa la la ye dan
wotso to egi na



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

Lo asibiti kami na
un goyin na
Un ge na wa le
etunlochi yan asibiti
ye na kami ewan to bo
matsala ga danbo, a da
da leye

See a doctor or nurse
regularly

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



Tsuwan un de muhimanci sosai ya lafiya we to yan egi worongi



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



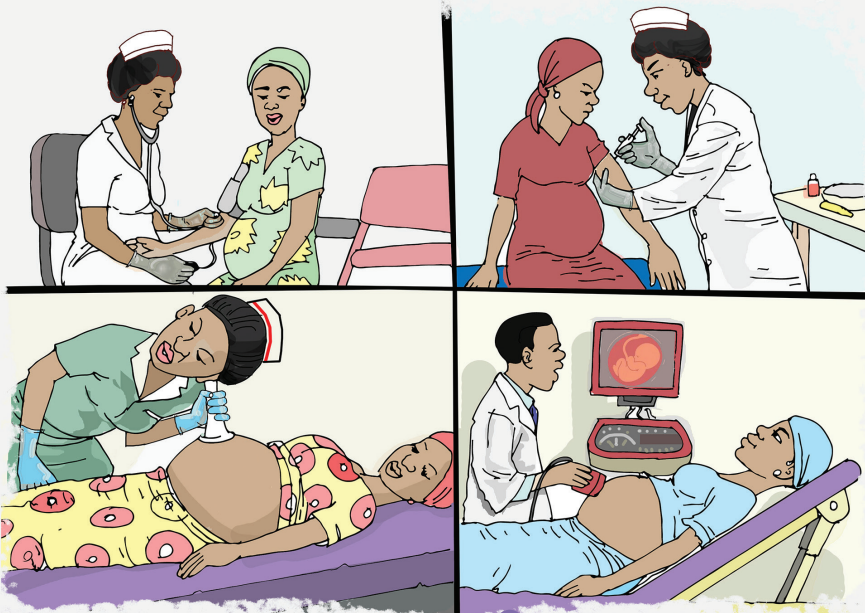
A la wuwe kena wa laye dan ewan na kami tsuwan
Kami tsuwan, a ya we bayani eti enazhi wa leye kami ewan na, ba nakuda'e toh wo ga egin ma zo na be kena wa laye da mini lokaci ewan to egi ma'e na

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.

Tsuwan yan naka toh egypta be cigbe wa kan gwa matsala

Etunlochi yan asibiti'a cin wo le lokacin tsuwan to bo wo de
lafya nakankpachi be kuma a kpe ko wo de enazhi'e la batan na
tobo a ba wo jinre



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.

Shiri yan egima be damuwa nazhi nakin wo na de muhimmancil

Shiri yan egima be damuwa nazhi
nakin wo na we ba za jinre be
egima kena goyin na be kena eza
jin matsala ga danbo na.

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.



Enazhi un goyin wo kpe wo ga da nakuda'o na

Things you should know about care
during labor/delivery

Li zana de iko na lugwa a bawo jinre na

Wo ga za nini li na de iko na lugwa a etunlochi yan asibi'a jin we taimako na. Za wunci'a kpe kena etun asibiti zhi'e lo na kabo a ga

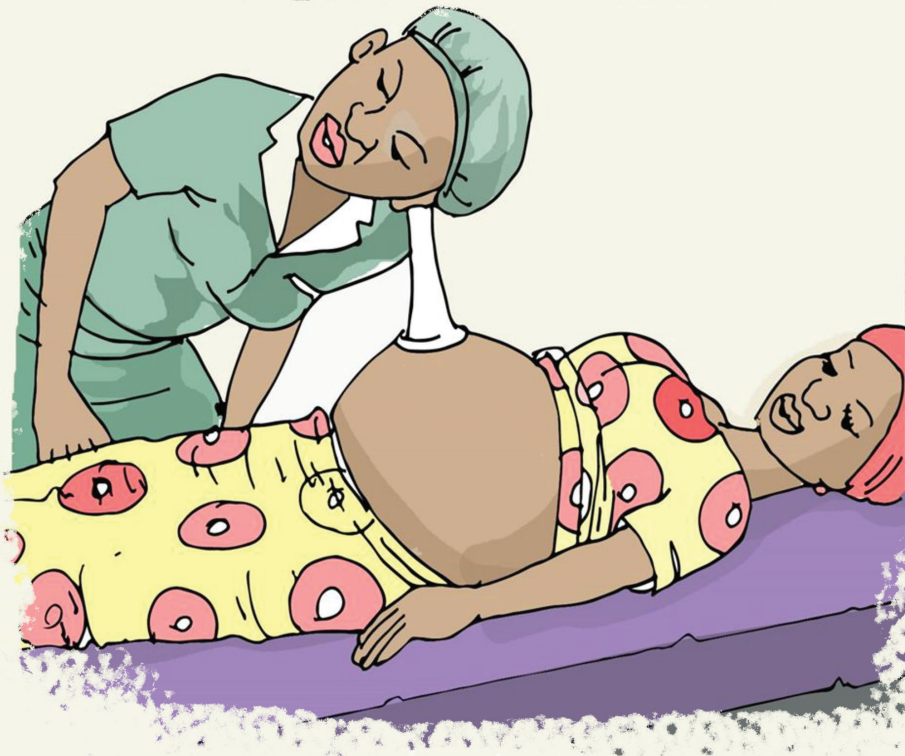
we tu mi da asibiti igboro



Select a decision maker/support partner

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.

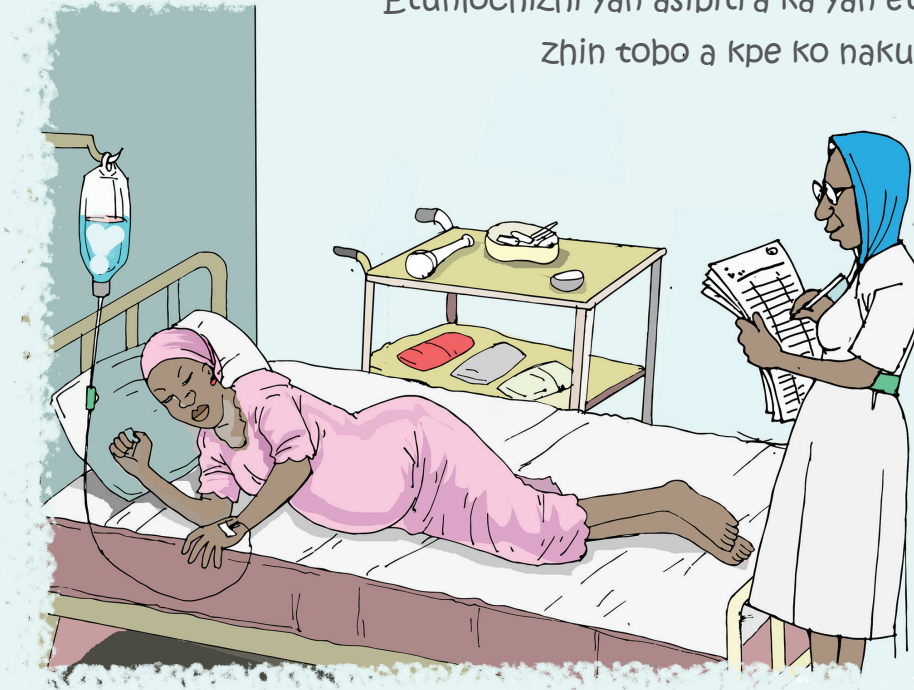


Etunlochizhi
yan asibiti'a
wo esan san
yan egi na da
gbako na tobo
a kpe lafiya'o
ye

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

Etunlochi asibit'a kayan eti wo bo elobezhin wo ga da nakuda'o na

Etunlochizhi yan asibiti'a ka yan eti we to egi yo bo elo be
zhin tobo a kpe ko nakuda'e lo gboro



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

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.

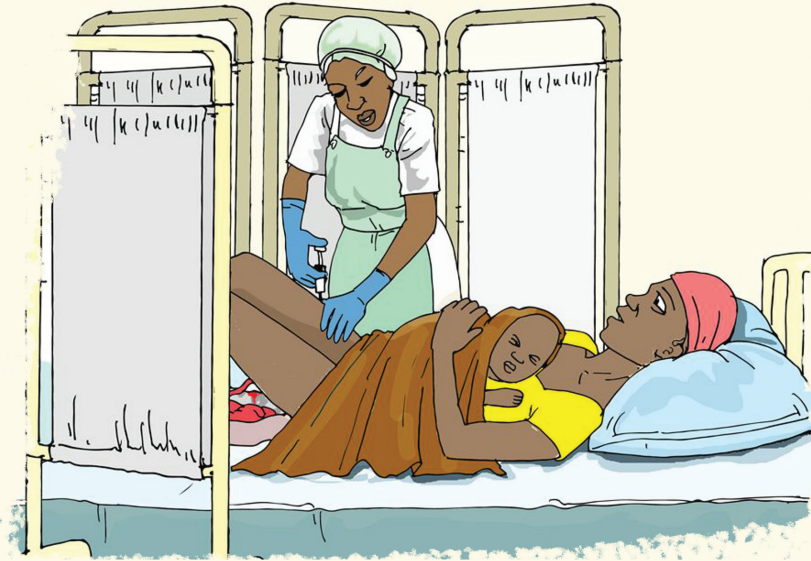


Ɔn ge na a cin wo be
egi wo yin na wo ga da
nakuda'o nat

Etunlochizhi yan asibiti
a chin wo le elo bezhin
wo ga da nakuda na -egi'a
gun, to gbako kafi wo
magi na)

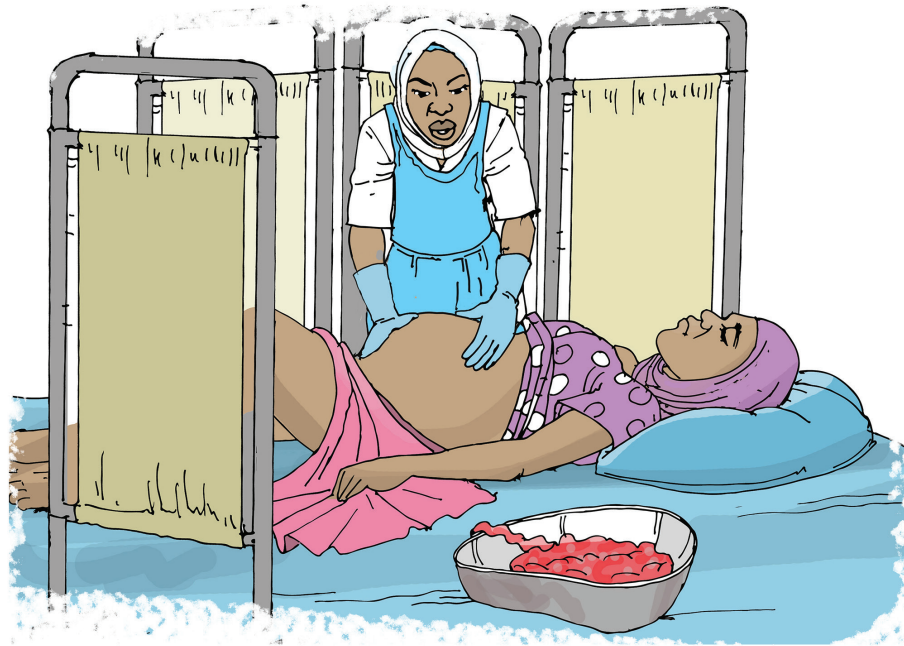
Examination of you and
your baby during labor is
important

The nurse/doctor should check
your blood pressure, pulse and
contractions intermittently
while you are in labor



Etunlochizhi yan
asibiti'a la ekin ya
we wo ga magi be
minti nini na to bo
un kan egya ya

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



A ga elu wa
karayin wo ga
magi zo na kuma
a la gwa za
gbako we tobo
egya yo

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

Enazhi un goyin wo kpe/wo jin wo ga magi na

Things you should know/do
after delivery



La ebe ya egi wo ga magi
zuni na

Un goyin egi wa ta nakan
wo bo ta kuma wo la ebe'o
yu wo ga mun zuni na tobo
wo kan batan iri iri kuma ye
tsobadozhi irin yan nna be
egi

Start breastfeeding immediately after birth

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

Egya ya wen la matsala be sosai

Egya ya na de
matsala na un
yin na gan egya
na goyin na wo
ga magi zo na.
Wen be matsala
yan tsutsu yan
nnazhi. Wo ga le
iri nana ye, sanin
lo asibiti na
tsoba wo na



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.

Kezhe lo asibiti zuni wo ge yagya na!
Wo ga cha egya yin lewe zomachi na aga'wo tunmi na,
kezhe lo asibiti efu vayin!



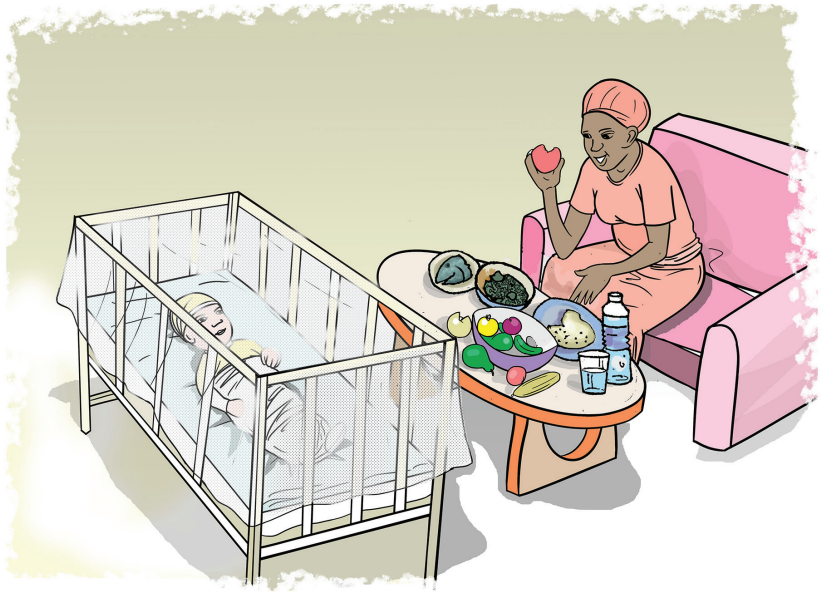
Go to the hospital immediately you start bleeding
If you start bleeding heavily after being discharged, return to the hospital immediately.



Egi ma asibiti'o wa
lugwa a de bayani
eti egi'o bo un ma
lugwa a lu dan
takadaZhi yan kin
mi yi bo

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

Gi egichi wangi ka
wo ga magi'a ni
Gi egichi wangizhi toh
finizhi toh lemuzhi tobo
wo de kagbo na wa laye
dan egi we wangiya



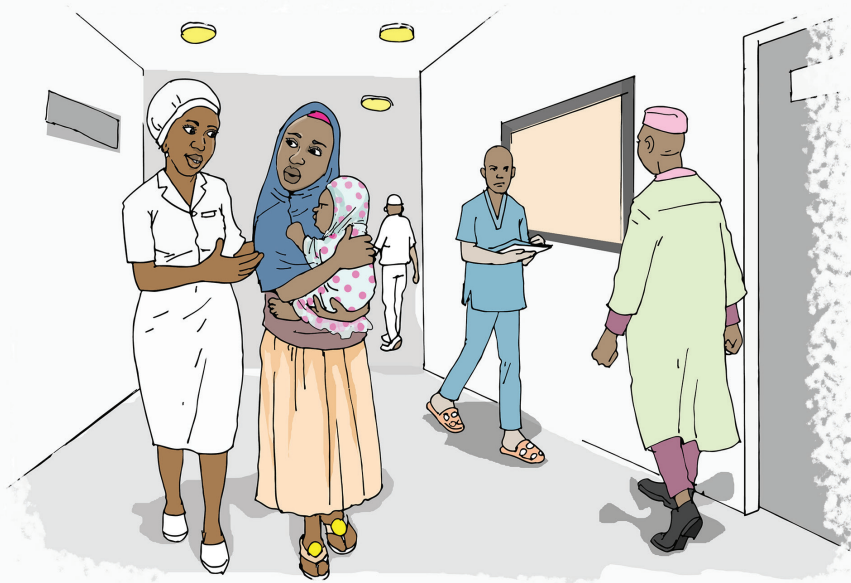
Continue to eat well after delivery

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

Jin tabbatawa ga a
egichi laya egi'o kena
un goyin na kuma
tsabta dabo wo ma da
ekin rigakafi jin

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





Learn about postnatal 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.

Gbi gan eti matsala
nazhi danbo wo a
ga magi na

Gbi nos ko likita gan kafi
wo ya asibiti na enazhi
ungoyin wo jin damuwa
wo ga leye na kuma
ungoyin wo kezhe'o lo
asibiti wo ga le egya
dokun, gbakotah, etisan,
bichi wun ko ebe tan ko
chenji na

Sanin kezhe lo asibiti
wo ga le matsala ye
nakan egi wo bo na,
ke nakan she'a na,
esunsun ta fiti'o,
nakan nawo ko eye
zheban



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.

Kena wa jinjin ci'a ya
loka cin kafi wo magi
woro na danbo wo
ga magi zuni na. gbi
etunlochizhi asibiti
gan na ga jin dacewa
be wo yin na

Family planning immediately after
delivery is now available.
Ask your doctor or nurse about
the best family planning method for
you.

