

Uur Caafimaad Leh

A Healthy Pregnancy

Below are some things you can do to take care of yourself and your baby.

Appointments and Classes

- Make an appointment as soon as you think you are pregnant to start prenatal care.
- Go to your regular prenatal check ups, even when you feel well. At the end of your pregnancy, your check ups will be every 1 to 2 weeks.
- Go to classes to help prepare you for labor and delivery, breastfeeding and baby care. Take your partner or other support person with you.
- Check if you have insurance for pregnancy and baby benefits.
- Ask for an interpreter and financial help if needed.

Food and Drinks

- Eat balanced meals that include whole grain breads, cereals, fruits, vegetables, milk, and meat and other proteins. Avoid fried and high sugar foods.
- Drink 6 to 8 glasses of water each day.
- Try eating smaller meals more often.
- Avoid or limit food and drinks with caffeine to 1 to 2 cups each day.
- Caffeine is in chocolate, colas, teas and coffee.

Hoos waxaa ku yaal waxyaabo aad sameyn karto si aad u daryeesho naftaada iyo cunuggaaga.

Ballamada iyo Fasalada

- Ballan sameyso isla marka aad u maleyo inaad uur leedahay si aad u bilowdo daryeelka dhalmada ka hor ah.
- Aad booqashooyinka baaritaanka joogtada ah ee dhalmada ka hor ah, xitaa haddii aad fiicantahay. Dhamaadka uurkaaga, baaritaanadaada waxay noqon doonaan 1 illaa 2 toddobaad kasta.
- Tag fasalada si ay kaaga caawiyaan isku diyaarinta foosha iyo dhalmada, naasnuujinta iyo daryeelka ilmaha. Soo kaxee lammaanahaaga ama qof kale oo kaa caawiya.
- Hubi haddii aad leedahay caymiska uurka iyo gunnooyinka carruurta.
- Weydiiso turjubaan iyo caawimaad maaliyadeed haddii loo baahdo.

Cuntada iyo Cabitaannada

- Cun cunno dheellitiran oo ay ka mid yihiin rootida hadhuudhka, badarka, miraha, khudradda, caanaha, iyo hilibka iyo borotiinnada kale. Ka fogow cuntada shiilan ee sonkorta badan leh.
- Cab 6 ilaa 8 koob oo biyo ah maalin kasta.
- Isku day inaad wax yar cunto marar badan.
- Iska ilaali ama ku xadid cuntada iyo cabitaannada kafeega leh 1 illaa 2 koob maalin kasta.
- Kafaynka waxaa uu ku jiraa shukulaatada, kookaha, shaaha iyo kafeega.

- Limit your intake of artificial sweeteners, including diet sodas, to 2 to 3 servings each day. Nutrasweet and Equal (aspartame) and Splenda (sucralose) in small amounts are okay, but do not use any saccharin (Sweet 'N Low).
- Avoid meats and eggs that are not fully cooked. Eat dairy products that have been pasteurized, including milk and cheese. Uncooked foods may have bacteria in them that can cause serious illness in pregnant women and increase the risk of miscarriage.
- Avoid unheated hot dogs and lunch meats from the deli counter or at restaurants. These are okay to eat if they have been heated through until steaming. Cook hot dogs in boiling water or microwave deli meat for at least 30 seconds on high for food safety.
- Xaddid cunista macaannada aan dabiici ahayn, oo ay ku jiraan soodhada, 2 illaa 3 jeer maalin kasta. Nutrasweet iyo Equal (aspartame) iyo Splenda (sucralose) oo qadar yar ah waa caadi, laakiin ha isticmaalin wax saccharin ah (Macaanka ku yar).
- Iska ilaali hilibka iyo ukunta si buuxda aan loo karin. Cun waxyaabaha caanaha laga sameeyay ee la sifeeyey, oo ay ku jiraan caano iyo jiis. Cunnooyinka aan la karinin waxay lahaan karaan bakteeriyada taas oo cudur daran ku keeni karta haweenka uurka leh isla markaana kordhin karta halista dhiciska.
- Iska ilaali kabaab iyo hilibka qadada ee laga soo iibiyo maqaayadaha. Kuwan waa caadi in la cuno haddii la kululeeyo illaa ay ka uumi baxeen. Ku kari kabaabka biyo karkaraya ama mikrowayf u isticmaal hilib ugu yaraan 30 ilbiriqsi si badbaado looga helo cuntada.

The Women, Infants and Children (WIC) Program is available to provide free nutritious food and health information for pregnant women, breastfeeding mothers and children. Go to www.fns.usda.gov/wic to find the toll-free phone number for your state or in Ohio call 1-800-755-4769.

Barnaamijka Haweenka, Dhallaanka iyo Caruurta (WIC) ayaa la heli karaa si loo bixiyo cunto nafaqo leh iyo macluumaad caafimaad oo loogu talagalay haweenka uurka leh, hooyooyinka naasnuujinaya iyo carruurta. Tag www.fns.usda.gov/wic si aad u hesho lambarka taleefanka bilaashka ah ee gobolkaaga ama Ohio wac 1-800-755-4769.

Weight Gain

Total weight gain depends on your pre-pregnant weight, eating habits, exercise and your metabolism. The average weight gain during pregnancy for a normal weight female is 25 to 35 pounds. You should gain 2 to 4 pounds in the first 3 months and about $\frac{3}{4}$ to 1 pound per week after that. If you were under or over weight before pregnancy, ask your doctor or dietitian about how much weight you should gain.

Miisaanka oo Kordha

Wadarta miisaanka ama culayska waxay kuxiran yihiin miisaankaaga uurka kahor, habdhaqanka wax cunida, jimicsiga iyo dheef-shiidkaaga. Celcelis ahaan kororka culeyska xilliga uurka ee dheddigga miisaankeedu caadiga yahay waa 25 illaa 35 rodol. Waa inaad heshaa 2 ilaa 4 rodol saddexda bilood ee ugu horreysa iyo qiyaastii $\frac{3}{4}$ illaa 1 rodol usbuuc kasta wixii markaas ka dambeeya. Haddii culayskaaga uu yar yahay ama xad dhaaf yahay uurka kahor, weydii dhakhtarkaaga ama khabiirka cuntada inta culeys ee aad heleyso.

If you are gaining weight too fast:

- Limit sweets and high fat foods. Choose low fat items, fruit or a small serving of frozen yogurt, sherbet, pudding or jell-o.
- Use very little butter, margarine, sour cream, mayonnaise or salad dressing. Try reduced calorie or low fat products.
- Avoid fried foods. Choose baked, broiled or grilled chicken, fish or turkey.

Medicine

- Take your prenatal vitamins each day.
- Check with your doctor or clinic before taking any medicines such as prescription or over the counter medicines and herbals.
- Take only medicines ordered by your doctor.

Smoking, Alcohol and Drugs

- Do not smoke and avoid being in the same room with people who are smoking.
- Do not drink alcohol or take drugs during your pregnancy.

Activity and Sleep

- Get plenty of rest. Try to get 8 hours of sleep. It is best to lie down on your left side because this increases the flow of oxygen and nutrition to your baby.
- Exercise by walking, swimming or biking for about 30 minutes each day. Check with your doctor before starting a new exercise program.
- Learn and practice the exercises from your childbirth class.
- Wear a supportive bra that fits well.

Haddii si deg-deg ah miisaankaaga uu u kordhaayo:

- Yaree macmacaanka iyo cuntada dufanka badan. Xulo sheeyada dufanta yar leh, miro ama saxan yar oo yogurt la qaboojiyey ah, sherbet, pudding ama jell-o.
- Isticmaal subag yar, margarine, kareen dhanaan, mayonnaise ama saladhka. Isku day kalooriyo ama waxyaabaha dufanta yar leh.
- Ka fogow cuntooyinka shiilan. Xulo digaag la dubay ama la karkariyey, kalluun ama boolanboolo.

Daawo

- Qaado fiitamiinnada dhalhada ka hor la qaato maalin kasta.
- Ka hubi dhakhtarkaaga ama rugta caafimaadka ka hor intaadan qaadan wax dawooyin ah sida rijeetada ama dawooyinka dukaamada laga soo iibsado iyo daawo dhireedka.
- Qaado kaliya dawooyinka uu dhakhtarku kugu amro.

Sigaar cabista, Khamriga iyo Maandooriyaha

- Sigaar ha cabin oo iska ilaali inaad hal qol la joogtid dad sigaar cabaya.
- Ha cabbin aalkolo ama ha isticmaalin daroogo inta aad uurka leedahay.

Hawlaha iyo Hurdada

- Hel nasasho kugu filan. Isku day inaad hesho 8 saacadood oo hurdo ah. Waxaa ugu wanaagsan inaad u jiifsato dhinacaaga bidix maxaa yeelay tani waxay kordhinaysaa qulqulka oksijiinta iyo nafaqada ee dhallaankaaga.
- Jimicsi samee adiga oo lugaynaya, dabaalanaayaa ama bushkuleeti fuulaya ku dhawaad 30 daqiiqo maalin kasta. Kala tasho dhakhtarkaaga kahor intaadan bilaabin barnaamij jimicsi oo cusub.
- Baro oo ku celceli jimicsiga fasalka dhalhada.
- Xiro rajabeeto taageero kuu ah oo kula eg.

Safety

Check with your doctor before having any medical x-rays while you are pregnant. Dental x-rays are safe if a shield is placed over your abdomen. The second trimester, months 4 to 6 of pregnancy, is the best time for dental care. Before any treatment, x-ray or cleaning, you may need to get permission from your obstetrician or OB doctor. This is for the health of you and your baby.

Other safety points:

- Avoid paints (except latex), pesticides, sprays and other strong chemicals.
- Do not clean a cat litter box, or bird or reptile cages. Animal feces can have bacteria that can make you sick and harm your baby.
- Wash your hands well with soap and water after touching raw meat.
- Cook meat well.
- Wear seat belts low over your hips.

Share Your Concerns

- Share good or bad feelings about your pregnancy, your body changes and having a baby with your partner, friends and family. Talk to your doctor or nurse if you are having problems coping.
- Write down questions to ask your doctor or nurse. Ask for more information on breastfeeding, birth control to use after delivery and choosing a doctor for your baby.

Badbaadada

Kala tasho dhakhtarkaaga kahor intaadan helin raajato caafimaad inta aad uur leedahay. Raajooyinka ilkaha ayaa badbaado leh haddii gaashaan loo dhigo si aynaan ugu gudbin calooshaada. Xilliga labaad, bilaha 4 illaa 6 ee uurka, ayaa ah waqtiga ugu wanaagsan ee daryeelka ilkaha. Kahor daaweyn kasta, raajo ama nadiifin, waxaad u baahan doontaa inaad fasax ka hesho dhakhtarkaaga dhalmada ama dhakhtarkaaga umusha. Tan waxaa loogu talagalay caafimaadkaaga iyo kan cunuggaaga.

Arrimaha Kale ee Badbaadada:

- Iska ilaali rinjiga (marka laga reebo xabaqda), sunta cayayaanka lagu buufiyo, buufinnada iyo kiimikooyinka kale ee xoogga badan.
- Ha nadiifin sanduuqa qashinka bisadda, ama shimbiraha ama guryaha masaska. Saxarada xayawaanku waxay lahaan karaan bakteeriya xanuun kuu horseedi kara oo wax u geysan cunuggaaga.
- Gacmahaaga si fiican ugu dhaq saabuun iyo biyo ka dib marka aad taabato hilib cayriin ah.
- Hilibka si fiican u kari.
- Ku xiro suumanka kuraasta meel ka hooseeysa miskahaaga.

Dadka La Wadaag Walaacyadaada

- Dadka la wadaag dareenka wanaagsan ama xun oo ku saabsan uurkaaga, isbedelka jirkaaga iyo inaad cunug u dhasho lammaanahaaga, asxaabtaada iyo qoyskaaga. Kala hadal dhakhtarkaaga ama kalkaaliyahaaga haddii aad dhibaatooyin ku qabto la qabsashada.
- Qoro su'aalo si aad u weydiiso dhakhtarkaaga ama kalkaalisadaada. Weydii macluumaad dheeri ah oo ku saabsan naasnuujinta, xakameynta dhalmada la isticmaali karo dhalmada ka dib iyo inaad cunuggaaga u doorato dhakhtar.

Planning Ahead

- Get a baby car seat and install it in your car.
- Plan for things you will need the first 6 weeks, such as baby items, diapers, clothes and easy to prepare foods for meals.
- Plan for someone to help you at home after the delivery.
- Make arrangements for child care if needed.
- Make a list of phone numbers of people to call when your labor begins. Arrange for transportation to the hospital.
- Pack your suitcase. Put in clothes and other items to use at the hospital and that you and your baby will wear home.

Diyaar Garow

- Raadi kursiga caruurta ee gaariga oo ku xir gaarigaaga.
- Qorshee waxyaalaha aad u baahan doontid 6-da toddobaad ee ugu horreeya, sida alaabada ilmaha, xafaayadda, dharka iyo cuntooyinka sida fudud loo karin karo.
- Qorsheyso qof kaa caawiya guriga markaad dhasho kadib.
- Diyaarso daryeelka carruurta haddii loo baahdo.
- Samee liis nambarro taleefan ah ee dadka aad wici karto markay fooshu bilaabeeyso. U diyaar garow in lagugu qaado gaadiidka isbitaalka.
- Diyaarso boorsadaada dharka. Ku rid dhar iyo waxyaabo kale oo aad ku isticmaali karto isbitaalka oo adiga iyo cunuggaagaba aad guriga ku xiran doontaan.