

# A Healthy Pregnancy

Get good medical care beginning early in your pregnancy. There are things you can do to take care of yourself and your baby.

## Food and Drinks

- Eat balanced meals that include grain breads, cereals, fruits, vegetables, meat and milk. Avoid fried and high sugar foods.
- Drink 6-8 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.
- Limit your intake of artificial sweeteners, including diet sodas, to 2-3 servings each day. Nutrasweet and Equal (aspartame) and Splenda (sucralose) in small amounts are okay but do not use any saccharin (Sweet 'N Low).
- The Women, Infants and Children (WIC) Program is available to provide free nutritious food and health information for pregnant women, breastfeeding mothers and children. Contact the state or local agency to check for eligibility. In Ohio call 1-800-755-4769 or go to [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) to find the toll-free phone number for your state.

## 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 25-35 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.

# Juon Bororo eo ej Emourour

Bukot Jiban jen Jiken Ejmour eo ekijien am Bororo jen Jinoen am Bororo. Ewor jet Wawin ko kwoj maron komman bwe kwon kejbarok an emmon am Mour im barainwot bwe en emmon an Ninnin eo nejom Mour.

## Mona ko im Dren in Idak ko

- Mone Kokon ko rej emmon im rej koba, Rajj im Pilawe, Jiriel ko (**cereals**), Len Wojki ko (**fruits**), Mona ko jen Jikin Kalib (**vegetables**), Kaniek im Milok. Bukot Kilen bwe kwon jab mona Kokon ko rej burae im Mona ko elap Jukwa ie.
- Idaak 6-8 Kap in Aeboj ilo kajojo Ran.
- Kajion kadiklok jonen Mona ilo juon Iien mona, im kakutkut lok Iien mone ko.
- Jolok ak kadiklok am kajerbal Dren ko ewor “**Caffeine**” ie bwe en 1 lok nan 2 Kap ilo kajojo Ran. “**Caffeine**” ej ber ilo an Joklej ko, Kola ko, im barainwot Ti im Kobe.
- Kadiklok am kajerbal Riab in Jukwa “**artificial sweeteners**”, ej koba lok Kola drot en an dri Tonal –“**diet sodas**”, bwe en 2-3 Kap ilo juon Ran. **Nutrasweet** im **Equal (aspartame)** im **Splenda (sucralose)** ilo am kadikdik am kajerbali ej maron emmon ak kwon jab kajerbal jabrewot Kein Katonal en ilo etan **saccharin (Sweet ‘N Low)**.
- Brokram eo “**Kore, Ninnin, im Ajri**” (**WIC**) ej jeral in komman Mona ko rej emmon im ejelok Wonen (**free**) im elon kain Kamelele ko ekijien Kore ro rej Bororo, Kore ro rej kaajiriri Ninnin ilo Tittot im Ajri ro. Kappok Obiej eo an (**State**) ak Jiken Jiban Ejmour (**local Agency**) bwe kwon lale am maron tobar lok Jiban ko. Ilo Ohio kir lok 1-800-755-4769 ak ilok ilo Internet non ( [www.fns.usda.gov/wic](http://www.fns.usda.gov/wic) ) bwe kwon bukot Numba in Telpon eo ilo state ne am kwoj ber ie.

## Eklip lok Bounom

Jonen aolep elap lok eo ilo Bounom ej alikar ilo Bounom mokta jen am kar Bororo (**pre-pregnant weight**), Wawin am mona, am emokitkit im am maron kajerbal Mona ilo Enbwinom. Eka wot ke elap lok Bounen juon Kore ej Bororo ej ber ikotan 25-35 Boun. Ej maron elap lok Bounom jen 2 lok non 4 Boun ilo Allon ko 3 jinoen im bullen  $\frac{3}{4}$  lok nan 1 Boun ilo kajojo Wiik ko elikin. Elane kwoj elap am Boun ak elap an drik am Boun mokta jen am Bororo, kajitok iben Takto eo am ak dri Jeral in lale am mona ikijien Bounom elane ej aikwoj elap lok.

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 varieties.
- **Avoid** fried foods. Choose baked, broiled, grilled chicken, fish or turkey.

## **Medicine**

- Take your prenatal vitamins each day.
- Check with your doctor or clinic before taking any medicines such as prescriptions, over the counter medicines or herbals.
- Take only medicines prescribed 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.
- Rest throughout the day. It is best to lie on your left side.
- Exercise by walking, swimming or biking for 15-30 minutes each day.
- Learn and practice the exercises from your childbirth class.

Elane elap an mokoj an lap lok Bounom:

- **Kadiklok** Mona Tonal ko im Mona drot eo ej elap Kuriij ej ber ie. Kalet Mona ko edik Kuriij ie, Len Wojki ak juon Jonuk eo edik kin Kakwojkwoj in Milok eo ejelok Kuriij ie (**frozen yogurt**), Kakwojkwoj in Dren wot (**sherbet**), ak Kamaolol ko jet ainwot (**pudding** ak **jell-o**).
- Kajerbal wot jidik Bota, Reab in Bota (**margarine**), Milok drot en ej Kwojkwoj (**sour cream**), Maionej ak Kein nemake Len Jikin Kalib (**mayonnaise** or **salad dressing**). Kajion Kain eo ej edik lok Kalori ko ie (**reduced calorie varieties**).
- **Jab kajerbal** Mona Burae ko. Kelet wot Mona Umum, ak Jinkadool, in Bao, Ik, ak Take.

## Uno

- Kejbarok ke kwoj ilim aolep “Un in mokta jen Bororo” (**prenatal vitamins**) ko am ilo kajojo Ran.
- Kajitok ibaen Takto eo am ak ilo Jikin Ejmour en (**clinic**) mokta jen am bok jabrewot kain Uno ko jen Takto (**prescriptions**), Uno ko kwoj maron wia ilo Imon Wia ko, ak Uno kin Mar im Wot ko (**herbals**).
- Kajerbal wot Uno ko Takto eo am ej kariki bwe kwon boke.

## Kein Kobatat, Drenin Kadak im Uno in Kadak ko.

- Kwon jab kabatat im bukot Kilen bwe kwon jab ber ilo juon Ruum eo ej wor Armij ro rej kabatat ie.
- Kwon jab idaaq Denin Kadak ak kajerbal Uno in Kadak ko ilo To in am Bororo.

## Mokitkit im Kiki

- En elap am kiki im kakije. Kajion bwe en 8 Awa in am kiki.
- Kakije ilo jabrewot Iien ilo juon Ran. Emon tata elane kwoj babu Ulul ilo Tu Animin.
- Komman Mokitkit (**Exercise**) ilo am etaltal, ao ak uwe ilo Baajkol iumin 15-30 Minot ilo kajojo Ran.
- Katak im bar elije Mokitkit ko an Kore ro rej Bororo (**exercises from your childbirth class**).

## **Other**

- Avoid having x-rays while you are pregnant.
- Avoid paints (except latex), pesticides, sprays and other strong chemicals.
- Do not clean a cat litter box. Animal feces can harm your baby.
- Wash hands well after touching raw meat. Cook meat well.
- Wear seat belts low over your hips.
- Buy well fitting support bras.

## **Talk**

- 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. If needed, ask for more information on breastfeeding, birth control to use after delivery or choosing a doctor for 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 if you feel well. At the end of your pregnancy your check ups will be every 1-2 weeks.
- Go to classes to help prepare you for labor and delivery, breastfeeding and baby care. Take you partner or other support person with you.

## **Bar Men ko jet**

- Jab komman Pija (**x-rays**) ilo Iien eo kwoj Bororo.
- Jab kebak lok Wuno an Im ejelokin wot Wuno en ejelok Paijin ie (**latex**), uno in jolok Lon im Kulul ko, Butiktik ko im bar Dren ko jet rej kajur (**strong chemicals**).
- Jab kadreo lok Jikin Kabwojak an Kuj (**cat litter box**). Kubwe ko an men in mour rej maron kokure Ninnin eo nejom.
- En Lit am amone Peim elikin am jibwe Kaniek ko. En lukun mat Kaniek.
- Kanek lok Kanor in Wa ilol ion Muram.
- Kajerbal im kanak lok juon Niien Tittot eo emon im ej kajur an jiban euk.

## **Konono**

- Konono iben Leo ibom, juon Mottm, ak Jeram ekijien am lumnak ko am emmon ak enana ekijien am Bororo, Uktak ko ilo Enbwinom im Wawin am jino juon Bamly. Konono iben Takto eo am elane kwoj lale ke kwojab marone Aban ko am.
- Jeje aolep Inepata ko am ilo juon Peba bwe kwon kajitok men kein iben Takto ak Nooj eo am. Elane kwoj aikwoji, inem kajitok elap lok Kamelele ko ekijien kaajiriri Ninnin ko ilo Tittot, Kein kejbarok bwe kwon jab bar Bororo elikin am kalotak Ninnin eo nejom ak Wawin am naj kelot Takto eo an Ninnin eo nejom.

## **Iien Kwelok ko (Appointments) im Iien Katak ko (Classes)**

- Komman juon Iien Kwelok ilo jinoin am jele ke kwoj Bororo bwe Kwon ber ilo aolep Uno ko an Bororo.
- En tiljek am ilok non Iien Kwelok non am Bororor (**prenatal check ups**), jokron kwoj enjake ke ej emmon am mour. Ilo Jomlok eo an am Bororo, am Iien Kwelok ko (**check ups**) renaj walok aolep 1-2 Wiik ko.
- Kejbarok am ilok non aolep Iien Katak ko bwe en jiban Euk bwe kwon bojak in Kalotak, Kaajiriri Ninnin eo ilo Tittot ko am im bwe kwon kejbarok Ninnin eo nejom. Leo ibom ak juon Armij eo ej jiban Euk en ilok ibom lok non Iien Katak ko.

## **Planning Ahead**

- Check if you have insurance for pregnancy and baby benefits. Ask for an interpreter and financial help if needed.
- List phone numbers of people to call when labor begins. Arrange for a ride to the hospital.
- Get a baby car seat and install it in your car.
- Pack your suitcase. Put in clothes and other items to use at the hospital and that you and your baby will wear home.
- 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 birth.
- Make arrangements for child care if needed.

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## **Bojak Iman men otemjej**

- Lale elane “insurance” eo am ej wor Jiban kin Bororo ie. Kajitok juon Dri Ukok Enan in Jiban Euk im Jiban ilo Maak elane kwoj aikwoj jidik Jiban.
- Kalajrak aolep Numba in Telpon an Armij ro renaj aikwoj kir lok nan e ilo Iien eo ej Uwe Mettak in Kalotak eo (**labor pains**). Kabojak juon Iel in lelok Euk non Jikin Ejmour eo (**hospital**).
- Kabok juon Jikin Jijet ilo Wa an Ninnin eo (**baby car seat**) im kalake ilo Wa eo wam.
- Kabooj juon am Kaban. Likot ilo an jet Nuknuk ko im bar men ko jet kwonaj aikwoje ilo Jikin Ejmour eo (**hospital**) im ke kemmiro Ninnin eo naj kanake ilo am rol non Mweo Imom.
- Kabooj jabrewot men ko kwonaj aikwoje ilo Wiik ko 6 jinonin, ainwot mweiuk ko an Ninnin eo, Kal ko, Nuknuk ko im jet Mona ko ej bidudu kommane non Iien Mona ko.
- Kabooje bar juon Armij eo enaj ber im jiban Euk elikin am kalotak.
- Kwon bojak ekijien juan dri jiban Euk ilo an lale Adjri ro jet nejom elane kwoj aikwoje.

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