

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.
- 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.

Haamily Aafimaad Qabty

Hoos wali ki qoriny wahyaaby ady sameeyi korty si adi ing daryeely nafta iyo tang iyaalka.

Balamo iyo casharidy

- Balang ing sameeysoy sidy inky dhaqsy badang marky ady ing maleeyty iny ady uur lety si ady ing billaawty daryeelky dhallowky ka hor eh.
- Si joogty eh ing seew ballangty baaritaanky hiligy uurka, hataa hady ady aafimaad qabty. Dhamaadky haamilnimida, baaritaanada waly nagidy doonany todobaadky misy lamaady todobaadby mado. (1ila 2 todobaad)
- Seew casharidy koo kaalmeyaayang sidy ady ing umuly lahaayty, naas nuujiyowky iyo daryeelky onoga. Inis raha ady iyo hartaga misy qofky kaly oo ki kaalmeyoow.
- Hubsoy hady ady lety aaymisky lingki tiri galy haamilinimydy iyo faa'iidooyinky onogy (gargaarky ly siyow iyaalky).
- Warsoy turjumaang iyo aawimaad dhaqaaly hady ady ing baahingty.

Hungury iyo Apitaang

- Waly aamasee hungurigy isky dheelitiring oo ku mid eh rooty qamady, misgy, miry, quthaar, wang, iyo hilib iyo poritiinidy kaly. Isku ilaaly hugurygy ly shiily iyo haang sonkorty ky badang.
- Waraab 6 ilaa 8 koob oo biyii eh maaling kasty.
- Isky dey iny ady aangty hungury yar-yar oo ady eed ingky ninagadaasy.
- Isku ilaaly misy isku yareey hungurigy iyo abitaanky ki jary kaafeynty 1 ilaa iyo 2 koob maaling kasty. Kaafenty waly ki jarte shukulaatidy, kooka koolayaalky, shaahiyalky iyo kafeygy.
- Yarey qaadishidy ady qaadidaasy ma'ma'aanky li sameeyow, marky liky dary apitaanithy hungurygy qaadoy 2 ilaa iyo 3 jeer maaling kasty. Waly ku qaathithy kortee walaago yar Nutrasweet iyo Equal (aspartame) iyo Splenda (sucralose), laaking ing istimaaloy wal may oo sakariin eh Sweet 'N Low (saccharin).
- Isku ilaaly hilibky iyo ukumo eed liniing kariiny. Aang wala wangty laha ku sameeyi oo laha karkariyi, oo ku mid eh wangty iyo farmaajidy. Hungurigy in karsinaayny wali luku yaabee iny ki jarty bakteeriyi oo sheeny korty jirry eed ing dorang bilaamayty uurky leh walina badiyaasi halisty eh iny onogy haku dhiyi.

- 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.
- 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.

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.

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.

- Isku ilaaly hilibky qadidy iyo hilibky shiiding oo la hang ku laayny oo liki gadow muqaayiyaalky misy dukaamee hungurigy diyaarsing liky gadow. Haang fayleying ingty la'aamy hady la hang kulaayi ilaa yo ku uumayang. Hilibky shiiding ki kari biyi wathiityaayang misy qalabky liky kulaayow hilibky dukaane laha ku gadow ee maykroweef inky yaraang 30 daqiiqathood eed eh oo linky tala galy badbaathithy hungurigy.
- Barmaamishky bilaangty, iyaalky iyo ilmo yar yar [The Women, Infants and Children (WIC) Program] waly diyaar kiing la eya iny si bilaash eh kiing siiyi warbihin ky saabsing quud aafimaad ing leh uurky, naas-nuujingty iyo iyaaliby. Booqoy www.fns.usda.gov/wic si ady ing hely talefoongky lambarky beesy la'aanty eh ee gobolky ady deganty misy gobolky Ohio gu daashe ku weer lambarkun 1-800-755-4769.

Culeysky bathithoowshey

Culeys bathithowky mady la inis jeeyi waly ki hiringy'a sidy ady markii hory hayty inty ady uurky ingweeldhiny, dhaqanka hungury aamowkycunta iyo dhaqdhaqaaqy ady sameeyasy iyo dheefshiidka. Elelisky culeysky haky siyaadow hilligy uurky geberty aadigy eh walibuwa 25 ilaa iyo 35 rodol. Walibuwa ini hakii siyaathy 2 ilaa 4 rodol sediidy bilood ee inky horreeyi markaas waly ku dambooyiny $\frac{3}{4}$ ilaa 1 rodol todobaad kasty. Hady ady aaty haaty misy kulu saayty kohor inty ady uurky ing weeldhiny, warsoy taktarka misy qof raashing-yaqaang inty culeys eh ady hakii siyaady kory.

Hady si dhaqsy eh miisaangka ing bathithahaayi:

- **Yareey** ma'ma'aanky iyo hungurigy subugy leh. Dooray walaa subugy ki yar, miry misy wang iir eh (garoor eh), misy sherbet, ma'ma'aan bur, biyi iyo ukung luku sameeyi misy jell-o.
- Adeegsoy subug eed ing yar, sugugy jaaligi eh, labeen, mayoonaysky iyo wala liky darow ansalaatidy. Isky day wala lu sameeyi subugy misy qiyaas tamar yar leh.
- **Isku ilaaly** hungurigy li shiily. Dooroy doorithy, mallaayky misy shimbirty turkigy oo la duby, li shiidy misy li solily.

Daawy

- Qaathoy fitimiinidy hilligy uurka maaling kasty.
- Li hubsoy daktarka misy kilinigy inty ady aamy korty daawy kasty sidy tang taktarky kiing misy tang farmashiya laha isku gadidow iyo daawy geedeed.
- Shaleediye qaathoy daawooyinky kiing amary diktoorka.

Sigaarky, Aalkolidy iyo Daroogathy

- Ing dhuugtoy sigaar waany isku ilaaly iny ady isku qol ki jartang dad sigaar dhuugow.
- Ing waraabtoy qamri misy ing qaathytoy maandooriye inty ady uurky lety.

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.

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.
- 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.

Wal qobidowky iyo Hungdurmidy

- Nasashy badang qaadoy. Isky day iny ady jiiifty 8 saacadood maalinty. Waly eed ing faylahaa iny adi ing jiiifty dhinigy bidiihda sababta oo eh tang wali badiyaase oksyjiinky iyo nafaqidy onoga ing gudibaayang.
- Jimisy sameey ady oo lugaayasy, dabaalithaasy misy baaskiil wedaasi ku dhowaad 30 daqiiqathood maaling kasty. La hubsoy diktoorka kahor inty ady ing bilaawny barnaamish jimisy usubing.
- Baroy oo sii tijaaby jimisiyathy likiingky sheegy fasalky unug-dhalowky.
- Hiroy naasy-reeb kaalmeyn leh oo si fayling jinka ing eh.

Badbaathy

- La hubsoy diktoorka kahor ingty adi ing sameeyny raajity aafimaad kasty inty ady uurky lety. Raajitydy ilko badbaadsingty hady gaashang li saary aloomitha korshee. Sediithy bilood ee lamaad, biloo 4 ilaa iyo 6 ee haamilynimidy, walibuw waqtigy ingky fayling daryeelky ilko. Kahor inty ady ing qaadidy daaweyow kasty, raajity ama nadiifing, wali luku yaabe iny ady fasah ung ku baahaty taktarky qaabilsing ilmy dhaliyowky ama taktarka OB. Tang waly linky tala galay aafimaadky onoga iyo aafimaadka.
- Ku dheerow rinjigy (marky lukureeby kang dha'aanky adag leh(latex)), sunty Ay'yaanky liky dilow, kiimiky yaalky li buufiyow iyo haang hoogy bathang.
- **Ing** nadiifidoy sanduuqy wasagy y'aay'uurty, misy shimbiro misy harithy hoolo hepedky ki dareerayng liky hareeyow. Haarky hoolo waly qabikore bakteeriyi oo ady ki jirridy korty waany waldeersiyaasy onoga.
- Ingky Dhigga'amoogasi faylin saabuung iyo biyi mady hilib eerang eh ady taabity kudib. Hilibky si fayling ing kary.
- Ky Hirooy suunky korsigy baabuurky simooga korsho.

Dad ly Wathaag Quseynta

- Ly wadaag dareenka fayling iyo kang hungby oo ku saabsing haamilnimada, is bedelky jirka iyo unug dhalowky hartiga, saahibeetha iyo qoyska. Kula hathal taktarka misy kalkaalisytha hady ady qabty dhibaatooying li qobsishidy eh.
- Sii qoroy su'aalo ady fadaasy inty ady waydiithy taktarka misy kalkaakisytha aafimaad. Waydywarbihin badang oo ku saabsing naas-nuujinty, dhalmy hakameeyoky ady istimaalasy mady ady dhaly kudib iyo ing doorowky ady ing doorasy taktar onoga.

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.

Sii diyaargarowowky/qorsheysidowky

- Sheendhoy korsigy baabuurky onogy kudibny ki rakab baabuurka.
- Siidiyaarsoy walaa ady ing baahady doonty 6 todobaad ee ingky horreeyi, sidy alaabo iyaalky, hafaayado, dharky iyo raashiing si fudud ling kariyi korry.
- Qorshaysoy qof idy kii kaalmeyow mady ady dhaly ku ba'ady.
- Diyaarsoy daryeelky iyaalky hady ling baahingy'y.
- Sameysoy liis ki qorang taleefoong lambarydy dadky li weerow mady foola bilaawity. Diyaarsoy baabuurky ady ing raha fady isbitaalky.
- Hirhiroy boorsytha. Ki ridoy dharky iyo wala kaly ee ady ki istimaalasy isbitaalky iyo dharky ady iyo onoga hirithaasang idy.

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A Healthy Pregnancy. Somali.