



# Ma u tahay diyaar uurka?

Are you  
ready for  
pregnancy?



**Somali**

**#ReadyforPregnancy**

Qorshaynta in ilme la dhalo ayaa xiise leh, haddii ay tahay uurkii kuugu horreeyey ama aad hore carruur u leedahay. Haddii aad ku fikirayso in aad uuraysato ama uur yeelato, hagahan ayaa adiga iyo lammaanahaaga idinka caawin doona in aad is diyaarisaan - dhanka jirka iyo maskaxda labadaba.

Cilmibaaris ayaan ku ogaannay haddii waalidku ay tamar qabaan oo ay caafimaad qabaan ka hor uurka, in siyaado loo filan karo in ilmahaaga dhallaanka ah uu caafimaad qabo. Waxaa muhiim ah in aad ka fikirto cuntadaada, jimicsigaaga, iyo caafimaadkaaga maskaxda.



Planning to have a baby is exciting, whether it's your first pregnancy or you already have children. If you're thinking about becoming pregnant, this guide will help you and your partner to prepare - both physically and mentally.



Research tells us that if parents are fit and well before pregnancy, your baby is more likely to be healthy. It's important to think about your diet, exercise, and mental health.



# Daryeelidda jirkaaga

## Looking after your body

Hab fudud oo aad ku wanaajin karto caafimaadkaagu waa adigoo sameeya jimicsi joogto ah si aad u kordhiso heerka bacrinka.

Haddii aad wadajir ku samaysaan, xiise dheeraad ah ayay yeelan karta wayna ka fududaan kartaa in aad waddaan oo aydaan ka harin.



An easy way to improve your health is to take regular exercise to boost fertility levels.

If you do it together, it can be more fun and make it easier to stick to.

Qaadashada cunto caafimaad leh ayaa kaa caawin doonta in aad ku joogto culays caafimaad leh oo aad hubiso in ilmahaaga dhallaanka ah uu si fiican u koro oo uu u horumaro.

Isku day in aad cunto shan ama in ka badan oo ah noocyo kaladuwan ee miro ama khudaar maalin walba, iyo weliba borotiin sida hilib bilaa baruur ah, digir, ama tofu.

Eating a healthy diet will help you to maintain a healthy weight, and ensure your baby grows and develops well.

Aim to eat five or more different types of fruit and vegetables every day, as well as protein such as lean meat, beans, or tofu.



# Daryeelidda maankaaga ama maskaxdaada

## Looking after your mind



Isku dayidda in uur la qaado – ama uur sidista, ayaa diiqo ama buuq maskaxeed yeelan karta. Waqti u qaado si aad u daryeesho caafimaadkaaga maskaxda.

Xoogaa daqiiqo maalin kaste ku bixi in aad samayso wax adiga kaa farxiya ama ku dejiya oo nabad ku siiya. Isku day in aad dhegeysato muusiko, samayso jimicsiga

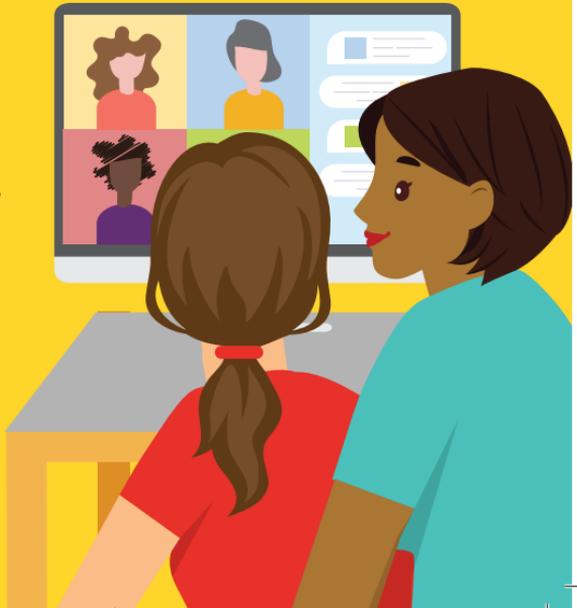
yoga, ama samayso hiwaayad aad jeceshahay.

Waa iska caadi in la dareemo nuglanaan iyo walwal. Waxaa ku caawisa in aad ka hadasho dareennadaada.

Trying to get pregnant – or being pregnant, can be stressful. Take time to look after your mental health. Spend a few minutes each day doing something that makes you feel happy or peaceful. Try listening to music, performing yoga, or doing a favourite hobby. It's quite normal to feel vulnerable and anxious. It helps to talk about your feelings.

Hubi in aad gargaar codsato, aad ka hesho lammaanahaaga, qof aad saaxiibbo tihiin, ama Takhtarkaaga Guud (GP). Haddii aad qabto dhibaato la xiriirta caafimaadka maskaxda oo aad qorshaysanayso in aad uur yeelato, waxaad la xiriiri kartaa kooxda caafimaadka maskaxda ee waqtiga dhalmada ee takhasus leh si aad u hesho talo idin khusaysa adiga iyo ilmahaaga dhallaanka ah ka hor uurkaaga ama inta aad siddo.

Make sure that you ask for help, whether from your partner, a friend, or from your GP. If you have a mental health problem and are planning a pregnancy, you can contact the specialist perinatal mental health team for advice for you and your baby before or during your pregnancy.



# Waxa kalee aad samayn karto

## What else you can do

Qaadashada aashiitada folik (folic acid) maalin walba ayaa yarayn karta halista in ilmahaaga dhallaanka ah uu yeesho cilladda tuubada neerfaha (neural tube), marka maskaxda, lafdhabarta, ama xangullaha (spinal cord) ay si hagaagsan u kori waayaan, sida cudurka qaabka xun ee lafdhabarta (spina bifida).



Waxay tani khaas ahaan run tahay waqtiga aad isku dayayso in aad uur yeelato iyo muddada 12ka toddobaad ee ugu horreeya uurka.

Qaadashada kiniinkaaga ku dar hawlaha caadi kuu ah maalin walba.

Taking folic acid every day can reduce the risk of your baby having a neural tube defect, when the brain, spine, or spinal cord doesn't develop properly, such as spina bifida.

This is especially true while you are trying to get pregnant and during the first 12 weeks of pregnancy. Make taking your tablet part of your daily routine.

Qaadashada qiyaasta 10 mcg ee fiitamin D maalin walba ayaa caafimaadka u ilaalin karta lafahaaga iyo muruqyadaada waxayna ilmahaaga dhallaanka ah siin kartaa qiyaas fiitamin D oo ku filan xoogaaga bilood ee ugu horreeya nolosha.

Waxay tani gaar ahaan muhiim tahay haddii aad leedahay harag madow, aad gudaha ku jirto inta ugu badan maalintii, ama haddii aad xirato dhar daboolo ama qariya inta ugu badan haraggaaga.

Taking 10 mcg of vitamin D every day can keep your bones and muscles healthy and give your baby enough vitamin D for the first few months of life.

This is particularly important if you have dark skin, you're indoors most of the day, or if you usually wear clothes that cover up most of your skin.

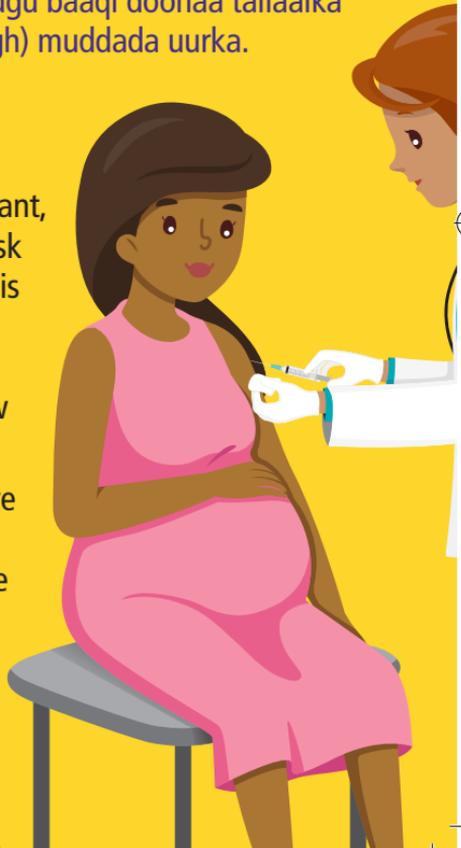


Haddii aad ifilo ama hargab qaaddo waqtiga aad uur leedahay, waxaa aad kuugu sii badan halista in aad si xun u bukooto ama u jirrato. Waxay tani keeni kartaa in ay korodho halista dhalashada uurka aanan buuxin ama ilmaha oo ku dhasha culays aad u yar.

Qaadashada tallaalka ifilada (flu jab) waqtiga aad uur leedahay ayaa kaa caawinaysa in aad tan iska ilaaliso. Waxaa weliba laguugu baaqi doonaa tallaalka qiixdheerta (whooping cough) muddada uurka.

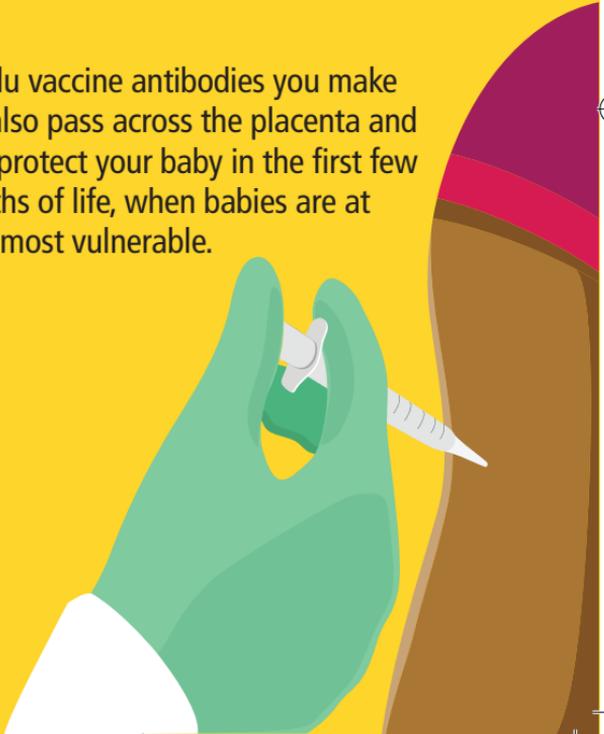
If you catch flu while pregnant, you are at a much higher risk of becoming seriously ill. This can result in an increased risk of premature birth or a baby who is seriously below birthweight.

Having a flu jab while you're pregnant helps to protect against this. You will also be offered a whooping cough vaccine during pregnancy.



Unugyada difaaca jirka ee tallaalka ifilada ee aad soo saarto ayaa weliba ka gudbi doona mandheerta oo caawin doona badbaadinta ilmahaaga xoogaaga bilood ee ugu horreeya nolasha, marka dhallaanku ay ugu nugul yihiin.

The flu vaccine antibodies you make will also pass across the placenta and help protect your baby in the first few months of life, when babies are at their most vulnerable.



# Waxa habboon in aad ka fogaato

## What you should avoid

Ma jirto qiyaas khamri oo la og yahay in ay nabad u tahay uurka, markaa waxaa ugu fiican in aad ka fogaato ama iska dayso gebi ahaantiis waqtiga aad isku dayayso in aad uur yeelato, ama muddada uurka.

Isku day in cabbitaankaaga caadiga ah ee khamriga leh aad ku beddelato cabbitaan khamri been ah ama casiir miro oo leh biyo xoor.



There's no known safe level of alcohol in pregnancy, so it's best to avoid it completely while trying to get pregnant, and during pregnancy.

Try swapping your usual drink for a fancy soft mocktail or fruit juice with fizzy water.

Cabbista sigaarka ayaa nus ka jarta fursadaha aad u leedahay in aad uur yeelato, waxayna idin waxyeellaysaa adiga iyo ilmahaaga dhallaanka ah labadiinaba. Waxaa weliba halis leh in neefta lagu qaato qiiqa sigaarka qof kale.

Farmashiistahaaga, Takhtarkaaga Guud ama ummulisadaada weydii taageerada diyaar ah si loo yareeyo ama loo joojiyo.



Smoking halves your chances of becoming pregnant, and harms both your baby and you. Breathing in someone else's smoke is also a risk. Ask your pharmacist, GP or midwife about the support available to cut down or quit.



## Ka gudbidda caqabadaha Overcoming the challenges

Naasnuujintu waa xirfad aad adiga iyo ilmahaaga dhallaanka ah labadiinuba wadajir u baran doontaan. Waxaa cilmibaaris lagu muujiyey in taageerada aad ka hesho lammaanahaagu ay waxtar dhab ah u keeni karto guushaada. Waqtiga aad uur leedahay, soo ogow halka aad degaankaaga ama xaafaddaada uga doonan karto gargaar iyo taageero, sida kiliniigyada ama xarumaha naasnuujinta ballan la'aan.

Breastfeeding is a skill that both you and your baby will learn together. Research has shown that having support from your partner can make a real difference to your success. While pregnant, find out where you can get help and support locally, such as drop-in breastfeeding clinics.



Daryeelidda ilme dhallaan ah oo yar waa shaqo ku adag jirka iyo maskaxdaba. Waxaa ku caawisa in aad ka hadasho dareennadaada. Hubi in aad taageero ka hesho qaraabada, saaxiibbada, ama kooxaha taageerada internetka.

Looking after a young baby is hard work both physically and mentally. It helps to talk about your feelings. Make sure you access support from family, friends, or online support groups.



## Taageero ayaa diyaar ah Support is available



Waxaa caadi ah in aad ka walaac qabo caafimaadka ilmahaaga dhallaanka ah, muddada uurka iyo weliba marka uu ilmahaaga dhallaanka ah dhasho. Haddii aad qabto xaalad caafimaad oo hore u jirta sida cudurka macaanka ama sonkorowga ama sarcada (epilepsy), talo weydiiso

takhasuslahaaga, maxaa yeelay waxaad u baahan kartaa in aad hagaajiso daawadaada.

It's normal to have concerns about your baby's health, both during pregnancy and once your baby is born. If you have an existing health condition such as diabetes or epilepsy, ask for advice from your specialist, as you may need to adjust your medication.

Qorshaynta in ilme la dhalo ayaa xiise yeelan karta. Waxay taasi weliba noqon kartaa waqti walwal u leh labada qof ee ilmaha dhalaya. Waxaad qorshaysanaysaa in aad isbeddel aad u weyn u keento nolashaada. Farmashiistahaaga, Takhtarkaaga Guud ama ummulisadaada ayaa macluumaad kaa siin kara mawduucyo aad u kaladuwan. Macluumaad iyo taageero farabadan ayaa diyaar ku ah internetka, iyo weliba fagaareyaal internet oo lagula sheekaysto waalidiin kale.

Planning to have a baby can be exciting. It can also be an anxious time for both parents-to-be. You're making plans for a huge change in your life. Your pharmacist, GP or midwife can give you information on a wide range of subjects. There's lots of information and support online, as well as online forums to chat with other parents.



Si aad macluumaad dheeraad ah u hesho booqo:

- [frimleyhealthandcare.org.uk/maternity](https://frimleyhealthandcare.org.uk/maternity)
- [healthysurrey.org.uk/children-and-families/ready-for-pregnancy](https://healthysurrey.org.uk/children-and-families/ready-for-pregnancy)
- [seshealthandcare.org.uk/ready-for-pregnancy](https://seshealthandcare.org.uk/ready-for-pregnancy)
- [what0-18.nhs.uk/pregnant-women/planning-pregnancy](https://what0-18.nhs.uk/pregnant-women/planning-pregnancy)
- [bobstp.org.uk/workstreams/maternity/planning-your-pregnancy](https://bobstp.org.uk/workstreams/maternity/planning-your-pregnancy)

Waxaad weliba ka raadin kartaa **#ReadyforPregnancy** idaacadda barta bulsheed ee aad doorato.

Waxaa kuu keenay nidaamyada dhalmada degaanka (local maternity systems) (LMS) ee soo socda:

- **Frimley LMS**
- **Surrey Heartlands LMS**
- **Sussex LMS**
- **Kent and Medway LMS**
- **Hampshire and Isle of Wight LMS**
- **Buckinghamshire, Oxfordshire and Berkshire West LMS**

Ololahan waxaa isku soo duway Bixinta Daawaynta iyo Shabakadaha Koonfuri Bari (South East Clinical Delivery and Networks).

For more information visit:

- [frimleyhealthandcare.org.uk/maternity](https://frimleyhealthandcare.org.uk/maternity)
- [healthysurrey.org.uk/children-and-families/ready-for-pregnancy](https://healthysurrey.org.uk/children-and-families/ready-for-pregnancy)
- [seshealthandcare.org.uk/ready-for-pregnancy](https://seshealthandcare.org.uk/ready-for-pregnancy)
- [what0-18.nhs.uk/pregnant-women/planning-pregnancy](https://what0-18.nhs.uk/pregnant-women/planning-pregnancy)
- [bobstp.org.uk/workstreams/maternity/planning-your-pregnancy](https://bobstp.org.uk/workstreams/maternity/planning-your-pregnancy)

You can also search **#ReadyforPregnancy** on the social media channel of your choice.

Brought to you by the following local maternity systems (LMS):

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This campaign has been co-ordinated by South East Clinical Delivery and Networks.



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