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| **Pregnancy and birth services**  | **Adeegyada dhalmada iyo uurka** |
| Planning for the birth of a child requires a lot of preparation and for parents there are a lot of considerations. | Qorsheynta dhalashada ilmaha wuxuu u baahan yahay diyaargarow fara badan, ee waalidiinta waxaana jira ka feker badan. |
| To help you along the way, Victoria has a number of services that cover arrange of related issues, such as screening and tests, fertility, miscarriage, having twins, having baby with a disability, and more.  | Si laguu caawiyo Victoria waxay leedahay tiro adeegyo ah oo daboola tiro arimo la xiriira, sida baaritaanada iyo iskiriingareynta dhalitaanka, dhicinta, mataano dhalida, dhalida iIlmo yar oo qaba iin iyo wax ka sii badan. |
| How and where you have your baby will depend on several key factors; your health, your baby's health, your past pregnancies, where you live, if you are public or privately insured patient, to name just a few.  It's also important to note that not all hospitals have the same services, so you may be directed to a specific hospital based on your needs.  | Meesha iyo sida aad u dhaleyso ilmahaaga waxay ku xirnaan doontaa dhawr qodob oo muhiim ah caafimaadkaaga, ilmahaaga caafimaadkiisa, uur qaadistaadii hore, meeshaad ku nooshahay, haddii aad tahay bukaan si gaar ah u ceymisan ama dadweyne si aan uga hadalno uun wax yar. Sidoo kale waa muhiim in la ogaado, in dhammaan isbitaaladu aysan lahayn adeeg iskumid ah saa daraadeed waxaa laga yaabaa in laguu tilmaamo isbitaal khaas ah oo ku saleysan baahidaada. |
| Some rural hospitals do not offer antenatal or birth care, meaning a trip to a larger hospital that may be some distance away. | Qaar ka mid ah isbitaalada baadiyaha ma bixiyaan adeega dhalmada ka horeeya ama daryeelka dhalmada, oo micnaheedu yahay u safarka isbitaal ka weyn oo laga yaabo inuu waxoogaa fogaan ah jiro. |
| Understanding your childbirth options will give you the best chance of having a successful and rewarding birth experience.  | Fahmida fursadahaaga ilmo dhalida ayaa ku siinaya fursada ugu fiican ee aad ku helayso guul badan iyo waayo aragnimada dhalmada oo abaalmarin leh. |
| In Victoria, there are arrange of health services to support your choice.  | Victoria gudaheeda, waxaa jira adeegyo caafimaad oo kala duwan oo taageeraya doorashadaada. |
| If you are preparing for your first pregnancy, it is a good idea to speak with your GP before becoming pregnant.  | Haddii aad isu diyaarineysid uurkaagii koowaad, waa fikrad wanaagsan inaad la hadasho dhakhtarkaaga (GP) ka hor intaadan uurka yeelan. |
| "We'll make sure your general health is good.  We like to talk to you if you've got regular medication, we want to make sure that you're on the right dose or even change it because it may not be safe in pregnancy.  Like to talk about habits like smoking and drinking, and what effect they may have on the baby.  And we'd like you to start on a multi-vitamin including Folic acid and Iodine, to minimise risks to the baby.  We want you to be in tip-top condition before you start on a pregnancy." | Waxaan hubin doonaa in caafimaadkaaga guud uu fiican yahay. Waxaan jecel nahay inaan kula hadalno haddii aad qaadato daawo joogta ah, waxaan rabnaa Inaan hubino inaad qaadato qadarka saxda ah ama xitaa bedel sababtoo ah waxaa laga yaabaa inaysan amaan u ahayn uurka. Ma jeceshahay inaad ka hadasho dabeecadaha sida cabitaanka khamriga iyo sigaarka iyo saameynta ay ku yeelanayaan ilmaha. Waxaana jeclaan lahayn inaad bilowdo multi vitamin oo ay ku jiraan Folic acid iyo lodine, si loo yareeyo khataraha ilmaha. Waxaan dooneynaa inaad ku jirto xaalad kor iyo hoos ah ka hor intaadan bilaabin uurka. |
| Once you’re pregnant, your GP will help you decide nowhere to have your baby, and connect you to other healthcare professionals who can help you on your journey.  This is part of Antenatal Care. | Isla markaad uurka yeelato, dhakhtarkaaga (GP) ayaa kaa caawin doona inaad go’aansato meeshaad ilmaha ku dhali doonto, oo kula xiriirin doona kuwa kale ee aqoon yahanada daryeelka caafimaadka oo kaa caawin kara safarkaaga.Tani waa qayb ka mid ah Daryeelka dhalmada ka hor. |
| This can be provided by midwife, doctor, or obstetrician. | Tan waxaa bixin kara umuliso, dhakhtar, ama dhakhtrka dumarka. |
| A midwife is an important member of your health care team, and will usually be one of the first members on your team that you will meet. | Umulisadu waa xubin muhiim ah ee kooxda daryeelka caafimaadkaaga, badanaana waxay noqon doontaa mid ka mid ah xubnaha ugu horeeya ee kooxdaada ah ee aad la kulmeyso. |
| "So the midwife's role in that is just to make sure that Mum and baby are doing okay, during their pregnancy, and they'll set time limits that the women will come into the hospital and be seen by midwife.  During those checks, we look at blood pressure, we might check your urine, and we’ll check the baby for size and growth.  We usually, from about 18 weeks onwards, we'll start checking the heart rate of the baby, and just generally checking Mum over, make sure she's sort of mentally well in herself as well, which is a really important thing now. Referring her off if anything comes apparent during that pregnancy to different avenues if you need to." | Saa daraadeed, doorka umulisada waa inay hubiso in ilmaha iyo hooyadu ay fiican yihiin intay uurka leedahay, waxayna dejin doonaan xaddeynta wakhti ay qofka dumarka ahi imaneyso isbitaalka oo ay arkeyso umuliso. Inta lagu jiro jeegareynadaas, waxaanu eegnaa dhiig karka, waxaa laga yaabaa inaan jeegareyno kaadidaada, waxaan jeegareynaynaa ilmaha koritaanka iyo xajmigiisa. Waxaan badanaa, qiyaastii ilaa 18 toddobaad iyo wixii ka danbeeya, waxaanu bilaabi doona jeegareynta garaaca wadnaha ee ilmaha iyo uun guud ahaan u jeegareynta Hooyada si aan u hubino inay iyadu maskax ahaan sidoo kale fiican tahay, oo run ahaantii hadda ah wax muhiim ah. Gudbinta iyada haddii wax ay noo cadaadaan inta lagu jiro uurkaas meelo kala duwan haddii aad u baahato. |
| If your pregnancy is considered low risk, you’ll have seven to ten of these visits over the course of your pregnancy. | Haddii uurkaagu loo arko in khatartiisu hooseyso, waxaad yeelan doontaa toddoba ilaa toban oo booqashooyinkan ah ilaa wakhtiga.urkaaga. |
| If your pregnancy is considered high risk, you will see your obstetrician more frequently, and possibly see other specialists or midwives too. | Haddii uurkaaga loo arko in khatartiisu ay sareyso, waxaad arki doontaa dhakhtarka dumarka marmar badan, iyo sidoo kale waxaa suurto gal ah arkida dhakhaatiirta takhasuska ama umulisooyinka xitaa. |
| "This often involves management before the pregnancy in preventing problems, as well as management during the pregnancy, involving ultrasounds, checking on the mother's health, and planning for the delivery. Then care during the delivery, which may involve a normal delivery, or an instrumental or Caesarean delivery, all of which an obstetrician is involved in." | Tani badanaa waxay ku lug leedahay maamulka uurka ka hor ka hortaga dhibaatooyinka, iyo sidoo kale maareynta inta lagu jiro uurka, oo ku lugta leh raajada ultarasounka, iyadoo la jeegareynayo caimaadka hooyada iyo qorsheynta dhalitaanka. Ka dibna daryeelka inta lagu jiro dhalmada, oo laga yaabo inay ku lug leedahay dhalmada caadiga ah, ama mid qalabeed ama dhalmada qaliinka oo dhammaan ay ku lug leedahay. |
| In Victoria, most women have their babies in a public hospital. | Victoria gudaheeda, dumarka badidoodu waxay ku dhalaan ilmahooda. isbilaalada dadweynaha. |
| This option is safe, high-quality, and offers the most child birth options. | Fursadaan ayaa ammaan ah, tayadeeduna sareysaa oo ay bixisaa inta ugu badan ee ah fursadaha ilma dhalida. |
| However, if your pregnancy is low risk, you may prefer to use only antenatal services, seeing a midwife, and sharing care with your GP. | Si kastaba ha ahaatee, haddii uurkaagu yahay mid khatartiisu hooseeyo, waxaa laga yaabaa inaad doorbido inaad isticmaasho adeegyada dhalmada ka horeeya oo kaliya, aragtida umulisada, iyo la wadaagida daryeelka GP gaaga. |
| Home birth options are also available.  If you do choose a private hospital, you can choose your obstetrician, who will be there when you have your baby. | Waxaa sidoo kale la helayaa fursada guri ku dhalida. Haddii aad dooratid isbitaalka gaarka ah, waxaad dooran kartaa dhakhtarkaaga dumarka, oo halkaas joogi doonta. markaad ilmaha dhaleysid. |
| Costs will vary, and even with private health cover, you’re likely to face out-of-pocket expenses. | Kharashaadku waa isbedelayaa xitaa adoo leh ceymiska gaarka ah waxaa laga yaabaa inaad la kulantid kharashaad jeebkaaga ka baxaya. |
| It is a good idea to check with your private health provider so you are aware of all the costs. | Waa feker wanaagsan inaad ka jeegareeyso bixiyaha caymiska caafimaadka gaarka ah si aad uga warqabto dhammaan kharashaadka.  |
| No two pregnancies are the same, and in Victoria, there are services to help accommodate a range of cultural and religious needs. | Ma jirto laba uur oo isku mid ahi, Victoria dhexdeeda, waxaa jira adeegyo kaa caawinaya inay u dulqaataan baahiyaha diimeed iyo dhaqan oo kala duwan. |
| Notify your local maternity service, as well as the hospital you plan to attend, to discuss any cultural or religious requirements you may have. | Wargeli adeegaaga hooyada iyo sidoo kale isbitaalka aad qorsheynayso inaad tagto si aad uga hadasho wax shuruudo kasta oo diimeed ama dhaqan ee laga yaabo inaad leedahay. |
| All pregnant women who advise their maternity hospital that they are an Aboriginal or Torres Strait Islander Australian have access to the Koori Maternity Service. | Dhammaan dumarka uurka leh ee talada siiya isbitaalkooda hooyada inay yihiin Aboorjuniis ama Torres Strait Islander Australian ah, waxay isticmaali karaan adeega Hooyada Kooriga ah. |
| "It's more of a culturally appropriate service.  Aboriginal women, and/or women that are non-Aboriginal, that are having an Aboriginal baby, are more than welcome to access our services." | Waxay aad ugu dhow dahay dhaqan ahaan adeeg haboon dumarka Aboorjuniiska ah, iyo/ama dumarka aan ahayn Aboorjuniiska, ee dhalaya ilmo Aboorjuniis ah aad ayaa loo soo dhaweynayaa inay isticmaalaan adeegyadeena. |
| When the baby’s born and couples return home, there can be other big changes. | Marka ilmuhu uu dhasho oo ay lammaanuhu guriga ku soo noqdaan, waxaa dhici kara isbedelada waa weyn ee kale. |
| From learning to breastfeed, and changing nappies, to getting a routine happening. | Laga bilaabo barasho ilaa naas nuujinta, iyo bedelaada neebiga, iyo helida shaqo soo noqnota. |
| All while making sure that you find time to look after your own relationship. | Dhammaan markaad hubineysid inaad wakhti u heshid aad ku ilaalisid xiriirkiina guur. |
| There might be times when new mums may find themselves feeling exhausted, and having trouble coping with the stress that looking after a newborn can bring.  There are a number of expert services available to help, including both online and telephone based options that are easy to access and use. | Waxaa laga yaabaa inay jiraan wakhtiyo marka hooyooyinka cusub waxaa laga yaabaa inay isku arkaan dareen daal leh, iyo dhib kala kuwanka inay la qabsadaan caadaadiska ilaalinta ilmaha yare ee dhashay uu keeni karo. Waxaa jira tiro adeegyo khabiiro ah oo la heli karo si ay kuu caawiyaan, oo ay ku jiraan labadaba interneetka iyo fursadaha taleefanka ku saleysan oo sahlan in la helo oo la isticmaalo. |
| From the moment you try for a baby, to becoming pregnant and coming home with a new baby, it’s a life-changing journey you will never forget. | Daqiiqada aad iskudeydid ilmaha dhashay, ilaa intaad uurka yeelaneyso iyo guriga la imaatinka ilma cusub, waa safar isbedel nololeed ah oo aadan weligaa ilaawi doonin. |
| It's different for each person, and is affected by your medical, cultural, and personal needs.  | Qofkasta wuu ka duwan yahay ka kale waxaana uu saameynayaa daawadaada, dhaqankaaga iyo baahidaada shakhsiyeed. |
| By asking questions and seeking advice, you’ll find the Victorian Health System offers a range of diverse services that support you at every stage. | Adoo su’aalo weydiinaya oo tallo raadsanaya, waxaad heli doontaa nidaamka Caafimaadka Victoria inuu bixiyo adeegyo badan oo kala duwan oo ku taageeraya heerkasta. |
| For more information, visit: BETTERHEALTH.vic.gov.au/pregnancy | Wixii macluumaad dheeraad ah, gal BETTERHEALTH.vic.gov.au/pregnancy |