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| **Pregnancy and birth services**  | ܚܹܠܡܲܬܸ̈ܐ ܕܒܛܝܼܢܘܼܬܵܐ ܘܕܡܲܘܠܵܕܵܐ |
| Planning for the birth of a child requires a lot of preparation and for parents there are a lot of considerations. | ܡܲܪܝܲܙܬܵܐ ܩܵܐ ܡܲܘܠܵܕܵܐ ܕܚܲܕ ܛܹܦܠܵܐ ܣܢܝܼܩܬܵܐ ܝܠܵܗ̇ ܠܪܵܒܵܐ ܗܲܕܲܪ̈ܝܵܬܸܐ، ܘܩܵܐ ܐܲܒ݂ܵܗܸ̈ܐ ܬܵܡܵܐ ܐܝܼܬ ܪܵܒܵܐ ܡܹܢܕܝܼܵܢܸ̈ܐ ܠܬܲܚܡܘܼܢܸܐ ܒܘܼܬ ܕܝܼܲܝܗܝ. |
| 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.  | ܠܗܲܝܘܼܪܲܟ݂ܝ ܒܐܲܝܵܐ ܐܘܼܪܚܵܐ، ܒ݂ܝܼܟܬܘܿܪܝܵܐ ܐܝܼܬܠܵܗ̇ ܚܲܕ ܡܹܢܝܵܢܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܠܹܡܟܲܣܘܼܝܸܐ ܩܵܐ ܚܲܕ ܣܹܕܪܵܐ ܕܨܒܘܼܝܵܬܸ̈ܐ ܐ݇ܚܝܵܢܵܝܸ̈ܐ، ܐܲܝܟ݂ ܨܲܚܨܵܝܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܘܨܲܚܨܵܝܵܬܸ̈ܐ، ܡܲܦܪܝܵܢܘܼܬܵܐ، ܡܲܪܚܲܫܬܵܐ ܕܝܲܠܘܼܕܵܐ، ܝܼܠܵܕܬܵܐ ܕܬܐܵܡܸ̈ܐ، ܝܼܠܵܕܬܵܐ ܕܚܲܕ ܝܲܠܘܼܕܵܐ ܕܐܝܼܬܠܸܗ ܚܕܵܐ ܫܲܦܠܘܼܬܵܐ، ܘܒܘܼܫ ܙܵܘܕܵܐ. |
| 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.  | ܕܵܐܟ݂ܝܼ ܘܐܲܝܟܵܐ ܒܹܕ ܗܵܘܝܵܐ ܝܼܠܝܼܕܘܼܬܵܐ ܕܝܲܠܘܼܕܵܟ݂ܝ ܒܹܕ ܗܵܘܝܵܐ ܬܠܝܼܬܵܐ ܥܲܠ ܚܲܕ݇ܕܲܪܝܵܐ ܢܘܼܩܙܸ̈ܐ ܪܸܫܵܝܸ̈ܐ؛ ܥܲܠ ܚܘܼܠܡܵܢܵܟ݂ܝ، ܚܘܼܠܡܵܢܵܐ ܕܝܲܠܘܼܕܵܟ݂ܝ، ܥܲܠ ܒܛܝܼܢܘܼܝܵܬܵܟ݂ܝ ܒܕܲܥܒ݂ܵܪ، ܐܲܝܟܵܐ ܟܸܐ ܚܵܝܲܬܝ، ܐܸܢ ܐܝܼܬܠܵܟ݂ܝ ܥܲܪܵܒ݂ܘܼܬܵܐ ܕܝܼܠܵܢܵܝܬܵܐ ܝܲܢ ܠܲܝܬܠܵܟ݂ܝ، ܐܲܢܸܐ ܝܼܗܘܵܘ ܐܲܚܟ̰ܝܼ ܚܲܕܟܡܵܐ ܢܘܼܩܙܸ̈ܐ. ܐܵܦܙܸܐ ܐܵܢܲܢܩܵܝܬܵܐ ܝܠܵܗ̇ ܕܝܵܕܥܲܬܝ، ܩܵܐ ܕܠܵܐ ܟܠܲܝܗܝ ܒܵܬܲܝ ܟܪ̈ܝܼܗܸܐ ܐܝܼܬܠܗܘܿܢ ܗܲܪ ܐܵܢܝܼ ܚܹܠܡܲܬܸ̈ܐ، ܘܗܵܕܟ݂ܵܐ ܒܲܠܟܵܐ ܕܦܵܝܫܲܬܝ ܡܘܼܦܫܹܛܬܵܐ ܠܚܲܕ ܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܪܫܝܼܡܵܐ، ܬܠܝܼܬܵܐ ܝܠܵܗ̇ ܥܲܠ ܣܢܝܼܩܘܼܝܵܬܵܟ݂ܝ.  |
| Some rural hospitals do not offer antenatal or birth care, meaning a trip to a larger hospital that may be some distance away. | ܚܲܕܟܡܵܐ ܒܵܬܲܝ ܟܪ̈ܝܼܗܸܐ ܩܘܼܪ̈ܝܵܝܸܐ ܠܲܝܬܠܗܘܿܢ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܕܡܩܲܕ݇ܡ ܡܲܘܠܵܕܵܐ ܝܲܢ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܕܡܲܘܠܵܕܵܐ، ܐܲܝܵܐ ܡܲܥܢܵܝܘܿܗ̇ ܝܠܸܗ ܚܙܘܼܩܝܵܐ ܠܚܲܕ ܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܒܘܼܫ ܓܘܼܪܵܐ ܒܚܕܵܐ ܕܘܼܟܵܐ ܒܘܼܫ ܪܹܚܩܵܐ. |
| Understanding your childbirth options will give you the best chance of having a successful and rewarding birth experience.  | ܦܲܪܡܵܝܬܵܐ ܕܓܘܼܒܵܝܸ̈ܐ ܕܐܝܼܬܠܵܟ݂ܝ ܩܵܐ ܡܲܘܠܕܵܐ ܕܛܹܦܠܵܟ݂ܝ ܒܹܕ ܝܵܗܒ݂ܵܐ ܠܵܟ݂ܝ ܗ̇ܝ ܦܘܼܪܣܵܐ ܒܘܼܫ ܪܸܫܵܝܬܵܐ ܩܵܐ ܕܗܵܘܸܐ ܠܵܟ݂ܝ ܚܲܕ ܢܹܣܝܵܢܵܐ ܡܲܢܬܝܵܢܵܐ ܘܡܲܦܨܹܚܵܢܵܐ ܕܡܲܘܠܵܕܵܐ. |
| In Victoria, there are arrange of health services to support your choice.  | ܓܵܘ ܒ݂ܝܼܟܬܘܿܪܝܵܐ، ܐܝܼܬ ܚܲܕ ܣܹܕܪܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܕܚܘܼܠܡܵܢܵܐ ܠܹܣܢܵܕܸܗ ܓܘܼܒܵܝܵܟ݂ܝ. |
| If you are preparing for your first pregnancy, it is a good idea to speak with your GP before becoming pregnant.  | ܸܢ ܗܲܕܘܼܪܸܐ ܝܘܲܬܝ ܩܵܐ ܒܛܝܼܢܘܼܬܵܟ݂ܝ ܩܲܕܡܵܝܬܵܐ، ܚܕܵܐ ܨܦܵܝܝܼ ܬܲܚܡܲܢܬܵܐ ܝܠܵܗ̇ ܕܗܲܡܙܹܡܲܬܝ ܥܲܡ ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܟ݂ܝ ܡܩܲܕ݇ܡ ܕܒܵܛܢܲܬܝ. |
| "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." | ܐܸܢ ܐܲܢ݇ܬܝ ܟܸܐ ܫܲܩܠܲܬܝ ܕܲܪ̈ܡܵܢܸܐ ܪܸܐܙܵܢܵܐܝܼܬ، ܒܵܥܲܚ ܕܗܵܘܲܚ ܚܲܬܝܼܬܸܐ ܩܵܐ ܕܒܹܫܩܵܠܵܐ ܝܘܲܬܝ ܠܟܡܵܝܘܼܬܵܐ ܬܪܝܼܨܬܵܐ ܝܲܢ ܒܲܠܟܵܐ ܕܫܲܚܠܹܦܲܚܠܵܗ̇ ܟܡܵܝܘܼܬܵܐ ܒܗ̇ܝ ܒܲܠܟܵܐ ܠܵܐ ܗܵܘܝܵܐ ܫܲܝܢܵܝܬܵܐ ܟܲܕ ܒܛܝܼܢܬܵܐ ܝܘܲܬܝ. ܡܲܚܘܼܒܸܐ ܝܘܲܚ ܕܗܲܡܙܹܡܲܚ ܒܘܼܬ ܥܝܵܕܸ̈ܐ ܡܐܲܝܟ݂ ܬܲܢܬܲܢܬܵܐ ܘܫܬܵܝܬܵܐ ܕܐܲܠܟܘܿܗܘܿܠ، ܘܡܘܿܕܝ݇ ܟܵܐܪ ܐܲܢܸܐ ܒܲܠܟܵܐ ܕܗܵܘܸܐ ܠܗܘܿܢ ܥܲܠ ܝܲܠܘܼܕܵܐ. ܘܡܲܚܘܼܒܸܐ ܝܘܲܚ ܕܫܲܪܝܲܬܝ ܒܹܫܩܵܠܵܐ ܚܲܕ ܡܹܢܝܵܢܵܐ ܕܒ݂ܝܼܬܵܡܝܼܢܸ̈ܐ ܒܹܚܒ݂ܵܫܵܐ ܦ̮ܘܿܠܝܼܟ ܘܠܘܿܕܵܝܢ، ܠܡܲܒܨܘܼܪܲܝܗܝ ܩܹܢܛܸ̈ܐ ܕܒܹܕ ܡܵܛܝܼ ܠܝܲܠܘܼܕܵܐ.ܒܵܥܲܚ ܕܗܵܘܝܲܬܝ ܒܚܘܼܠܡܵܢܵܐ ܟ̰ܹܡ ܪܸܫܵܝܵܐ ܡܩܲܕ݇ܡ ܕܫܲܪܝܲܬܝ ܠܵܗ̇ ܒܛܝܼܢܘܼܬܵܐ. |
| 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. | ܐܝܼܡܵܢ ܕܗܘܵܝܵܐ ܝܘܲܬܝ ܒܛܝܼܢܬܵܐ، ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܟ݂ܝ ܒܹܕ ܗܲܝܹܪܲܟ݂ܝ ܕܩܵܛܥܲܬܝ ܐܲܝܟܵܐ ܗܵܘܸܐ ܡܲܘܠܵܕܵܐ ܕܝܲܠܘܼܕܵܟ݂ܝ، ܘܒܹܕ ܡܲܡܛܸܐ ܠܵܟ݂ܝ ܠܐܘܼܡܵܢܵܝܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ ܕܝܲܨܝܼܦܘܼܬ ܚܘܼܠܡܵܢܵܐ ܐܵܢܝܼ ܕܒܹܕ ܗܲܝܹܪܝܼܠܲܟ݂ܝ ܒܪܲܗܛܵܐ ܕܚܙܘܼܩܝܵܟ݂ܝ.ܐܲܝܵܐ ܝܼܠܵܗ̇ ܚܲܕ ܣܵܗܡܵܐ ܕܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܕܡ̣ܢ ܩܲܕ݇ܡ ܡܲܘܠܵܕܵܐ. |
| This can be provided by midwife, doctor, or obstetrician. | ܐܲܝܵܐ ܡܵܨܝܵܐ ܕܦܵܝܫܵܐ ܡܘܼܩܪܹܒ݂ܬܵܐ ܒܝܲܕ ܚܕܵܐ ܡܲܘܠܕܵܢܝܼܬܵܐ، ܝܲܢ ܚܲܕ ܐܵܣܝܵܐ، ܝܲܢ ܒܝܲܕ ܚܲܕ ܐܵܣܝܵܐ ܕܡܲܘܠܕܵܢܘܼܬܵܐ. |
| 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. | ܚܕܵܐ ܡܲܘܠܕܵܢܝܼܬܵܐ ܝܼܠܵܗ̇ ܚܕܵܐ ܗܲܕܲܡܬܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܕܝܲܗܠܵܐ ܕܡܲܣܲܡܬܵܐ ܕܒܠܵܐ ܠܚܘܼܠܡܵܢܵܟ݂ܝ، ܘܥܝܵܕܵܐܝܼܬ ܒܹܕ ܗܵܘܝܵܐ ܚܕܵܐ ܡ̣ܢ ܗܲܕܵܡܸ̈ܐ ܩܲܕܡܵܝܸ̈ܐ ܕܝܲܗܠܵܟ݂ܝ ܕܒܹܕ ܬܵܦܩܲܬܝ ܒܝܼܲܗܝܝ. |
| "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." | ܚܕܵܐ ܡܲܘܠܕܵܢܝܼܬܵܐ ܝܼܠܵܗ̇ ܚܕܵܐ ܗܲܕܲܡܬܵܐ ܐܵܢܲܢܩܵܝܬܵܐ ܕܝܲܗܠܵܐ ܕܡܲܣܲܡܬܵܐ ܕܒܠܵܐ ܠܚܘܼܠܡܵܢܵܟ݂ܝ، ܘܥܝܵܕܵܐܝܼܬ ܒܹܕ ܗܵܘܝܵܐ ܚܕܵܐ ܡ̣ܢ ܗܲܕܵܡܸ̈ܐ ܩܲܕܡܵܝܸ̈ܐ ܕܝܲܗܠܵܟ݂ܝ ܕܒܹܕ ܬܵܦܩܲܬܝ ܒܝܼܲܗܝܝ. - ܘܗܵܕܟ݂ܵܐ، ܓܲܪܵܐ ܕܡܲܘܠܕܵܢܝܼܬܵܐ ܝܼܠܸܗ ܐܲܚܟ̰ܝܼ ܠܚܲܬܘܼܬܸܐ ܕܝܹܡܵܐ ܘܝܲܠܘܼܕܵܐ ܨܦܵܝܝܼ ܝܢܵܐ ܒܡܹܬܚܵܐ ܕܒܛܝܼܢܘܼܬܵܐ، ܘܐܵܢܝܼ ܒܹܕ ܪܵܫܡܝܼ ܡܹܬܚܸ̈ܐ ܕܥܹܕܵܢܵܐ ܐܝܼܡܵܢ ܕܢܹܫܸ̈ܐ ܒܹܕ ܐܵܬܝܼ ܠܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܩܵܐ ܕܦܵܝܫܝܼ ܚܹܙܝܸܐ ܒܝܲܕ ܡܲܘܠܕܵܢܝܼܬܵܐ. ܒܡܹܬܚܵܐ ܕܐܲܢܸܐ ܨܲܚܨܵܝܵܬܸ̈ܐ، ܐܲܚܢܲܢ ܟܸܐ ܓܲܫܩܲܚ ܠܪܒ݂ܝܼܨܘܼܬ ܕܹܡܵܐ، ܒܲܠܟܵܐ ܕܨܲܚܨܲܚܠܗܘܿܢ ܓ̰ܘܼܪܵܟ݂ܝ، ܒܹܕ ܨܲܚܨܲܚܠܸܗ ܝܲܠܘܼܕܵܐ ܩܵܐ ܓܘܼܪܘܼܬܵܐ ܘܓܲܪܘܲܣܬܵܐ. ܐܲܚܢܲܢ ܥܝܵܕܵܐܝܼܬ، ܒܹܕ ܫܲܪܲܚ، ܡ̣ܢ ܩܘܼܪܒܵܐ ܠ 18 ܫܵܒ݂ܘܿܥܸ̈ܐ ܘܠܩܵܕ݇ܡܵܐ، ܨܲܚܨܘܼܝܲܝܗܝ ܡܚܵܝܵܬܸ̈ܐ ܕܠܹܒܵܐ ܕܝܲܠܘܼܕܵܐ، ܘܓܵܘܵܢܵܐܝܼܬ ܨܲܚܨܘܼܝܘܿܗ̇ ܝܹܡܵܐ ܟܠܵܢܵܐܝܼܬ ܒܢܝܼܫܵܐ ܠܚܲܬܘܼܬܸܐ ܩܵܐ ܕܗ̇ܝ ܐܵܦ ܗܵܘܢܵܐܝܼܬ ܒܚܘܼܠܡܵܢܵܐ ܛܵܒ݂ܵܐ ܝܠܵܗ̇، ܘܐܵܗܵܐ ܫܲܪܝܼܪܵܐܝܼܬ ܚܲܕ ܡܹܢܕܝܼ ܐܵܢܲܢܩܵܝܵܐ ܝܠܸܗ ܗܵܕܝܼܵܐ. ܡܲܦܫܘܼܛܘܿܗ̇ ܕܦܵܝܫܵܐ ܨܘܼܚܨܝܼܬܵܐ، ܐܸܢ ܚܲܕ ܡܹܢܕܝܼ ܡܲܒܝܹܢ ܒܡܹܬܚܵܐ ܕܒܛܝܼܢܘܼܬܵܐ، ܒܕܘܼܟܵܢܸ̈ܐ ܦܪ̈ܝܼܫܸܐ ܐܸܢ ܣܢܝܼܩܘܼܬܵܐ ܛܵܠܒܵܐ. |
| If your pregnancy is considered low risk, you’ll have seven to ten of these visits over the course of your pregnancy. | ܐܸܢ ܒܛܝܼܢܘܼܬܵܟ݂ܝ ܠܵܐ ܝܠܵܗ̇ ܓܵܘ ܚܲܕ ܩܹܢܛܵܐ ܓܘܼܪܵܐ، ܒܹܕ ܗܵܘܝܼܠܲܟ݂ܝ ܡ̣ܢ ܫܲܒ݂ܥܵܐ ܗܲܠ ܥܹܣܪܵܐ ܣܲܚܒܲܪ̈ܝܵܬܸܐ ܒܡܹܬܚܵܐ ܕܒܛܝܼܢܘܼܬܵܟ݂ܝ. |
| If your pregnancy is considered high risk, you will see your obstetrician more frequently, and possibly see other specialists or midwives too. | ܐܸܢ ܒܛܝܼܢܘܼܬܵܟ݂ܝ ܓܵܘ ܚܲܕ ܩܹܢܛܵܐ ܓܘܼܪܵܐ ܝܠܵܗ̇، ܒܹܕ ܚܵܙܝܲܬܝ ܠܸܗ ܐܵܣܝܵܟ݂ܝ ܕܡܲܘܠܕܵܢܘܼܬܵܐ ܒܘܼܫ ܪܵܒܵܐ ܓܵܗܸ̈ܐ، ܘܡܹܬܗܵܘܝܵܢܬܵܐ ܝܠܵܗ̇ ܕܐܵܦܙܸܐ ܒܹܕ ܚܵܙܝܲܬܝ ܩܵܐ ܚܲܒܝܼܪܸ̈ܐ ܝܲܢ ܡܲܘܠܕܵܢܝܵܬܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ. |
| "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." | ܐܲܝܵܐ ܪܵܒܵܐ ܓܵܗܸ̈ܐ ܟܸܐ ܣܵܢܩܵܐ ܠܡܕܲܒܪܵܢܘܼܬܵܐ ܡ̣ܢ ܩܲܕ݇ܡ ܒܛܝܼܢܘܼܬܵܐ ܩܵܐ ܡܲܟܠܵܝܬܵܐ ܕܩܹܛܪܸ̈ܐ، ܥܲܡܥܲܡ ܡܕܲܒܪܵܢܘܼܬܵܐ ܒܡܹܬܚܵܐ ܕܒܛܝܼܢܘܼܬܵܐ، ܒܹܚܒ݂ܵܫܵܐ ܨܘܼܪ̈ܝܵܬܹܐ ܕܦܲܓ݂ܪܵܐ ܒܙܲܗܪܝܼܪܹ̈ܐ ܠܥܸܠ ܡ̣ܢ ܩܵܠܵܝܹ̈ܐ، ܲܚܨܵܝܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܝܹܡܵܐ، ܘܩܲܪܩܲܙܬܵܐ ܩܵܐ ܝܼܠܝܼܕܘܼܬܵܐ. ܘܒܗ̇ܝܓܵܗܵܐ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐܒ ܡܹܬܚܵܐ ܕܝܼܠܝܼܕܘܼܬܵܐ، ܘܐܲܝܵܐ ܒܲܠܟܵܐ ܕܗܵܘܝܵܐ ܚܕܵܐ ܝܠܝܼܕܘܼܬܵܐ ܥܝܵܕܵܝܬܵܐ، ܝܲܢ ܒܡܲܦܠܲܚܬܵܐ ܕܐܲܣܵܢܸ̈ܐ ܝܲܢ ܒܐܘܼܪܚܵܐ ܕܥܵܡܵܠܝܼܬܵܐ ܩܲܝܨܵܪܵܝܬܵܐ ܘܚܲܕ ܐܵܣܝܵܐ ܕܡܲܘܠܕܵܢܘܼܬܵܐ ܟܸܐ ܛܲܐܹܠ ܚܲܕ ܓܲܪܵܐ ܓܵܘ ܟܠܲܝܗܝ ܐܲܢܸ̈ܐ. |
| In Victoria, most women have their babies in a public hospital. | ܓܵܘ ܒ݂ܝܼܟܬܘܿܪܝܵܐ، ܝܼܠܝܼܕܘܼܬܵܐ ܕܝܲܠܘܼܕܸ̈ܐ ܕܣܵܗܡܵܐ ܙܵܘܕܵܐ ܕܢܹܫܸ̈ܐ ܟܸܐ ܗܵܘܝܵܐ ܓܵܘ ܚܲܕ ܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܥܲܡܡܵܝܵܐ. |
| This option is safe, high-quality, and offers the most child birth options. | ܐܵܗܵܐ ܓܘܼܒܵܝܵܐ ܫܲܝܢܵܝܵܐ ܝܠܸܗ، ܒܚܲܕ ܕܲܪܓ݂ܵܐ ܥܹܠܵܝܵܐ ܕܛܵܒ݂ܘܼܬܵܐ، ܘܟܸܐ ܡܲܩܪܹܒ݂ ܠܣܵܗܡܵܐ ܙܵܘܕܵܐ ܕܓܘܼܒܵܝܸ̈ܐ ܩܵܐ ܡܲܘܠܵܕܵܐ ܕܛܹܦܠܵܐ. |
| However, if your pregnancy is low risk, you may prefer to use only antenatal services, seeing a midwife, and sharing care with your GP. | ܐܝܼܢܵܐ، ܐܸܢ ܒܛܝܼܢܘܼܬܵܟ݂ܝ ܠܵܐ ܝܠܵܗ̇ ܓܵܘ ܚܲܕ ܩܹܢܛܵܐ ܓܘܼܪܵܐ، ܒܲܠܟܵܐ ܕܡܲܚܹܒܲܬܝ ܕܡܲܦܠܹܚܲܬܝ ܐܲܚܟ̰ܝܼ ܚܹܠܡܲܬܸ̈ܐ ܕܡܩܲܕ݇ܡ ܡܲܘܠܵܕܵܐ، ܚܙܵܝܵܐ ܩܵܐ ܚܕܵܐ ܡܲܘܠܕܵܢܝܼܬܵܐ، ܘܩܲܒܠܲܬܝ ܡܲܣܲܡܬܵܐ ܕܒܵܠܵܐ ܡ̣ܢ ܐܵܣܝܵܐ ܕܒܲܝܬܘܼܬܵܟ݂݂ܝ. |
| 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. | ܐܵܦܙܸܐ ܡܵܨܝܲܬܝ ܕܡܲܦܠܹܚܲܬܝ ܓܘܼܒܵܝܸ̈ܐ ܕܝܼܠܝܼܕܘܼܬܵܐ ܒܒܲܝܬܵܐ. ܐܸܢ ܦܪܝܼܫܠܲܟ݂ܝ ܚܲܕ ܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܕܝܼܠܵܢܵܝܵܐ، ܡܵܨܝܲܬܝ ܕܦܵܪܫܲܬܝ ܠܸܗ ܐܵܣܝܵܟ݂ܝ ܕܡܲܘܠܕܵܢܘܼܬܵܐ، ܗ̇ܘ ܕܒܹܕ ܗܵܘܸܐ ܬܵܡܵܐ ܒܥܹܕܵܢܵܐ ܕܝܼܠܝܼܕܘܼܬܵܐ ܕܝܲܠܘܼܕܵܟ݂ܝ. |
| Costs will vary, and even with private health cover, you’re likely to face out-of-pocket expenses. | ܛܝܼܡܸ̈ܐ ܒܹܕ ܗܵܘܝܼ ܦܪ̈ܝܼܫܸܐ، ܘܐܵܦܐܸܢ ܕܐܝܼܬܠܵܟ݂ܝ ܥܲܪܵܒ݂ܘܼܬܵܐ ܕܝܼܠܵܢܵܝܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ، ܡܹܬܗܵܘܝܵܢܬܵܐ ܝܠܵܗ̇ ܕܦܵܪܥܲܬܝ ܩܵܐ ܡܲܨܪܵܦܸ̈ܐ ܡܓܵܘ ܟܝܼܣܬܵܐ ܕܓܵܢܵܟ݂ܝ. |
| It is a good idea to check with your private health provider so you are aware of all the costs. | ܨܦܵܝܝܼ ܬܲܚܡܲܢܬܵܐ ܝܠܵܗ̇ ܐܸܢ ܗܲܡܙܹܡܲܬܝ ܥܲܡ ܡܙܲܘܹܕܵܐ ܕܥܲܪܵܒ݂ܘܼܬܵܐ ܕܝܼܠܵܢܵܝܬܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܕܝܼܵܟ݂ܝܼ ܗܵܕܟ݂ܵܐ ܕܗܵܘܝܲܬܝ ܒܵܠܲܕ ܒܘܼܬ ܟܠܲܝܗܝ ܡܲܨܪܵܦܸܐ. |
| No two pregnancies are the same, and in Victoria, there are services to help accommodate a range of cultural and religious needs. | ܠܲܝܬ ܬܲܪܬܸܝܢ ܒܛܝܼܢܘܼܝܵܬܸ̈ܐ ܕܝܼܢܵܐ ܚܕܵܐ ܡܐܲܝܟ݂ ܕܗ̇ܝ ܐ݇ܚܸܪ݇ܬܵܐ، ܘܓܵܘ ܒ݂ܝܼܟܬܘܿܪܝܵܐ، ܬܵܡܵܐ ܐܝܼܬ ܚܹܠܡܲܬܸ̈ܐ ܠܗܲܝܘܼܪܸܐ ܒܲܡܠܵܝܬܵܐ ܕܚܲܕ ܣܹܕܪܵܐ ܕܣܢܝܼܩܘܼܝܵܬܸ̈ܐ ܡܲܪ̈ܕܘܼܬܵܢܵܝܸܐ ܘܬܵܘܕܝܼܬܵܢܵܝܸ̈ܐ. |
| Notify your local maternity service, as well as the hospital you plan to attend, to discuss any cultural or religious requirements you may have. | ܡܲܕܥܹܝܲܬܝ ܩܵܐ ܚܹܠܡܲܬ ܕܐܹܡܗܵܝܘܼܬܵܐ ܕܓܵܘ ܦܢܝܼܬܵܟ݂ܝ، ܘܗܲܪ ܗܵܕܵܟ݂ ܩܵܐ ܒܸܝܬ ܟܪ̈ܝܼܗܸܐ ܐܲܝܟܵܐ ܕܡܲܪܝܘܼܙܸܐ ܝܘܲܬܝܼ ܕܐܵܙܲܠ݇ܬܝ ܠܹܕܪܵܫܲܝܗܝ ܟܠܲܝܗܝ ܣܢܝܼܩܘܼܝܵܬܸ̈ܐ ܡܲܪ̈ܕܘܼܬܵܢܵܝܸܐ ܝܲܢ ܬܵܘܕܝܼܬܵܢܵܝܸ̈ܐ ܕܒܲܠܟܵܐ ܗܵܘܝܼܠܵܟ݂ܝ. |
| 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. | ܟܠܲܝܗܝ ܐܵܢܝܼ ܢܹܫܸ̈ܐ ܒܛܝܼܢܹ̈ܐ ܕܡܲܕܥܝܼ ܩܵܐ ܒܸܝܬ ܟܪ̈ܝܼܗܲܝܗܝ ܕܐܹܡܗܵܝܘܼܬܵܐ ܩܵܐ ܕܐܵܢܝܼ ܐܘܿܣܬܪܵܠܝܵܝܸ̈ܐ ܥܵܡܪܵܢܸ̈ܐ ܐܲܨܠܵܝܸ̈ܐ ܝܢܵܐ ܝܲܢ ܡ̣ܢ ܓܵܙܲܪ̈ܝܵܬܸܐ ܕܬܘܼܪܹܥܬܵܐ ܕܬܘܿܪܸܣ ܝܢܵܐ، ܡܵܨܝܼ ܕܩܲܒܠܝܼ ܚܸܠܡܲܬ ܕܐܹܡܗܵܝܘܼܬܵܐ ܕ Koori. |
| "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." | - ܐܲܝܵܐ ܚܕܵܐ ܚܹܠܡܲܬ ܕܒܘܼܫ ܠܚܝܼܡܬܵܐ ܝܠܵܗ̇ ܡܲܪܕܘܼܬܵܢܵܐܝܼܬ. ܢܹܫܸ̈ܐ ܕܡ̣ܢ ܥܵܡܪܵܢܸ̈ܐ ܐܲܨܠܵܝܸ̈ܐ، ܘ\ܝܲܢ ܢܹܫܸ̈ܐ ܕܠܵܐ ܝܢܵܐ ܡ̣ܢ ܥܵܡܪܵܢܸ̈ܐ ܐܲܨܠܵܝܸ̈ܐ، ܕܒܝܼܠܵܕܵܐ ܝܢܵܐ ܚܲܕ ܝܲܠܘܼܕܵܐ ܕܡ̣ܢ ܥܵܡܪܵܢܸ̈ܐ ܐܲܨܠܵܝܸ̈ܐ، ܒܚܲܕܘܼܬܵܐ ܓܘܼܪܬܵܐ ܒܹܕ ܦܵܝܫܝܼ ܡܩܘܼܒܠܸܐ ܕܡܲܦܠܹܚܝܼܠܗܘܿܢ ܚܹܠܡܲܬܲܢ. |
| When the baby’s born and couples return home, there can be other big changes. | - ܐܝܼܡܵܢ ܕܝܲܠܘܼܕܵܐ ܦܝܼܫܵܐ ܝܠܸܗ ܝܠܝܼܕܵܐ ܘܙܵܘܓܸ̈ܐ ܒܹܕܥܵܪܵܐ ܝܢܵܐ ܠܒܲܝܬܵܐ، ܬܵܡܵܐ ܡܵܨܝܵܐ ܕܗܵܘܝܼ ܫܘܼܚܠܵܦܸ̈ܐ ܓܘܼܪܸ̈ܐ ܐ݇ܚܸܪ݇ܢܸ̈ܐ. |
| From learning to breastfeed, and changing nappies, to getting a routine happening. | ܡ̣ܢ ܝܼܠܵܦܬܵܐ ܠܡܲܡܘܼܨܸܐ، ܘܫܲܚܠܘܼܦܸܐ ܡܲܢܕܝܼܠܸ̈ܐ ܕܚܲܢܵܐ ܕܝܲܠܘܼܕܸ̈ܐ، ܠܡܲܬܘܼܒ݂ܸܐ ܚܲܕ ܪܘܼܬܝܼܢܵܐ ܕܫܲܪܸܐ ܦܠܵܚܵܐ. |
| All while making sure that you find time to look after your own relationship. | ܟܠܸܗ ܕܐܵܗܵܐ ܟܲܕ ܓ̰ܲܪܘܼܒܸܐ ܝܬܘܿܢ ܕܡܲܫ݇ܟ̰ܚܝܼܬܘܿܢ ܥܹܕܵܢܵܐ ܠܬܲܓܒܘܼܪܘܿܗ̇ ܐ݇ܚܝܵܢܘܼܬܵܐ ܕܓܢܵܘܟ݂ܘܿܢ. |
| 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. | ܬܵܡܵܐ ܒܲܠܟܵܐ ܕܗܵܘܝܼ ܥܹܕܵܢܵܬܸ̈ܐ ܐܝܼܡܵܢ ܕܝܹܡܵܬܸ̈ܐ ܚܵܕܬܸ̈ܐ ܒܲܠܟܵܐ ܕܡܲܫ݇ܟ̰ܚܝܼܠܵܗ̇ ܓܵܢܲܝܗܝ ܒܹܪܓ݂ܵܫܵܐ ܚܲܕ ܒܚܲܕ ܟܫܝܼܚܸ̈ܐ ܘܡܲܫ݇ܟ̰ܘܼܚܘܿܗ̇ ܥܲܣܩܵܐ ܠܹܛܥܵܢܸܗ ܝܘܼܩܪܵܐ ܕܬܲܓܒܲܪܬܵܐ ܕܚܲܕ ܝܲܠܘܼܕܵܐ ܚܲܕܬܐܵܝܼܬ ܝܠܝܼܕܵܐ ܟܸܐ ܡܲܝܵܬ݇ܐ. ܬܵܡܵܐ ܐܝܼܬ ܚܲܕ݇ܕܲܪܝܵܐ ܚܹܠܡܲܬܸ̈ܐ ܚܲܒܝܼܪܵܝܸ̈ܐ ܕܗܕܝܼܪܵܐ ܝܢܵܐ ܕܗܲܝܹܪܝܼ، ܒܹܚܒ݂ܵܫܵܐ ܚܹܠܡܲܬܸ̈ܐ ܕܒܐܘܼܪܚܵܐ ܕܐܹܢܬܹܪܢܸܝܬ ܘܐܵܦ ܹܠܡܲܬܸ̈ܐ ܬܸܠܝܼܦ̮ܘܿܢ̈ܝܸܐ ܕܗܵܣܵܢܵܝ ܝܠܵܗ̇ ܠܹܡܛܵܝܵܐ ܐܹܠܲܝܗܝ ܘܠܡܲܦܠܘܼܚܲܝܗܝ. |
| 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. | ܠܵܟ݂ܝ ܚܲܕ ܝܲܠܘܼܕܵܐ، ܠܐܝܼܡܵܢ ܕܦܝܵܫܵܐ ܝܘܲܬܝ ܒܛܝܼܢܬܵܐ، ܠܐܝܼܡܵܢ ܕܒܸܐܬܵܝܵܐ ܝܘܲܬܝ ܠܒܲܝܬܵܐ ܥܲܡ ܚܲܕ ܝܲܠܘܼܕܵܐ ܚܵܕܬܵܐ، ܐܵܗܵܐ ܝܼܠܸܗ ܚܲܕ ܚܙܘܼܩܝܵܐ ܫܲܚܠܹܦܵܢܵܐ ܕܚܲܝܸ̈ܐ ܕܠܸܐ ܡܵܨܝܲܬܝ ܕܡܲܢܫܹܝܲܬܝ ܠܸܗ ܒܟ̰ܘܼ ܥܹܕܵܢܵܐ. |
| It's different for each person, and is affected by your medical, cultural, and personal needs.  | ܐܵܗܵܐ ܚܲܕ ܡܹܢܕܝܼ ܦܪܝܼܫܵܐ ܝܠܸܗ ܩܵܐ ܟܠܚܲܕ ܦܲܪܨܘܿܦܵܐ ܘܝܼܠܸܗ ܬܚܘܿܬ ܡܲܥܒܕܵܢܘܼܬܵܐ ܕܣܢܝܼܩܘܼܝܵܬܵܘܟ݂ܘܿܢ ܐܵܣܝܵܝܸ̈ܐ، ܡܲܪ̈ܕܘܼܬܵܢܵܝܸܐ ܘܦܲܪ̈ܨܘܿܦܵܝܸܐ. |
| 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. | ܒܒܲܩܲܪܬܵܐ ܕܒܘܼܩܵܪܸ̈ܐ ܘܒܛܲܥܵܝܬܵܐ ܒܵܬ݇ܪ ܡܹܠܟܵܐ، ܒܹܕ ܡܲܫ݇ܟ̰ܚܲܬܝ ܩܵܐ ܕܛܲܟ݂ܣܵܐ ܕܚܘܼܠܡܵܢܵܐ ܕܒ݂ܝܼܟܬܘܿܪܝܵܐ ܟܸܐ ܝܵܗܒ݂ܹܠ ܚܲܕ ܣܹܕܪܵܐ ܕܚܹܠܡܲܬܸ̈ܐ ܦܪ̈ܝܼܫܸܐ ܠܹܣܢܵܕܲܟ݂ܝ ܒܟܠܚܲܕ ܡܲܫܩܠܵܐ. |
| For more information, visit: BETTERHEALTH.vic.gov.au/pregnancy | ܩܵܐ ܒܘܼܫ ܙܵܘܕܵܐ ܡܲܘܕܥܵܢܘܼܬܵܐ ܣܲܚܒܹܪܘܿܢ ܠܫܵܘܦܵܐ BETTERHEALTH.vic.gov.au/pregnancy |