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| **Pregnancy and birth services**  | **Huduma za uja uzito na uzazi** |
| Planning for the birth of a child requires a lot of preparation and for parents there are a lot of considerations. | Kupanga kwa uzazi wa mtoto kunahitajika maandalizi mengi na kwa wazazi kuna fikiria nyingi. |
| 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.  | Kukusaidia njiani, Viktoria ina kiwango cha huduma zinazoangalia anuwai ya masuala ya kuhusika, kama kuchunguza na vipimo, uwezo wa kuzaa, kuharibika mimba, kuwa na mapacha, kuwa na mtoto mwenye ulemavu, na zaidi. |
| 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.  | Njia gani na mahali utakapojifungua mtoto wako itategemea vipengele muhimu chache; afya yako, afya ya mtoto wako, ujauzito wako wa zamani, mahali unapoishi, ukiwa mgonjwa mwenye bima ya umma au binafsi, kunena vichache tu. Pia ni muhimu kukumbuka, kwamba siyo hospitali zote zina huduma sawa, kwa hiyo unaweza kuongozwa kwenda hospitali maalum kutegemea mahitaji yako. |
| Some rural hospitals do not offer antenatal or birth care, meaning a trip to a larger hospital that may be some distance away. | Baadhi ya hospitali ya mashambani hazitoi utunzaji kabla au wakati ya kuzaa, kumaanisha safari kwenda hospitali kubwa zaidi inayoweza kuwepo mbali kiasi. |
| Understanding your childbirth options will give you the best chance of having a successful and rewarding birth experience.  | Kufahamu uchaguzi wako wa kujifungua utakupa nafasi nzuri zaidi ya kupata uzoefu wa uzazi wenye mafaniko na heri. |
| In Victoria, there are arrange of health services to support your choice.  | Hapa Viktoria, kuna anuwai ya huduma za afya kukusaidia uchaguzi wako. |
| If you are preparing for your first pregnancy, it is a good idea to speak with your GP before becoming pregnant.  | Ikiwa unaandaa kwa ujauzito wako wa kwanza, ni wazo zuri kuongea na GP yako kabla kupata mimba. |
| "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." | Tutahakikisha afya yako ya jumla ni njema. Tunapenda kuongea nawe kama una dawa ya kila mara, tunataka kuhakikisha kuwa unatumia kipimo sahihi au hata kukibadilisha kwa sababu kinaweza kutokuwa usalama kwa mimba. Tunataka kuongea kuhusu mazoezi kama kuvuta sigara na kunywa kileo, na hatari gani kunaweza kuleta kwa mtoto. Na tungependa uanze kutumia vitamini-vingi pamoja na Folic asidi na Aidini, kupunguza hatari kwa mimba. Tunataka uwe na hali njema sana kabla hujaanza na ujauzito. |
| 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. | Wakati unapokuwa mjamzito, GP yako atakusaidia kuamua kujifungua mtoto wako wapi, na kukuunganisha kwa wataalamu wengine wa utunzajiafya wanaoweza kukusaidia kwa safari yako. Hiyo ni sehemu ya Utunzaji wa Kabla Uzazi. |
| This can be provided by midwife, doctor, or obstetrician. | Huu unaweza kutolewa na mkunga, daktari, au daktari wa uzazi. |
| 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. | Mkunga ni mjumbe muhimu wa timu yako ya utunzaji wa afya, na kawaida atakuwa mmojawapo wa wajumbe wa kwanza wa timu ambaye utakuta. |
| "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." | Kwa hiyo kazi ya mkunga, ni kuhakiksha tu kuwa mama na mimba wanaendelea vizuri, wakati wa ujauzito, na atapanga mipaka ya muda kwa wanawake kuja ndani hospitalini na kuonewa na mkunga. Mnamo wakati huo wa vipimo, tunapima BP, tunaweza kupima mkojo wako, tutapima mimba kwa ukubwa na ongezeko.Kawaida, kuanzia karibu wiki 18 na kuendelea, tutaanza kupima kiwango cha moyo ya mimba, na kupima mama kwa jumla tu, kuhakikisha yeye ana afya nzuri ya akili mwenyewe pia, ambayo ni kitu muhimu sana sasa. kumpendekeza kama kuna chochote kinachotokea wakati wa ujauzito kwa huduma tofauti ikihitajika. |
| If your pregnancy is considered low risk, you’ll have seven to ten of these visits over the course of your pregnancy. | Kama ujauzito wako unaonekana una hatari ndogo, utakuwa na matembezi hayo saba hadi kumi wakati mzima wa ujauzito wako. |
| If your pregnancy is considered high risk, you will see your obstetrician more frequently, and possibly see other specialists or midwives too. | Kama ujauzito unaonekana una hatari kubwa, utamwona daktari wako wa uzazi mara nyingi zaidi, na labda kuwaona mabingwa au wakunga wengine pia. |
| "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." | Mara nyingi hiyo inahusika usimamaji kabla kupata mimba kuzuia matatizo, pamoja na usimamiaji mnamo ujauzito, yaani kupata ultrasound, kuangalia afya ya mama. na kupanga kwa uzazi. Ndipo utunzaji wakati wa kuzaa, inayoweza kuwa kuzaa kwa kawaida, au kutumia vifaa au kuzaa kwa kupasuliwa, kote kunakohusisha daktari wa uzazi. |
| In Victoria, most women have their babies in a public hospital. | Hapa Viktoria, wanawake wengi wanazaa watoto wao hospitalini pa umma. |
| This option is safe, high-quality, and offers the most child birth options. | Uchaguzi huu ni salama ubora mzuri, unatoa uchaguzi wengi zaidi wa kuzaa mtoto. |
| However, if your pregnancy is low risk, you may prefer to use only antenatal services, seeing a midwife, and sharing care with your GP. | Hata hivyo, kama ujauzito una hatari ndogo, unaweza kupendelea kutumia huduma za kabla uzazi tu, kumwona mkunga na kushiriki utunzaji na GP yako. |
| 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. | Uchaguzi wa kujifungua nyumbani unapatikana pia. Ikiwa unachagua hospitali ya binafsi, unaweza kuchagua daktari yako wa uzazi, atakayekuwepo wakati unapojifungua mtoto wako. |
| Costs will vary, and even with private health cover, you’re likely to face out-of-pocket expenses. | Gharama zinabadili, na hata na bima ya afya ya binafsi, unawezekana kupata malipo nje-ya-mfuko. |
| It is a good idea to check with your private health provider so you are aware of all the costs. | Ni wazo zuri kuongea na mtoaji wako wa afya ya binafsi ili ufahamu malipo yote. |
| No two pregnancies are the same, and in Victoria, there are services to help accommodate a range of cultural and religious needs. | Kila ujauzito ni tofauti na mwengine, na hapo Viktoria, kuna huduma kusaidia kufaa kwa anuwai ya mahitaji ya kitamaduni na kidini. |
| Notify your local maternity service, as well as the hospital you plan to attend, to discuss any cultural or religious requirements you may have. | Uiambie huduma ya uzazi ya mtaa wako, pamoja na hospitali unayopanga kutumia, kuzungumza mahitaji yoyote ya kitamaduni au kidini unacho nawe. |
| 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. | Wanawake wajawazito wote wanaoshauri hospitali yao ya uzazi kuwa wale ni Waaustralia wa Asili au wa Visiwani vya Torres Strait, wanaweza kutumia Huduma ya Uzazi ya 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." | Ni huduma yanayofaa kitamaduni zaidi. Wanawake wa Asili, na/au wanawake ambao siyo wa Asili, wanaotazamia kupata mtoto wa Asili, wanakaribishwa sana kutumia huduma zetu. |
| When the baby’s born and couples return home, there can be other big changes. | Wakati mtoto amezaliwa na wazazi wamerudi nyumbani, kunaweza kuwa mabadilisho makubwa mengine. |
| From learning to breastfeed, and changing nappies, to getting a routine happening. | Kuanzia kujifunza kumnyonyesha, na kubadilisha nepi, kupata utaratibu kutokea. |
| All while making sure that you find time to look after your own relationship. | Hayo yote wakati mnahakikisha unapata muda kutunza uhusiano wenu wenyewe. |
| 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. | Kunaweza kuwa vipindi akina mama wapya wanapojiona wana uchovu sana, na kupata tatizo kuvumilia na shinikizo linaloletwa na kutunza mtoto mpya. Kuna huduma kadhaa za bingwa zinapatikana kusaidia, pamoja na wote uchaguzi unaotumia mtandaoni na simu ambao ni rahisi kupata na kutumia. |
| 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. | Kuanzia wakati uleule unapojaribu kupata mimba, hadi unapokuwa mjamzito na kuja nyumbani na mtoto mpya, ni safari ya kubadilisha-maisha usingesahau kamwe. |
| It's different for each person, and is affected by your medical, cultural, and personal needs.  | Ni tofauti kwa kila mtu, na inatokea na mahitaji yako ya uganga, kitamaduni, na ya binafsi. |
| 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. | Ukiuliza maswali na kutafuta ushauri, utaona Mfumo wa Afya ya Viktoria unatoa anuwai ya huduma zenye tofauti zinazokusaidia katika kila hatua. |
| For more information, visit: BETTERHEALTH.vic.gov.au/pregnancy | Kwa habari zaidi, tembelea BETTERHEALTH.vic.gov.au/pregnancy |