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| **Pregnancy and birth | 怀孕与生产** |
| 打算要孩子的父母需要做很多准备，要考虑很多事情。维州政府提供一些服务帮助您考虑相关的问题，例如筛检测试、生育、流产、怀双胞胎、婴儿有先天残疾等等。生孩子的方式与地点取决于几个因素，母亲与婴孩的健康状况，以往怀孕的情况，目前居住的地点，是否有私人医疗保险等因素。请留意，每所医院提供的服务不尽相同，根据您的需要，也许您会被分派到某家医院。一些偏远地区的医院不提供产前或生产护理，因此也许需要到较远的医院接受相关服务。清楚了解与待产和生产相关的所有选择有助于您顺利待产及生产。维州提供许多服务支持您的选择。如果您准备生第一胎，我们建议您在怀孕前先和家庭医生谈谈。医生会确保您的健康状况良好，如果经常服用药物，需要确保剂量适当，有必要的话，需要换适合孕妇服用的药。今天想谈谈吸烟和饮酒对婴儿可能造成什么影响。我想让你开始服用综合维生素、叶酸和碘，为怀孕做准备。我们希望在您怀孕前身体能处于最佳状态。 |  |
| Planning for the birth of a child requires a lot of preparation and for parents there are a lot of considerations. 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. 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. Some rural hospitals do not offer antenatal or birth care, meaning a trip to a larger hospital that may be some distance away. Understanding your childbirth options will give you the best chance of having a successful and rewarding birth experience. In Victoria, there are arrange of health services to support your choice. If you are preparing for your first pregnancy, it is a good idea to speak with your GP before becoming pregnant.  "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."怀孕之后，医生会帮您决定在哪里生产，并帮您与其他相关的医疗服务取得联系。这是产前护理的一部分。产前护理可能由助产士、医生或产科医生提供。助产士是医疗团队重要的一员，也是您首先见面的医疗人员之一。助产士会确保母亲与婴儿在怀孕期间一切安好，孕妇需要定期到医院让助产士做产前检查。做产前检查时，我们会检查母亲的血压、尿液，检查婴儿的大小和成长情况。一般来说，从怀孕18周开始，我们会检查胎儿的心跳，也会留意妈妈的精神健康状况，这个也非常重要。如果有需要，可以把妈妈转介接受其他服务。如果您的怀孕属于低风险，怀孕期间将接受7至10次产前检查。如果您的怀孕属于高风险，就需要较频繁地见产科医生，也可能需要见助产士和其他专科医生。怀孕前就采取管理措施避免可能遇到的问题。怀孕期间的医疗照护，包括超声波检查，留意妈妈的健康，为分娩做计划。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. This can be provided by midwife, doctor, or obstetrician. 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.  "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."If your pregnancy is considered low risk, you’ll have seven to ten of these visits over the course of your pregnancy. If your pregnancy is considered high risk, you will see your obstetrician more frequently, and possibly see other specialists or midwives too.  "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."然后是分娩过程的照护，也许是自然分娩、工具协助分娩或是剖腹产。产科医生在这些过程都会参与。维州大部分孕妇都在公立医院生产。这个选择安全、质量高、也提供最多生产选择。但是，如果您的怀孕属于低风险，您可能选择使用助产士与家庭医生提供的联合产前检查服务。孕妇也可以选择在家生产。如果您选择私立医院，您可以选择产科医生，以及分娩时谁可以在场。费用视情况而异，就算有私人保险，也可能需要自负担一部分费用。我们建议您询问私人保险公司所有需要支付的费用。怀孕是独特的经验，维州提供多种服务满足不同文化和宗教背景人士的需要。请通知您参加的孕妇服务机构以及您打算去的医院您在文化或宗教方面的需要。孕妇如果告知医院或孕妇服务机构他们是澳大利亚原住民或托雷斯海峡岛民就可以使用Koori孕妇服务。我们提供适合原住民文化的服务。无论是原住民的孕妇，或是怀有原住民血统婴儿的非原住民孕妇，都欢迎使用我们的服务。In Victoria, most women have their babies in a public hospital. This option is safe, high-quality, and offers the most child birth options. However, if your pregnancy is low risk, you may prefer to use only antenatal services, seeing a midwife, and sharing care with your GP. 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. Costs will vary, and even with private health cover, you’re likely to face out-of-pocket expenses. It is a good idea to check with your private health provider so you are aware of all the costs. No two pregnancies are the same, and in Victoria, there are services to help accommodate a range of cultural and religious needs. Notify your local maternity service, as well as the hospital you plan to attend, to discuss any cultural or religious requirements you may have. 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.  "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."When the baby’s born and couples return home, there can be other big changes. From learning to breastfeed, and changing nappies, to getting a routine happening. All while making sure that you find time to look after your own relationship. 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. 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. It's different for each person, and is affected by your medical, cultural, and personal needs. 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. For more information, visit: betterhealth.vic.gov.au/pregnancy |  |
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婴儿出生并回家后妈妈可能遇到其他挑战，例如学习哺喂母乳，换尿布，让孩子作息正常等，

同时在照顾孩子的同时不忽略其他人。

有时新手妈妈可能觉得身心疲惫，无法应付照顾新生儿带来的压力。她们可以向一些服务寻求帮助，包括线上以及电话上的支持服务，使用起来非常容易简便。

从尝试怀孕到待产，以及最终跟宝宝回家，整个过程一定令你终生难忘。

每个人的经验都是独一无二的，与您的健康、文化和个人需要有关。

通过提问及寻求专业意见，您就会发现维州在孕妇怀孕的每个阶段提供各种服务支持您。

详情请访问：<BETTERHEALTH.vic.gov.au/pregnancy>