

Pregnancy and birth

ဟူးသးဒီးတၢ်ဆံးစၢ်ဖိ

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

တၢ်တိတ်ကျဲတၢ်လၢတၢ်ဆံးစၢ်န့ၣ်ဖိဆံးဖိတၢ်အဂီၢ်န့ၣ်လိာ် ဘၣ်တၢ်ကတဲၣ်ကတီၤပၤဖးအါ, ဒီးလၢမိၢ်ပၤတဖၣ်အဂီၢ်န့ၣ် တၢ်လၢဘၣ်ဆိကမိၣ်တဖၣ်အိၣ်အါမးန့ၣ်လီၤ.

လၢတၢ်မၤစၢၤန့ၣ်လၢကျဲဒီးဘိညါပူၤအဂီၢ်, ဝံးထီၣ်ပူၤအိၣ်ဒီးတၢ်မၤန့ၣ်ခဲးတဘျူးမံၤလၢအဘၣ်ဂီၢ်လိာ်သးဒီးတၢ်ဂ့ၢ်ကီၤလၢအဘၣ်လွဲလိာ်သးတဖၣ်, ဒ်သိးဒီးတၢ်သံသမိးဒီးတၢ်မၤကွၢ်တဖၣ်, တၢ်ချံၣ်လၢဘၣ်ဂ့ၢ်, ဟူးလီၤတံၣ်, တၢ်ဒီးန့ၣ်ဘၣ်ဖိတဖၣ်, တၢ်ဒီးန့ၣ်ဘၣ်ဖိအိၣ်ဒီးကွၢ်ဂီၤက့ၣ်ကွဲၣ်, ဒီးအါန့ၣ်တက့ၢ်လီၤ.

နဆံးစၢ်လီၤဖိဒ်လဲၣ်ဒီးဖဲလဲၣ်န့ၣ်ဒီးသန့ၣ်ထီၣ်အသးလၢတၢ်ဂ့ၢ်ခိၣ်သ့ၣ်အါမံၤ-နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့, နဖိတၢ်အိၣ်ဆူၣ်အိၣ်ချ့, နဟူးသးလၢပူၤကွၢ်တဖၣ်, နအိၣ်ဆိးတၢ်လီၤ, မ့ၢ်န့ၣ်ပူၤဆါလၢဘၣ်ဃးကမျၢၢ်မ့ၢ်, မ့တမ့ၢ်အိၣ်ဒီးပူၤနီၣ်တၢ်ဒၣ်တၢ်အုၣ်ကီၤန့ၣ်လဲၣ်, လၢမ့ၢ်ဘၣ်ယၢၤထီၣ်ထဲၣ်တၢ်ကီၤန့ၣ်လီၤ. တၢ်အံၤအရူၤဒိၣ်စ့ၣ်ကီးလၢတၢ်တၢ်နီၣ်ပၤအိၣ်လၢတၢ်ဆါဟံၣ်ခဲလၢာ်န့ၣ် တအိၣ်ဒီးတၢ်မၤန့ၣ်ခဲးတမံၤဃီဘၣ်, လၢတၢ်န့ၣ်အယိတၢ်ကဟံးစုန့ၣ်ကျဲလီၤန့ၣ် သ့ၣ်သ့ၣ်ဆူၣ်တၢ်ဆါဟံၣ်အလီၤလီၤဆီဆါလၢအိၣ်သန့ၣ်ထီၣ်အသးလၢနတၢ်လိာ်တဖၣ်န့ၣ်လီၤ.

ခိၣ်ခိၣ်တၢ်ဆါဟံၣ်တနီၣ်တဒီးမၤလီၤအသးလၢပူၤအိၣ်ဒီးဟူးသးမ့တမ့ၢ်တၢ်ကဟုကယၢ်တၢ်ဆံးစၢ်ဖိအဂီၢ်ဘၣ်, အခီပညီမ့ၢ်ဝဲတၢ်ဘၣ်လဲၣ်ဆူၣ်တၢ်ဆါဟံၣ်ဖးဒိၣ်လၢကယၢ်ဒိၣ်ထီၣ်တစဲးသ့ၣ်သ့ၣ်လီၤ.

တၢ်န့ၣ်ပၤဂီၢ်န့ၣ်တၢ်ဆံးစၢ်ဖိတၢ်ဃုထာခွဲးယၢ်တဖၣ်န့ၣ်ကဟ့ၣ်န့ၣ်တၢ်အခွဲးယၢ်အဂ့ၤကတၢ်လၢတၢ်ဒီးန့ၣ်ဘၣ်တၢ်ဆံးစၢ်ဖိတၢ်လဲၣ်ဖိဖျိလၢအကဲထီၣ်လိာ်ထီၣ်ဒီးအမၤသ့ၣ်မံၤမုၢ်န့ၣ်န့ၣ်လီၤ.

လၢဝံးထီၣ်ပူၤအိၣ်ဒီးန့ၣ်ဆူၣ်ချ့တၢ်မၤန့ၣ်ခဲးတဖၣ်အိၣ်တဘျူးတီၤလၢတၢ်တိစၢၤမၤစၢၤန့ၣ်တၢ်ဃုထာခွဲးယၢ်န့ၣ်လီၤ.

နမ့ၢ်ကတဲၣ်ကတီၤသးလၢနဟူးသးအဆိကတၢ်တဘျီအဂီၢ်န့ၣ်, တၢ်န့ၣ်မ့ၢ်တၢ်ဆိကမိၣ်အဂ့ၤလၢတၢ်ကတီၤတၢ်ဒီးန့ၣ် ဖံၣ်တချူးလၢနအိၣ်ဟူးသးဒီးဘၣ်န့ၣ်လီၤ.

ပကမၤလီၤတၢ်န့ၣ်အိၣ်ဆူၣ်အိၣ်ချ့လၢညီန့ၣ်မၤအသးတဖၣ်န့ၣ်ကဂ့ၤဝဲဒၣ်အဂ့ၤလီၤ. ပအဲၣ်ဒီးကတီၤတၢ်ဒီးန့ၣ်ဖဲလၢနမ့ၢ်ဘၣ်အီထီၣ်ဃၢ်ကသံၣ်အခါ, ပအဲၣ်ဒီးမၤလီၤတၢ်လၢမ့ၢ်န့ၣ်အီကသံၣ် ဘၣ်လိာ်အသးကစီဒါ, မ့တမ့ၢ်န့ၣ်ဆိတလဲကွၢ်အီဒၣ်လဲၣ် မ့ၢ်လၢတၢ်အံၤတပူၤဖျဲးဒီးတၢ်ဘၣ်ယိာ်ဘၣ်လၢဟူးသးအကတီၢ်သ့န့ၣ်လီၤ.

အဲၣ်ဒီးကတီၤလၢတၢ်ဂ့ၢ်ဘၣ်ဃးလုၢ်လၢဒ်သိးဒီးတၢ်အိမိၣ်ဒီးတၢ်အိသံးမိၤကံၤမိၤတဖၣ်, ဒီးတၢ်မၤန့ၣ်မၤဘၣ်ဒိဖိသ့ၣ်ဆံးသ့ၣ်တဖၣ်သ့လဲၣ်န့ၣ်လီၤ. ဒီးပအဲၣ်ဒီးနစးထီၣ်အိဘၣ်တၢ်မ့ၢ်ဖျိကသံၣ် လၢပၣ်ဃုာ်ဒီးဖိလံးအဲးစူးဒီးအဲၣ်အိၣ်ဒိ, လၢတၢ်မၤစုၤလီၤတၢ်လီၤဘၣ်ယိာ်လၢဖိသ့ၣ်ဆံးအဂီၢ်န့ၣ်လီၤ. ပအဲၣ်ဒီးနအိၣ်လၢတၢ်အိၣ်သးလၢအဂ့ၤဒိၣ်ကတၢ်ပူၤတချူးလၢနစးထီၣ်န့ၣ်ဟူးသးဒီးဘၣ်အခါလီၤ.

condition before you start on a pregnancy."

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

ဖဲနဟူးသးအိဉ်ထီဉ်တဘျီပီနနနကွဲဉ်ဖဲကမဇတဇနတဂ် ဆာတဝ်လဘာဉ်ဆဲးစါဖဲဖဲလဲဉ်, ဒီးကဒူးစဲဘူးနနဒီးဆူဉ်ချတဂ် ကဟုကယဉ်ကံဉ်ဖီပီပုဇမဇတဂ်ဖဲလအဂုဉ်ကတဖဉ်လအ သ့မဇတဇနနလအကတဂ်လဲဉ်ကွဲအဖီခိဉ်လီဉ်. တဂ်အံဉ်မုဉ်တဂ် ဘာဉ်ထွဲတခါလအတချူးအိဉ်ဖျဉ်ထီဉ်ဖီဒဲဘာဉ်တဂ်ကဟုကယဉ် နနလီဉ်.

တဂ်အံဉ်မုဉ်တဂ်မဇနနအီဉ်သ့ခီဖျဉ်လအပုဇကွဲဉ်ဟူး. ကသံဉ်သရဉ်, မ့တမ့ဉ်ကသံဉ်သရဉ်ကွဲဉ်ဟူးတဖဉ်နနလီဉ်.

ပုဇကွဲဉ်ဟူးနနမုဉ်ဆူဉ်ချတဂ်ကဟုကယဉ်ကရူဉ်ကရုဖိတဂဉ် လအဂုဒိဉ်ဝဲဒဉ်, ဒီးညီနနကမုဉ်ကရုဖိအဆိကတဂ်တဂဉ် လအန ကရူဉ်ပုဇလအနကထံဉ်လိဉ်သးနနလီဉ်.

လအတဂ်နနအပီပုဇကွဲဉ်ဟူးအမူအဒါနနမုဉ်တဂ်မဇလီဉ်တဂ်နန မိဒီးဖိတဖဉ်အိဉ်ဆဲးဘာဉ်လီဉ်ဘာဉ်စးဝဲကစီဒီဖဲအအိဉ်ဒီးဟူးသး ကတီဉ်, ဒီးအဝဲသ့ဉ်ကပဝ်နနနတဂ်ဆာကတီဉ်လအပိဉ်မုဉ်တ ဖဉ်ကဟဲဆူတဂ်ဆါဟံဉ်ဒီးကဘာဉ်တဂ်ထံဉ်အီဉ်လအပုဇကွဲဉ်ဟူး နနလီဉ်. ဖဲတဂ်သမံသမိးကွဲဉ်တဂ်သ့ဉ်တဖဉ်အဆာကတီဉ်နန, ပကွဲဉ်သ့ဉ်တဂ်ဆီဉ်သနဲ, ပကမဇကွဲဉ်နဆဲဉ်သ့, ပကသမံသ မိးကွဲဉ်နဖိဆဲးလအနီဉ်ကစါအဒိဉ်ဒီးဝဲဒဉ်ထီဉ်ထဲလဲဉ်လီဉ်. စးထီဉ်လအ ၁၈န့ဆူမဲဉ်ညါနန, ညီနနပစးထီဉ်သမံသမိးကွဲဉ် ဖိသဉ်အသးဖျဉ်ဖုအယုဉ်, ဒီးတဂ်သမံသမိးကွဲဉ်မိဒိညီနန အသိး, လအတဂ်မဇလီဉ်တဂ်နနအကစါဒဉ်ဝဲလအမုဉ်အအိဉ် ဆူဉ်အိဉ်ချလအနီဉ်သးတကပဝ်စ့ဉ် ကီးဓါ, လအမုဉ်တဂ် လအဂုဒိဉ်နီဉ်နီဉ်ခဲအံဉ်နနလီဉ်. တဂ်ဆုာခိဉ်နနအီဉ်ဖဲတဂ် ပနီဉ်မုဉ်ဟဲဖျဉ်ထီဉ်ဖျဉ်ဖျဉ်ဖျဉ်တမံဉ်ဖဲဖဲအဟူးသးအကတီဉ် ဆူတဂ်လီဉ်လီဉ်ဆိတတီဉ်ဖဲနလိဉ်ဘာဉ်အီဉ်အ ခါနနလီဉ်.

တဂ်မုဉ်ဆိကမိဉ်လအနဟူးသးအံဉ်အိဉ်ဒီးတဂ်ဘာဉ်ယိဉ်စ့ဉ်နန, နကဘာဉ်လဲဉ်ထံဉ်လိဉ်သးန့ဘျီတုဉ်အဘျီတဆဲးမဲတဂ်ဆာ ကတီဉ်လအနဟူးသးဒိတကတီဉ်ညါအပူဉ်နနလီဉ်.

တဂ်မုဉ်ဆိကမိဉ်လအနဟူးသးအံဉ်အိဉ်ဒီးတဂ်ဘာဉ်ယိဉ်အါနန, နဘာဉ်ထံဉ်လိဉ်သးဒီးနကသံဉ်သရဉ်ကွဲဉ်ဟူးခဲအံဉ်နနဒီး, ဒီးဘာ ဉ်သ့ဉ်သ့ဉ်နကဘာဉ်ထံဉ်လိဉ်သးသ့ဉ်သ့ဉ်ဒီးပုဇမဲဉ်နီဉ်အ ဂဉ်တဂဉ်မ့တမ့ဉ်ပုဇကွဲဉ်ဟူးတဖဉ်စ့ဉ်ကီးလီဉ်.

တဂ်အံဉ်ညီနနပဉ်ဃုဒိးတဂ်ပအာရဲဉ်ကျဲဉ်နနတဂ်လအတချူး ဟူးသးအိဉ်ထီဉ်ဒဲးဘာဉ်လအတဂ်ဒီးဒါနနတဂ်ဂုဉ်ကီတဖဉ်ဃုဒိး ဒီးတဂ်ပအာရဲဉ်ကျဲဉ်နနတဂ်ဖဲဟူးသးအကတီဉ်, လအပဉ်ဃု ဒီးတဂ်ဒါနနအံဉ်ထီဉ်တဖဉ်, တဂ်သမံသမိးကွဲဉ် မိဒိအတဂ်အိဉ် ဆူဉ်အိဉ်ချ. ဒီးတဂ်ရဲဉ်တဂ်ကျဲဉ်လအတဂ်ဆဲးစါဖဲအဂီဉ်နန လီဉ်. ဝံဉ်ဒီး, တဂ်ကဟုကယဉ်ဖဲတဂ်ဆဲးစါဖဲအကတီဉ်, လအ ကပဉ်ဃုဒိးဝဲဒဉ်သ့ဉ်သ့ဉ်ဒီးတဂ်ဆဲးစါဒိအညီနနမ့တမ့ဉ်တဂ် ကွဲးဒူးဆဲးစါနနအီဉ်, လအတဂ်ခဲလအလဲလအသံဉ်သ ရဲဉ်ကွဲဉ်

instrumental or Caesarean delivery, all of which an obstetrician is involved in."

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

ဟူးပုဉ်ဃုဉ်ဝဲန့ဉ်လီဉ်.

လာဝံးထီရံဉ်ယါပူဉ်န့ဉ်ပုဉ်ပိဉ်မုဉ်အါဂဉ်ဆံးစါအဖိလောကမျါဂါ တါဆါဟံဉ်အပူဉ်န့ဉ်လီဉ်.

တါဃုထာခွဲးယာဉ်ဒ်သိးအံဉ်န့ဉ်မုဉ်တါလောအိဉ်ပူဉ်ဖျဲးဒီးတါ လီဉ်ဘုဉ်ယိဉ်, ကံဉ်စိပတီဉ်ထီ, ဒီးဟ့ဉ်လီဉ်လီဉ်ဆံးစါ ဖိခွဲးယာဉ်ဃုထာတဖဉ်အါကတါန့ဉ်လီဉ်.

ဘုဉ်ဆုဉ်ဒီး, နဟူးသးမုဉ်အိဉ်လောတါလီဉ်ဘုဉ်ယိဉ်အိဉ်စ့ဉ် ပူဉ်န့ဉ်နကအိဉ်ဒီးအါဒိဉ်လောတါသူအီဉ်ထဲဒ်တချူးအိဉ် ဖျဲဉ်ဒီးဘုဉ်တါမဉ်န့ဉ်ခဲးတဖဉ်, တါထံဉ်လိဉ်သးဒီးပုဉ်ကွါ ဟူးဒီးတါဟံးန့ဉ်နီဉ်လီဉ်သကိးတါကဟုကယာဉ်ဒီးန့ဉ်ဖံဉ် န့ဉ်လီဉ်.

တါဆံးစါဖိဃုထာခွဲးယာဉ်တဖဉ်လောဟံဉ်လောဃီစ့ဉ်ကိးတါမဉ် န့ဉ်အီဉ်သ့န့ဉ်လီဉ်. နမုဉ်ဃုထာပုဉ်နီဉ်တဂဉ်ဒ်တါဆါဟံဉ်န့ဉ် ဒီး, နဃုထာနကသံဉ်သရဉ်ကွါဟူးဒ်န့ဉ်သ့ဝဲဒ်, လောအ မုဉ်ပုဉ်လောကအိဉ်ဒီးန့ဉ်ဖဲန့ဉ် ဖဲန့ဉ်စါန့ဉ်ဖိအါန့ဉ်လီဉ်.

တါလောဉ်ဘုဉ်လောဉ်စ့ဉ်ကလီဉ်ဆီလိဉ်အသးလီဉ်, ဒီးလောတါ အိဉ်ဒီးပုဉ်နီဉ်တဂဉ်ဒ်ဆုဉ်ချတါအုဉ်ကီဉ်န့ဉ်, ဘုဉ်သ့ဉ်သ့ဉ် နကကွါဆါမဲဉ်ဘုဉ်ဒီးတါလောဉ်ဘုဉ်လောဉ်စ့ဉ်လောနဘုဉ်ဟ့ဉ် ဒ်န့ဉ်သ့ဝဲဒ်န့ဉ်လီဉ်.

တါန့ဉ်ဂုဉ်ဆီကမိဉ်လောတါသမံသမိးလီဉ်တါကွါတါဒီးန့ဉ်ပုဉ် နီဉ်တဂဉ်ဒ် အပုဉ်ဟ့ဉ်လီဉ်တါအိဉ်ဆုဉ်အိဉ်ချန့ဉ်လီဉ်, လော တါန့ဉ်အဃိန့ဉ်ညါတါလောဉ်ဘုဉ်လောဉ်စ့ဉ်လဲလောဉ်ခဲဆုဉ် တဖဉ်လီဉ်.

ဟူးသးခံခါလိဉ်လောအဒ်သိးလိဉ်အသးန့ဉ်တအိဉ်နီဉ်တခါဘုဉ်, ဒီးလာဝံးထီရံဉ်ယါပူဉ်န့ဉ်, အိဉ်ဒီးတါမဉ်န့ဉ်ခဲးတဖဉ်လောတါ မဉ်စာဉ်ဒီးအိဉ်ထီဉ်တါတဘျူးမဲဉ်လောတါဆံးတါလောဒီးတါ ဘုဉ်တါဘါအတါလိဉ်တဖဉ်န့ဉ်လီဉ်.

ဒူးသ့ဉ်ညါဘုဉ်တါမဉ်န့ဉ်ခဲးဘုဉ်ဃးဒီးမိဉ်တဖဉ်, ဃုဉ်ဒီး တါဆါဟံဉ်လောနတိဉ်ပဉ်လောကလဲဉ်ထီဉ်အီဉ်, လောတါ တါဉ်ပိဉ်သကိးတါတမံဉ်မဲဉ်လောဘုဉ်ဃးဒီးတါဆံးတါ လောမုဉ်တမုဉ်တါဘုဉ်တါဘါအတါလိဉ်လောကအိဉ်ဒီးန့ဉ် တဖဉ်သ့ဉ်သ့ဉ်န့ဉ်တက့ဉ်.

ပိဉ်မုဉ်အိဉ်ဒီးဟူးသးခဲလောလောအဒူးသ့ဉ်ညါအဝဲသ့ဉ်မိဉ် အတါဆါဟံဉ်လောအမုဉ်ပုဉ်အဘီရကွဲဉ်ဖိမုဉ်တမုဉ် အီးစကြ လယာဉ်ထီရူးစကြူးပုဉ်ကိးဖိန့ဉ်, အိဉ်ဒီးတါဒီးန့ဉ်ဘုဉ်ရံဉ် မိဉ်တဖဉ်တါမဉ်န့ဉ်ခဲးန့ဉ်လီဉ်.

တါန့ဉ်မုဉ်တါမဉ်န့ဉ်ခဲးလောကြားဝဲဘုဉ်ဝဲဒိဉ်ကတါဒီး တါဆံးတါလောန့ဉ်လီဉ်. အဘီရကွဲဉ်ပိဉ်မုဉ်တဖဉ်, ဒီး/မုဉ်တမုဉ်ပိဉ်မုဉ်တဖဉ်လောတ မုဉ်အဘီရကွဲဉ်ဘုဉ်, လောဆံးစါထီဉ်အဘီရကွဲဉ်ဖိသ့ဉ်ဆံးတဖဉ်န့ဉ်, တါတူါ လိဉ်မုဉ်အီဉ်အါန့ဉ်အန့ဉ်တက့ဉ်လောတါမဉ်န့ဉ်ပတါမဉ် န့ဉ်ခဲးတဖဉ်လီဉ်.

ဖဲဖိသ့ဉ်ဆံးအိဉ်ဖျဲဉ်ထီဉ်ဝဲဒီးပုဉ်ဒီးမါဝဲကွဲဉ်လောဟံဉ်အါ န့ဉ်, တါဆီတလဲးဒီးဒိဉ်လောအဂုဉ်အဂုဉ်တဖဉ်ကဲထီဉ်အသး

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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

သုန့်လီလီ.

စးထိန်လၢတၢ်မၤလိတၢ်ဒုးအိန်န့ၢ်, ဒီးတၢ်ခိ လဲဖိသၢ်သွံတဖၣ်ဒီးတုၤဃီၤလၢတၢ်မၤညီန့ၢ်ကထိန်အ သးတစုန့ၢ်လီၤ.

ခဲလၢၣ်ဖဲတၢ်မၤလိတၢ်န့ၢ်တၢ်ကတီၢ်န့ၢ်ယုထံၣ်နဲတၢ်ဆၢကတီၢ်လၢတၢ်အံးထွဲကွၢ်ထွဲလီၤနကစၢ်ဒၣ်နဲအတၢ်ဘၣ်ထွဲလိာ်သးအဂီၢ်န့ၢ်တက့ၢ်.

တၢ်ဆၢကတီၢ်ကအိန်ထိန်သ့ၣ်သ့ၣ်လၢမိၢ်အသီတဖၣ်ကထံၣ်လီၤက့ၤအသးလၢ အတူၢ်ဘၣ်တၢ်လီၤဘွဲးလီၤတီၤ. ဒီးတၢ်အိန်ဒီးတၢ်ဂ့ၢ်ကီၢ်လၢတၢ်ကွၢ်ဆၢၣ်မဲၣ်ဒီးတၢ်ကီၢ်တၢ်ခဲလၢတၢ်အံးထွဲကွၢ်ထွဲဖိသၢ် အိန်ဖျိၣ်သီဖိဖဲစိၣ်ဝဲသ့န့ၢ်လီၤ. ပုၤစဲၣ်နီၤတၢ်မၤန့ၢ်ခဲအိန်တဘျုးခါလၢတၢ်မၤစၢၤ, လၢပုၤဃုာ်ဒီးတၢ်ဃုာ်ထၢခွဲးယၢ်အိန်သန့ၤထီၣ်အသးလၢအ့တၢ်နဲဒီးလီၤတဲဖိခဲမဲၣ်လၢၣ်လၢၣ်ဝဲဒၣ်တၢ်ကမၤန့ၢ်အီၤဒီးသ့အီၤအဂီၢ်လီၤ.

စးထိန်တကီၢ်ခါလၢနကျဲးစးလၢဖိတကၤအဂီၢ်, တၢ်အိန်ထိန်ဟူးလၢသးဒီးတၢ်ဟဲက့ၤကဒါက့ၤဆူဟံၣ်ဒီးဖိဆဲးဖိတကၤန့ၢ်, မ့ၢ်တၢ်အိန်မူလဲလိာ်သးတၢ်လဲၤကျဲလၢနသးပုၤနီၣ်အီၤတသ့နီၤတဘျီဘၣ်န့ၢ်လီၤ.

တၢ်န့ၢ်ကီၢ်ခဲဝဲလၢပုၤတကၤစုၣ်စုၣ်အဂီၢ်ဒီးတၢ်မၤဘၣ်ဒိအီၤလၢနကသံၣ်ကသီ, တၢ်ဆဲးတၢ်လၢဒီးနကစၢ်ဒၣ်နဲတၢ်လိာ်တဖၣ်န့ၢ်လီၤ.

ဒီဖျိလၢသံကွၢ်တၢ်သံကွၢ်တဖၣ်ဒီးတၢ်ဃုထံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတဖၣ်အဃိ, နကထံၣ်ဘၣ်လၢဝံးထီၣ်ရံၤယါဆူၣ်ချ့တၢ်ရဲၣ်တၢ်ကျဲၤဟ့ၣ်လီၤတၢ်မၤန့ၢ်ခဲလၢလီၤဆီလိာ်သးတဖၣ်လၢအတိစၢၤမၤစၢၤန့ၢ်ဖဲကိးပတီၢ်ဒီးန့ၢ်လီၤ.

လၢတၢ်န့ၢ်အါထိန်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်, န့ၢ်လီၤကွၢ်ဖဲ BETTERHEALTH.vic.gov.au/pregnancy တက့ၢ်.