**Pregnancy حمل**



1. Visiting the doctor

2. Medical Conditions

3. Routine checks

4. Ultrasound Scan

5. Where you will have your baby?

6. Hospital Bag

7. Labour

8. How you can feed your baby

1. **Visiting the Doctor**



Telling the Doctor you are pregnant.

“ I am pregnant.”

“ I am expecting a baby.”

The doctor will ask you, “how many weeks pregnant are you?” or “when was your last period?”

You can reply “my last period was on (insert date)”

or “I am 4 weeks pregnant” or “I don’t know”.

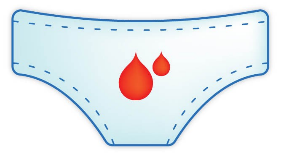
The doctor will ask if this is your first baby.

You can say “yes it is my first baby” or “no it is not” or “this is my first, second, third, fourth, fifth, six, seventh child.”

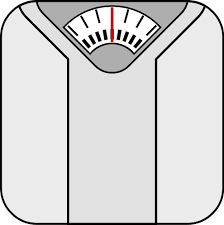
Key Words to discuss. \* Period \* Pregnant \*Expecting \*First.

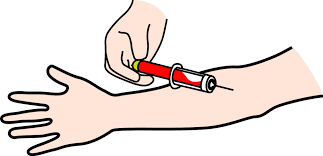
**Matching Activity**

The matching activity on this page will help you to remember these words and their meanings.

 Pregnant

 Blood Test

 Period

 Blood pressure

 Weight (scales)

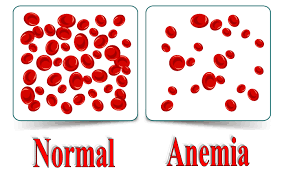
**2. Medical Conditions**

The doctor needs to know if you have any medical conditions so they can keep you safe in pregnancy.

These are some common ones.

 Diabetes

 High/low blood pressure

 Anemia

 Mental health conditions such as depression, anxiety, bipolar disorder, phobias.

 Physical illness such as back pain, leg pain or neck pain.

HIV and Aids.

**3. Routine Checks**

Each time you visit the GP or Midwife she will do the following checks.

 Urine Sample.

Pee in a pot to return at the next visit.

Blood Pressure.

 Weight check.

 Measure your tummy.

 Listen to baby’s heartbeat.

 Blood Test.

**Routine Appointments Activity**

Look at the pictures and talk about what is happening in each one:







Example Sentences :

* The doctor is taking the woman’s blood pressure.
* The midwife is measuring the woman’s tummy.
* The midwife is listening to the baby’s heartbeat.
* The woman is being weighed.

**4. Ultrasound Scan**



During pregnancy you will have 2 scans to check the health of your baby.

Scan picture.



You will be able to buy a scan picture of your baby from the hospital. The scan will happen in the hospital.

**5. Where you will have your baby.**

Hospital – most women choose to have their baby in a hospital.

The two main hospitals in Leeds are St James and the LGI. Both have maternity wards.

Home Birth – you can discuss options with your midwife if you want to have your baby at home.



**6. Hospital Bag**

Things you will need to put in a bag to take to hospital when you are in labour.



Clothes For you and baby (for 5 days)



Nappies



 Ready Prepared Formula Milk (If bottle feeding)

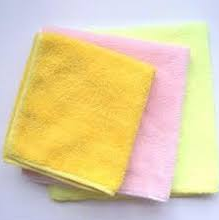
 Maternity Pads

  Snacks & drinks

 Baby wipes

Shower gel & shampoo 

Toothpaste & Toothbrush 

Towel & Flannel (For mum & baby) 

Dressing gown & Slippers. 

Pyjamas 

Nipple Cream 

Breast Pads 

Baby Blanket 

Mobile Phone & Charger

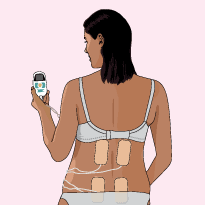
**7. Labour**

Labour is when you have strong contractions which mean your baby will soon be born.

**Pain relief options:**

 Gas and air.

 Pethidine/diamorphine

 Tens Machine

 Epidural

**Matching Activity – Pain Relief**

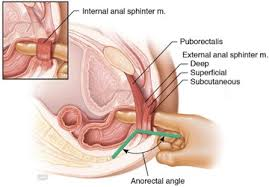
 Tens Machine

 Pethidine

 Gas and Air

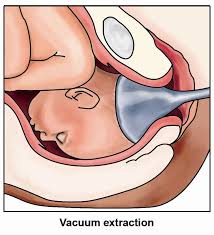
 Epidural

When you are in labour the midwife or doctor will ask if they can do an internal examination to check the baby.



If there are any problems with the baby’s birth they may use the following to help baby be born.

Induced/induction – Start labour.

 Forceps Ventouse

If baby is not delivered naturally you may have a caesarean section. This is an operation to remove baby.

It is also known as a C-Section.

**After birth useful words/ phrases**

 Sanitary Pads.

 Painkillers – Paracetamol and Ibuprofen

Please can you change the bed?

nappy cream 

Cotton Wool 

Breast Pad



Bed Sheets 

**Story Activity** – fill in the gaps using appropriate words as learned in the booklet.

Aaminah is Pregnant. Aaminah makes an appointment to see her \_\_\_\_\_\_\_\_\_\_.

The doctor asks Aaminah “when was your last period?” Aaminah replies “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”

The doctor asks Aaminah if it is her first \_\_\_\_\_\_\_?

Aaminah tells the doctor this is her second baby, he then checks Aaminah’s \_\_\_\_\_\_\_\_ pressure and takes a blood \_\_\_\_\_\_\_.

**8. Feeding the baby**

Formula Milk 

Ready prepared Milk 

Breast feeding 

Breast pump 

Baby bottle 

Bottle Teats

Baby bottle Steriliser



Bibs

 Bottle warmer

Pregnancy and Birth Wordsearch

I A M P F O R M U L A D A Y

T O P OF THE Z O M B F G H

G A S A N D A I R D O U G H

B L A B L O O D T E S T U T H

I L A B O U R I S O N L T Y H K

B S C A R F E S B I R T H S I N

S C O A D E G H T I L M N O P

A A B C B N M O P Q R S T Y V

W X Y Z P U M P E G H Z X U L

Formula

Gas and air

Blood Test

Bibs

Labour

Birth

Pump