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Càh SöDüng Tap Hööng Daã

Chỉ Dẫn Để Giúp Bạn Tìm Nguồn Hỗ Trợ

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Những Nguồn Hỗ Trợ Địa
Phương Bằng Tiếng Việt 120

Những Nguồn Hỗ Trợ Toàn
Tiểu Bang 116

Các Số Điện Thoại Miễn Phí

866 877 888 800

Chỉ Dẫn để Giúp Bạn Gọi Nguồn Hỗ Trợ

Giữ kín Thông Tin Cá Nhân

Tìm kiếm Thông tin trên Mạng Internet

Nếu Bạn Bị Lãng Tai hoặc Khiếm Thính hoặc Có Khuyết Tật

Chương Trình Tiếp
Cận Điện Thoại California [California
Telephone Access Program]
(1-800-806-1191)
www.ddtp.org.

Để Có Thông Dịch Viên Qua Điện Thoại

V Language Line

1-800-528-5888

Keep Personal Information Private

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 www.ddtp.org

Tips to Help You Find Resources

- Vietnamese Local Resourcesä ŋ ² ä Å O " 116ä
- Statewide Resourcesä ŋ ² ä Å O " 116ä

Toll-Free Numbers

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Tips to Help You Call Resources

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Looking for Information on the Internet

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You and Your Baby During Pregnancy

Pregnancy can be divided into 3 parts or trimesters. Each part brings new feelings and experiences. Your body changes and your baby grows and develops.

First Trimester (Weeks 1 through 13)
 Your baby's heart, lungs and other organs develop and start to work.
 ■ It is common to feel very tired, so rest when you can.
 ■ Nausea is also very common. Try to eat small meals 5 or 6 times a day. Keep a few crackers by your bed to eat before you get up. Drink chicken broth, miso soup, ginger root tea or water with lemon.
 ■ If you bleed, spot or have strong cramps, call your doctor right away.

Second Trimester (Weeks 14 through 26)
 Your baby's sense of touch, taste and hearing are developing. By week 26, he can hear your voice.
 ■ You will feel more energy now and enjoy being active.
 ■ Wear flat shoes with good support. Avoid lifting anything heavy. This helps prevent back pain.
 ■ Stretch your muscles each day.
 ■ It is best to sleep on your side. You can put a pillow between your knees to feel more comfortable.

Third Trimester (Weeks 27 to Birth)
 Your baby's brain continues to develop. Her lungs are also developing so she can breathe on her own after birth. Each week, she will gain about ½ pound, and you will gain about one pound.
 ■ Some women are active until the birth. Others need to rest a lot.
 ■ Try not to lie flat on your back—it reduces blood flow to your baby.
 ■ If you have varicose veins, rest on your left side. Keep your legs up. And wear support hose.
 ■ If you suddenly gain a lot of weight or have swelling or strong headaches, call your doctor.

Signs of Early Labor
 If you are less than 37 weeks pregnant, call your doctor right away if:
 ■ Your uterus tightens.
 ■ You feel pressure in your pelvis.
 ■ You start to bleed or leak fluid from your vagina.

THINGS You Can Do

Prepare for Delivery
 ■ Sign up for a class on childbirth, newborn care, breastfeeding or infant CPR.
 ■ Visit the hospital where you plan to have your baby.
 ■ Learn the signs of labor.
 ■ Buy a car seat to bring your baby home from the hospital. See page 78.

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Take Prenatal Vitamins

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Pregnancy is a time of wonder and change. Share your joy and excitement, and your concerns, with those you love. And remember, when you take good care of yourself, you are taking care of your developing baby, too.

Things to Avoid

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Take Care of Yourself

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Các lớp về sinh con là cách tốt cho cả hai cha mẹ chuẩn bị cho việc sinh đẻ và gặp gỡ các cặp cha mẹ khác. Childbirth classes are a good way for both parents to get ready for the birth and meet other parents.

THINGS TO REMEMBER

Planning a Pregnancy?

- Tell your doctor that you want to get pregnant. He can help you have a healthy pregnancy. See page 87.
- Eat a healthy diet. See page 87.
- Start taking prenatal vitamins at least a month before you get pregnant.

Family Planning

- You can become pregnant again soon after giving birth, even if you are breastfeeding.
- If you do not want to have another baby right away, ask your doctor about birth control you can use while you are breastfeeding.
- If you feel you are not ready to be a parent or have another baby, talk to your doctor. Or talk to a pregnancy counselor who can tell you about all your choices.
- To get birth control services or talk to a pregnancy counselor, call **Family Planning** (v) 1-800-942-1054). Services are low-cost and private.

Problems?

- If you are stressed or feeling bad, talk to your doctor. See page 103.
- If there is violence at home, see page 109.
- If a woman needs to give her baby up for any reason, she can do this during the first 3 days after birth. She does not have to give her name. Call **Newborn Lifeline Network** (v) 1-877-440-2229).