

Isbeddelka ku dhaca ilmahaaga iyo jidhkaaga intaad uurka leedahay

Changes to Your Baby and Your Body During Pregnancy

1st Trimester: Conception to Week 16

Your Baby

Your baby's traits and sex are set when the sperm meets the egg. During this time:

- The brain, nerves, heart, lungs and bones are forming.
- The heart starts beating between weeks 9 to 12. The heartbeat is 120 to 160 beats per minute.
- Your baby is very sensitive to drugs and alcohol at this time.
- Ears, arms, hands, fingers, legs, feet and toes are formed by the 3rd month.
- The umbilical cord is visible.
- Reflex movements allow your baby's elbows to bend, legs to kick and fingers to form a fist.
- Your baby will be about 2 ¼ inches long and weigh about ¼ pound by week 16.

1^{waad} Saddexda bilood ee hore: Calool-galka ilaa toddobaadka 16^{aad}

Ilmahaaga

Sifooyinka iyo jinsiyadda (lab ama dhedig) ee ilmahaagu waxay samaysmaan marka ay xawadu/shahwaddu la kulanto ukunta. Xilligan:

- Maskaxda, dareemeyaasha, wadnaha, sambabada iyo lafaha ayaa samaysmaya.
- Wadnuhuu wuxuu garaaca bilaabaa inta u dhaxaysa toddobaadka 9^{aad} ilaa 12^{aad}. Garaaca wadnuhu waa 120 ilaa 160 garaac daqiiqaddiiba.
- Ilmahaagu wuxuu u leeyahay dareen sare iyo nuglaan u leeyahay maandooriyayaasha iyo khamriga xilligan.
- Dhegaha, gacmaha, dhudhumada, faraha, lugaha, iyo faraha luguhu waxay samaysmaan bisha saddexaad.
- Xudunta waa la arki karaa.
- Dhaqdhaqaaq aan xukun lahayn ayaa ilmahaaga u ogolaanaya in uu jilbaha soo laabo, wax na laado, farahana uu sidii feedh u duubo.
- Ilmahaagu wuxuu dhererkiisu noqon doonaa ilaa 2¼ iinj, (5.7 sentimitir) culayskiisuna ilaa ¼ rodol (113 garaam) marka la gaadho toddobaadka 16^{aad}.

Your Body

During the first three months your monthly menstrual periods have stopped and your body is making hormones. Your Hormone changes affect almost every organ in your body. It is common to:

- Have nausea, called morning sickness, because it is more common in the morning, but it can happen at any time of the day.
- Gain weight of 1 to 2 pounds by week 8 and 2 to 3 more pounds by week 16.
- Have tender and larger breasts. Your waist size may also increase.
- Urinate more often.
- Be more tired and have less energy.
- Feel more emotional, have mood swings and cry easily.
- Have trouble with gas or constipation until the end of your pregnancy.
- Sweat more.
- Have sore and bleeding gums, nosebleeds and stuffiness. Visit your dentist if you have any concerns.
- Have stomach cramps after exercise or sexual activity.

By the end of this trimester, you may feel more hunger and have more energy.

Jidhkaaga

Saddexda bilood ee hore waxaa iska kaa taagtay caadada, jidhkaaguna wuxuu samaynayaa dheecaanno. Isbeddelada ku dhaca hormoonadaada waxa ay saameeyaan badi xubin kasta oo ah jidhkaaga. Waxaa caadi ah in:

- Aad yalaalugooto, taas oo loo yaqaanno wallac (xanuunka subaxii), waayo inta badan yalaalugada wallacu waxay timaadda subaxii, inkastoo ay xilli kasta iman karto.
- Waad cayili doontaa 1 ilaa 2 rodol (454 ilaa 907 garaam) ilaa toddobaadka 8^{aad}, iyo 2 ilaa 3 rodol (907 ilaa 1360 garaam) oo dheeraad ah ilaa toddobaadka 16^{aad}.
- Naasaha oo ku balballaadha oo ku dabca. Dhexdaaduna way ku waynaan kartaa.
- Kaadida oo kugu badata.
- Daalka oo kugu bata iyo tamarta oo kugu yaraata.
- Inaad had iyo jeer hiyi kacsanaato, niyaddaaduna is bed-bedesho oo aad si fududna u oydo.
- Dhibaato naqas ama hawo ama calooliaag intaad uurka leedahay.
- Dhidid intii hore ka badan.
- Cirridka oo ku dillaaca oo dhiig ka yimaado, sanku oo dhiig kaa yimaaddo iyo cabudh. U tag dhakhtarkaaga ilkaha haddii aad qabtid wax walaac ah.
- Caloosha oo ku xanuunta markaad jimicsi samayso ama aad galmo samayso.

Dhammaadka saddexdan bilood, waxaad dareemi kartaa gaajo badan, waxaana kugu badata tamarta.

2nd Trimester: Week 16 to 28

Your Baby

- Eyebrows, eyelashes and hair begin to grow on the head and a soft hair, called lanugo, on the body.
- Your baby will grow more muscle tissue and bone, forming the skeleton.
- The skin is wrinkled and red and is filling out with fat.
- The kidneys make urine.
- Your baby will begin to move a lot. Your baby can kick, cry, hiccup and respond to outside noises. There will be active and quiet times.
- The heartbeat is easy to hear by the doctor.
- The eyes are almost developed and the eyelids can open and close.
- Your baby starts a growth spurt in length and weight. Your baby will be about:
 - 10 inches long and weigh $\frac{3}{4}$ pound by week 20
 - 12 inches long and weigh $1\frac{1}{2}$ pounds by week 24
 - 15 inches long and weigh $2\frac{1}{2}$ pounds by week 28

2^{aad} Saddexda bilood ee ku xiga: Toddobaadka 16^{aad} ilaa 28^{aad}

Ilmahaaga

- Sunniyaha, baalasha indhaha iyo timaha oo ka soo baxa madaxa, iyo tima jilicsan oo la yidhaahdo xaad (lanugo) ayaa ku samaysma jidhka dushiisa.
- Ilmahaaga uurka ku jira waxa u sameysmi doonaa cad muruq iyo laf sii badan, kuwaasoo noqonaya qalfoofka.
- Maqaarku wuu duuduubnaadaa waanuu cas yahay waxaana kasoo buuxsanta baruur.
- Kelyuhu waxay sameeyaan kaadi.
- Ilmahaagu wuxuu bilaabaa dhaqdhaqaaq badan. Wuu ku laadi karaa, ooyi karaa, higgooddaa, waxaanuu ka jawaabi karaa oo dareemi karaa dhawaaqyada debedda kaga yimaadda. Marmarka qaarkood wuu joojiyaa dhaqdhaqaaqa marmarna wuu badiyaa.
- Dhakhtarku garaaca wadnaha si fudud buu u maqli karaa.
- Indhuhu way dhammaystirmeen waanay is xidhi karaan oo furmi karaan.
- Ilmahaagu wuxuu u koraa si dhaqso ah dhererkiisa iyo culayskiisuba. Wuxuu ahaan doonaa qiyaastii:
 - 10 iinj (25 sentimitir) dherer iyo culays ah $\frac{3}{4}$ rodol (340 garaam) toddobaadka 20^{aad}
 - 12 iinj (30 sentimitir) dherer iyo culays ah $1\frac{1}{2}$ rodol (680 garaam) toddobaadka 24^{aad}
 - 15 iinj (38 sentimitir) dherer iyo culays ah $2\frac{1}{2}$ rodol (1.1 kiilogaraam) toddobaadka 28^{aad}

Your Body

- Your pregnancy is beginning to show. You may gain $\frac{3}{4}$ to 1 pound a week or 3 to 4 pounds per month.
- Your nipples and a line on your stomach may darken.
- You may develop stretch marks on your stomach, hips and breasts.
- Your abdomen, palms or bottoms of feet may feel itchy.
- Your breasts grow larger, softer and the veins start to show. Clear, white fluid, called colostrum, may leak from your breasts.
- Your joints and muscles get softer to prepare for delivery.
- You feel good most of the time and look healthy.
- You may be less tired and have more energy.
- You may have trouble thinking or concentrating.
- Your back may ache at times. Sleep on a firm mattress, wear low or flat-heeled shoes, and avoid lifting or picking up heavy objects.
- You feel hunger more often and you may feel cravings for some foods. You may have heartburn after eating heavy, greasy or spicy food.
- You may have an increased chance of getting a urinary tract infection. Drink 8 glasses of water each day.
- Your hair may feel thicker and oily.

Jidhkaaga

- Urkaagu wuu muuqdaa imminka. Waxaa kugu kordhi kara $\frac{3}{4}$ ilaa 1 rodol (340 ilaa 454 garaam) toddobaadkiiba amase 3 ilaa 4 rodol (1.4 ilaa 1.8 kiilogaraam) bishiiba.
- Ibta naasaha oo ku waynaata iyo layn caloosha dul mara oo ku madoobaada.
- Waxaa ka samaysmi kara calaamado calooshaada, miskaha iyo naasaha.
- Ubucdaada, baacooyinkaaga ama xagga hoose ee cagahaaga ayaad ka dareemi doontaa cuncun.
- Naasuhu way ku waynaan, jilicsanaan, xididada dul maraana way muuqan. Dareere cad oo la yidhaahdo “danbar” ayaa laga yaabaa inuu ka yimaaddo naasahaaga.
- Xunbahaaga iyo muruqyadaadu way ku dabcaan, oo isu diyaariyaan dhalmada.
- Waxaad dareemi caafimaad fiican iyo inaad wanaagsan tahay badi wakhtiga.
- Daalku wuu kugu yaraan oo waxaa kuu kordhi tamarta.
- Waxaa laga yaabaa inuu kugu adkaado ka fikirka ama u fiirsigu.
- Dhabarka ayaa ku xanuuni kara marmarka qaarkood. Ku seexo furaash adag, xidho kabo deggan, iskana ilaali inaad riixdo ama sare u qaaddo alaabo calculus.
- Waxaad dareemi gaajo badan, waxaana laga yaabaa inaad jamato cuntada qaar. Waxaa lagaa yaabaa in aad cuntada culus ama basbaaska leh ku laab-jeexanto.
- Waxaa laga yaabaa inay fududaato sidii aad caabuq ugu yeelan lahayd kaadi mareenka. Cab 8 galaas oo biyo ah maalintii.
- Timahaagu waxaa laga yaabaa inay adkaadaan oo sidii wax saliadaysan noqdaan.

- You may feel muscles of the uterus tighten and relax. These are called Braxton Hicks contractions and are preparing you for labor. **Call your doctor** if you have 4 or more contractions in 1 hour or if the contractions get stronger and closer together.
- Your sex drive may increase or decrease and change from week to week.
- You feel more involved with the baby growing inside of you. You may think about things that can go wrong with your baby. Most women do.
- Waxaa laga yaabaa inaad dareento in muruqyada ilma-galeenku isku soo ururayaan haddana dabcayaana. Taas waxaa la yidhaahdaa foolqabasho (Braxton Hicks) waana markaad isu diyaarinayso inaad umusho. **La hadal dhakhtarkaaga** haddii aad dareento 4 ama wax ka badan oo foolqabasho ah saacad gudaheed ama haddii foolqabashooyinku soo xoogeystaan oo isu soo dhawaadaan.
- Rabitaankaaga galmadu wuu badan karaa ama yaraan karaa waxaanuu isu bedbeddelaa toddobaad toddobaad.
- Waxaad xoog ula socon doontaa ilmaha kugu dhex koraaya. Waxaa laga yaabaa inaad ka werwerto waxa xumaan kara. Dumarka badankoodu sidaasay u fikiraan.

3rd Trimester: Weeks 28 to 40

Your Baby

- The brain and nervous system are growing quickly. The heartbeat may be heard when another person places an ear on your abdomen. The lungs continue to mature.
- Sleeping and waking times are definite. Kicking and stretching movements are often felt.
- Your baby will be about:
 - 16 inches long and weigh 2½ to 3 pounds by week 32
 - 18 inches long and weigh 5½ pounds by week 36

3^{aad} Saddexda bilood ee u danbeeya: Toddobaadka 28^{aad} ilaa 40^{aad}

Ilmahaaga

- Maskaxda iyo habdhiska dareemayaashu dhaqso ayay u korayaan. Garaaca wadnaha waa la maqli karaa haddii qof kale dhegta saaro calooshaada. Sambabaduna way sii wadaan koritaanka.
- Xilliga hurdada iyo soo jeeditaankiisu way qeexmaan. Harraati iyo dhaqdhaqaaq kale ayaa la dareemaa.
- Ilmahaagu wuxuu noqon qiyaastii:
 - 16 iinj (40.6 sentimitir) dherer iyo culays ah 2½ ilaa 3 rodol (1.1 ilaa 1.4 kiilogaraam) toddobaadka 32^{aad}
 - 18 iinj (46 sentimitir) dherer iyo culays ah 5½ rodol (2.5 kiilogaraam) toddobaadka 36^{aad}

- 20 inches long and weigh 6½ to 7½ pounds by week 40
- Your baby's eyes are open.
- The skin is smooth because fat begins to fill out the wrinkles.
- Your baby is active with patterns of sleep and wakefulness.
- The baby may settle into a head down position. The baby may seem quieter because there is less space to move.
- 20 iinj (51 sentimitir) dherer iyo culays ah 6½ ilaa 7½ rodol (3 ilaa 3.4 kiilogaraam) toddobaadka 40^{aad}
- Ilmahaaga indhihiisu way furan yihiin.
- Maqaarku wuu kala baxsan yahay waayo baruurta ayaa buuxisa laalaabkii.
- Ilmahaagu wuu dhaqdhaqaaq badan yahay, waxaanuu leeyahay xilli uu hurdo iyo xillo uu soo jeedo.
- Ilmaha waxaa laga yaabaa inuu madaxiisa hoos u soo jeediyo. Waxaa laga yaabaa inuu u muuqdo inuu deggan yahay waayo markuu hoos u soo daadagoba waxaa ku yaraada bannaanka uu haysto si uu u dhaqaaqo.

Your Body

- You gain weight faster the last month.
- You may notice kicking against your ribs. Your stomach can be seen moving as your baby moves.
- You may feel awkward and tire more easily. Light-headedness can occur when you get up.
- Your feet, hands and ankles may swell. You may have back and leg pains.
- Your breasts may leak milk.
- You may have trouble sitting or lying down for long periods of time.
- It is hard to sleep and get comfortable.
- You may feel short of breath when the baby pushes against your lungs.

Jidhkaaga

- Bisha ugu danabaysa culayskaagu aad buu u bataa.
- Waxaa laga yaabaa inaad dareento harraati dhinacyada feedhaha ah. Calooshaada waa la arkaa siday u dhaqaaqayso marka ilmuhu dhaqaaqo.
- Waxaa laga yaabaa inaad si fudud u daasho. Madax wareer fudud baa laga yaabaa inuu kugu dhaco markaad is taagto.
- Cagahaaga, gacmahaaga iyo canqowyadaada ama kuraamahaaga ayaa laga yaabaa inay bararaan. Waxaad dareemi kartaa dhabar iyo lugo xanuun.
- Naasahaaga waxa ka iman karo caano.
- Waxaa laga yaabaa in fadhiga iyo jiifka badani ku dhibaant.
- Waa dhib inaad seexatid oo heshid nafisaad.
- Waxaad dareemi kartaa hawada oo kugu yaraata marka ilmahaagu soo riixo sanbabadaada.

- You may need to urinate more often, as the baby's head crowds your bladder. You may leak urine.
- You may have hemorrhoids and heartburn.
- You may sweat and begin to tire more easily.
- You may be tired of being pregnant and ready for delivery.
- Your uterus lowers as the baby drops toward the birth canal. This is called lightening. You may feel pressure low in your pelvis as the baby settles into position for birth.
- The Braxton Hicks contractions are more frequent. **Call your doctor** if you have 4 or more contractions in one hour or if the contractions get stronger and closer together.
- Waxaad dareemi inaad kaadido marrar intii hore ka badan, marka ilmahaaga madaxiisu soo cidhiidhiyo kaadi-haystaada. Waxaa laga yaabaa inay kaadi kaa timaaddo.
- Waxaa kugu dhici kara babaasiir iyo laab-jeex.
- Waxaad noqon kartaa qof u dhidida si ka badan intii hore oo si fudud u daala.
- Waxaad ka daali kartaa inaad sii ahaato xaamilo, oo laga yaabaa inaad jeclaysato inaad umusho.
- Ilma-galeenkaagu wuu soo degaa markasta oo ilmuhu u soo dhawaado marinka dhalmada. Taas waxaa la yidhaahdaa “fududaansho”. Waxaad dareemi kartaa cadaadis hoose oo saarma miskaha waayo ilmaha ayaa soo gala goobta dhalmada.
- Foolqabashadu way soo badataa. **La hadal dhakhtarkaaga** haddii aad dareento 4 ama wax ka badan oo foolqabasho ah saacad gudeheed ama haddii foolqabashooyinku soo xoogeystaan oo isu soo dhawaadaan.

Talk to your doctor or nurse if you have any questions or concerns.

La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac.