

# Healthy Pregnancy Lesson Plans

Sagdyn göwrelilik sapak  
meýilnamalary



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## **Preface**

This book is intended to help nurses, doctors, and Peace Corps volunteers give lessons about healthy pregnancy. The lesson plans can be adapted for one-on-one teaching or for teaching classes of pregnant women. The intent of the book is to save you the time needed to gather information, write a lesson plan, or translate so you have more time to teach.

Activities and visual aids are suggested in some of the lessons. Please use these and your own ideas to help women learn. Handouts are also available in the last section of the book for some of the lessons. They can be photocopied and distributed to the women you teach.

For Peace Corps volunteers: an electronic copy of text of this book is available on the intranet if you want to modify the plans or make revisions and publish the book again.

## **Sözbaşy**

Bu gollanma şepagat uýalary, lukmanlar we Parahatçylyk Korpusynyň meýletinçileri sagdyn göwrelilik barada okuwlary geçende, olara ýardam üçin niýetlenendir. Gollanmada berilýän sapaklaryň meýilnamalaryny göwreli aýallary ýekelikde ýa-da toparlarda okatmaga üýtgedip bolýar. Kitabyň esasy maksady siziň maglumat toplamaga, sapagyň meýilnamasyny ýazmaga, terjime etmäge sarp etjek wagtyňyzy tygşytlamakdyr. Şeýlelikde, siziň okatmaga has köp wagtyňyz bolar.

Dürli gönükmeler we görkezme esbaplar hem kä sapaklaryň meýilnamalaryna goşulandyr. Gollanmada berilýän pikirleri aýallara öwredeniňizde edil öz pikirleriňizi ulanyşyňyz ýaly ulanyň. Käbir sapaklar üçin aýallaryň ellerine berilmeli materýal iň soňky bölümde berilen. Olary köpeldip öz okadýan aýllaryňyza paýlap bilersiňiz.

Göwreli aýallary okatmak saglyk işgärleriniň ýerine ýetirýän iň bir bähbitli işleriniň biri. Eger-de siz şu gollanmany ulanyp, göwreli aýallary okatsaňyz, olara sapaklar berseňiz, onda siz Türkmenistanyň aýallarynyň sagdyn durmuşynyň we sagdyn çagalarynyň bolmagyna kömek edersiňiz.

## “Nutrition” Lesson Plan

In this lesson we will discuss the food pyramid, discuss nutrients that are especially important during pregnancy, and make our own sample menus that meet a pregnant woman’s needs.

### Materials and Visual Aids

For this class you will need to make or find a poster of the food pyramid. A diagram of the food pyramid is in the “Handouts” section at the back of this book. Bring extra paper and pens for making sample menus

### Goals

The women will learn that:

- You need healthy foods to stay healthy and have a healthy baby.
- Eating enough healthy food during pregnancy gives you the strength and energy to give birth.
- You need to get enough iron so your blood is strong in case you loose blood during birth.
- Your body uses healthy foods to help your baby grow and develop properly.
- You need enough iron to make sure there is enough iron in your baby’s blood when she is born.

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### Food Pyramid

The food pyramid is a way to help us understand which kinds of foods we need every day.

- We need more foods from the bottom and fewer foods from the top of the pyramid.
- It is important that we eat foods from every group every day.

*Show the poster of the Food Pyramid and use it to help explain these groups.*

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### Important Nutrients

During pregnancy, protein, iron, and calcium are especially important.

**Protein:** Protein is what our bodies – muscles, skin, hair, and organs – are made of.

- Your body needs extra protein while you are pregnant in order to build the baby inside you.
- While you are pregnant you need more protein than an adult man.

Good protein sources are:

Meat Chicken Fish Cheese Yogurt Milk Beans Peas Nuts Liver Eggs Lentils

**Iron:** Iron is what our bodies use to move the oxygen we breathe from our lungs to our muscles, organs, and brain. It makes our blood strong.

- If we do not have enough iron in our blood it is called anemia.

- People with anemia feel very tired and weak. They cannot think clearly. They look pale.
- Every part of our body needs oxygen. If we don't have enough iron to move the oxygen around, all the parts of our body stop working properly.

Good iron sources are:

Spinach Meat Turkey Liver Beans Peas Dried Fruits Pumpkin Seeds.

Some doctors think that drinking tea during meals keeps your body from absorbing the iron in your food. If you have anemia, wait at least 20 minutes after meals before you drink tea.

**Calcium:** Calcium is what our body builds bones and teeth from.

- Your body needs extra calcium to build your baby's bones.
- You also need calcium to help produce healthy breast milk.

Good sources of calcium are:

Milk Cream Yogurt Sour Cream Cheese Peynir Ice Cream Chekize Fish with bones

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## **Activity**

*Now show the women in your class the following sample menu, or make your own:*

8am: bread, tomato, 1 egg, cheese

10am: apple, bread, yogurt

1pm: soup with meat, noyba, and pumpkin; bread; vegetable salad

6pm: meat and spinach filled dumplings, yogurt, tomatoes

9pm: dried apricots, raisins, or behi bal; bread

*Give the women paper and pens and have them make their own menus.*

*Ask for volunteers to show their menus.*

- Point out which groups of the food pyramid the foods they chose are in.
- Point out which foods have a lot of protein, iron, or calcium.
- Make suggestions for ways they could include more protein, iron, or calcium-rich foods if necessary.

## **Review and Wrap-up**

## “Íýmit Sapagynyň” Meýilnamasy

Bu sapakda biz şu aşakdakylary ara alyp maslahatlaşarys:

- Íýmit piramidasy;
- Göwrelilik döwründe has peýdaly íýmitler;
- Göwreli aýallar üçin peýdaly öz nusga menýularymyzy düzmek .

Näme üçin siziň göwrelilik döwründe iýýän íýmitiňiziň ähmiýeti uly?

- Siziň sagdyn çagany dogurmagyňyz üçin siz sagdyn íýmitleri iýmeli.
- Göwreli mahalyňyz iýen sagdyn íýmitiňiz size çaga dogranyňyzda güýç we kuwwat berýär.
- Siziň sagdyn íýmitleri iýmegiňiz siziň göwräňizdäki çaganyň dogry ösmegine zerurdyr.
- Siziň ganyňyzda demiriň derejesiniň ýeterligi, siziň çagaňyzyň ganynda hem şol derejesiniň ýeterlik bolmagy bilen baglydyr.

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### Íýmit Piramidasy

Íýmit piramidasyň her gün bize nähili íýmitleriň gerekdigine düşünmeklige ýardam etmekligi mümkin.

- Bize piramadynyň aşagyndan köp we ýokarsyndan az íýmitler gerek.
- Biziň her topardan her gün íýmitleri iýmegimiz zerur.

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### Zerur Íýmitler

Göwrelilik döwründe belok, demir we kalsiý aýratyn wajypdyr.

**Belok:** biziň bedenimiz beloklardan düzülendir- muskullar, deri, saç we organlarymyz.

- Göwrelilik döwründe, göwräňizdäki çaganyň ösmegi üçin siziň organizmiňize goşmaça belok gerek.
- Göwrelilik döwründe size uly ýaşly adamlar üçin gerek bolan belokdan köp belok gerek.

Oňat belok çeşmeleri:

Et, towukyň eti, balyk, ýogurt, süýt, noýba, nohut, hozlar, bagyr, ýumurtga, mäş.

**Demir:** Bedenimize demir, biziň dem alýan kislorodymyzy öýkenden muskullara, bedene we beýnä geçirmek üçin gerek. Demir biziň ganymyza güýç berýär.

- Eger-de ganda ýeterlik derejede demir bolmasa onda oňa anemia (az ganlylyk) diýilýär.
- Biziň bedenimiziň her bir bölegi kisloroda mätäç. Eger-de biziň bedenimizde kislorody organizma ýetirmäge ýeterlik demir bolmasa onda biziň bedenlerimiz öz işjeňligini durzar.

Oňat demir çeşmeleri:

Ysmanak, et, hind towugynyň eti, bagyr, hoýba, nohyt, guradylan miweler, kádi çigidi.

Käbir lukmanlar nahar iýýan mahalyň içýän çäýiň, naharyň düzümindäki demiriň organizm tarapyndan sorulyp alynamagyna päsgel berýär diýip haspalaýarlar. Eger-de sizde anemýa bar bolsa onda nahar iýip bolandan soň azyndan 20 minutdan soň çäý içiň.

**Kalsiý:** Biziň bedenimiziň süňkleri we dişler kalsiýden durýar.

- Siziň bedeniňize çaganyň süňkleriniň ösmegi üçin goşmaça kalsiý gerek .
- Şeýle hem kalsiý size sagdyn göwüs süýdüş bolmaklygyna ýardam edýär.

Oňat kalsiý çeşmeleri:

Gaýmak, ýogurt, syr, peýnir, buz gaýmak, çekize, balyk (süňkli kilka).

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## Ýumuşlar

*Aýallara şu aşakdaky menýulary görkez ýa-da özüň düz:*

Sagat: 6 ir bilen: çörek, pomidor, 1 sany ýumurtga, syr

10 gündiz: alma, çörek, ýogurt

1 günorta: etli çorba, noýba, kadi we çörek, gök önümlerden salad

6 giçlik: et we yzmanak börek, ýogurt, pomidor

9 giçlik: guradylan erik, kişmiş ýada behi bally çörek

*Olara ruçka we kagyz berip özlerine menýu düzdür.*

*Meýletinçilerden öz menýularyny özaralarynda bir birleri bilen paýlaşmaklaryny sora.*

- Haýsy iýmit toparlarynyň iýmit piramidasyndan alynanlygyny aýt.
- Haýsy iýmitlerde belogyň, demriň, kalsiniň köplüginini aýt.
- Iýmiti belok, demir, kalsiý bilen nahili baýlaşdyrmaklygyň ýollaryny, egerde gerek bolsa, maslahat ber.

## Sapagy Jemlemek we Gutarmak

## “Reproductive System” Lesson Plan

In order to understand their pregnancy and the process of childbirth, women need to have a good understanding of the anatomy and the functions of their own reproductive system and the male reproductive system. This session will provide that background.

### Materials and Visual Aids

For this class you will need to find or make a poster of the anatomy of the male and female reproductive systems. A simple calendar may also be useful.

### Goals

- The women will understand the parts of their own reproductive system.
  - The women will understand the parts of the male reproductive system.
  - The women will gain a basic understanding of the menstrual cycle.
  - The women will understand how pregnancy occurs.
- 

### The Female Reproductive System

*Introduce the topic to the class. Explain that what is learned in this class will help them to understand the information about pregnancy in the future classes about the stages of pregnancy, the stages of labor, and common problems during pregnancy and childbirth.*

*Show the women the parts of the female reproductive system on the poster you have, explaining each one.*

#### Internal:

Uterus – This is the hollow organ where a baby develops. In non-pregnant women it is about the size of a closed fist.

Ovaries – These are two small organs on either side of the uterus. They contain all of a woman’s egg cells and release one each month. They also make hormones that control menstruation and pregnancy.

Fallopian Tubes – These two thin tubes run from the uterus to the ovaries. The egg cells travel through them to the uterus.

Cervix – This is the narrow bottom part of the uterus where it meets the vagina. It has a very small opening, but opens to allow the baby through during childbirth.

Vagina – This is the passage from the uterus to the outside of the body.

#### External:

Labia Majora – The outer folds of skin around the vagina.



Labia Minora – The inner folds of skin around the vagina.

Clitoris – The small, sensitive piece of tissue above the urethra.

Urethra – The urinary opening.

Vaginal Opening – The external opening of the vagina.

Hymen – The thin membrane over part of the vaginal opening that is sometimes present in women who have not yet been sexually active.

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## **The Male Reproductive System**

*Explain that in order to understand how pregnancy occurs, one must also understand the anatomy of the male reproductive system.*

*Show the women the parts of the male reproductive system on the poster you have, explaining each one.*

Internal:

Testes – Two organs hanging behind the penis that produce sperm. Sperm are the male cells that combine with one of a woman's egg cells when pregnancy occurs.

Seminal vesicles – These organs store the sperm.

Vas deferens – These tubes connect the testes to the seminal vesicles and the passage out through the penis.

External:

Scrotum – A pouch-like structure that contains the testes.

Penis – During sexual intercourse sperm pass through this organ into the vagina. If a mature egg is present in the fallopian tube, the sperm can fertilize it.

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## **The Menstrual Cycle**

*Explain the menstrual cycle, and when pregnancy can occur. A diagram may be helpful.*

The menstrual cycle is the cycle during which a woman's ovary produces a mature egg cell and her uterus forms a lining that could nourish a developing baby. If pregnancy does not occur, this lining is shed as menstrual flow.

For most women, the menstrual cycle lasts between 21 and 35 days. The average is 28 days. This is the length of time between the start of one period and the start of the next one. Here are the steps of the process:

- After menstruation ends, one of the ovaries begins to make an egg mature.
- The uterus begins to make a thick lining.
- Between 12 and 16 days after the start of the last period, the ovary releases a mature egg. This is called ovulation.
- The mature egg travels through the fallopian tube to the uterus. If it is fertilized by sperm, that will happen in the fallopian tube.
- If the egg is fertilized, it will attach to the lining of the uterus and begin to develop into a baby.
- If the egg is not fertilized, it and the lining of the uterus will be released as menstrual flow, and the cycle will start again.

The part of this cycle during which a woman can become pregnant if she has sexual intercourse is approximately between the 12<sup>th</sup> and 20<sup>th</sup> day after the start of the last period.

Many different hormones are involved in this process. Hormones from the brain tell the ovaries to make an egg mature. Hormones from the ovaries tell the uterus to build a new lining. In addition to causing these changes, the hormones can affect our moods and emotions. Hormones during pregnancy can also do this. Some women also have abdominal cramps or back pain during or before their period.

*Have the women in your class get into pairs. Ask them if they have ever noticed discomforts or changes in their mood around their period. Ask them if they have noticed changes during their pregnancy. Have them discuss with each other how they cope with these changes and then discuss as a group.*

*Explain the benefits of keeping track of your menstrual cycle:*

- You know when you will probably start your period.
- You know when you are most and least likely to become pregnant.
- If you are pregnant you can figure out when your baby should be born.
- You may be able to understand why you feel moody sometimes, which can help you cope with those feelings.

*Show the women how to use a calendar to mark the day their period starts and count the length of their own menstrual cycle.*

## **Review and Wrap-up**

## “Reproduktiv Ulgam” Sapagynyň Meýilnamysy

Aýallaryň göwrelilik hem-de çaga doguryş prosessine düşünmekleri üçin, olaryň anatomiýa we özleriniň reproduktiv ulgamlarynyň funksiýalaryny we erkek adamlaryň reproduktiv ulgamlaryna gowy düşünmekleri gerek. Bu sapakda şol barada düşünje beriler.

### Materýallar we Görkezme Esbaplar

Bu sapak üçin siz aýal hem-de erkek reproduktiv ulgamlarynyň suratyny (şekilini) tapmaly ýa-da çyzmaly bolarsyňyz. Ýönekeýje kalendar hem peýdaly bolup biler.

### Maksatlar

- Aýallar özleriniň reproduktiv ulgamlaryna düşünerler.
- Aýallar erkek adamlaryň reproduktiv ulgamlaryna düşünerler.
- Aýallar aýbaşy (bil açylma) sikli barada esasy düşünjäni alarlar.
- Aýallar nähili göwreli bolunýandygyna düşünerler.

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### Aýallaryň Reprodukativ Ulgamy

*Temany düşündir. Soňra şu sapakda öwrenilen zatlaryň göwrelilik baradaky düşünelere düşünmeklige ýardam edýänligini we geljekki sapaklarda göwreliligiň basgançaklary, çaga doguryş basgançaklary we göwrelilik döwründe, çaga doguranda umumy duş geliniň kynçylyklar barada gürrüň ber.*

*Suratdan peýdalanyň, aýallara aýallaryň reproduktiv ulgam bölekleri barada gürrüň ber, her birini aýratynlykda düşündir.*

#### Içerki:

Ýatgy – Bu boş beden (organ) bolup onda çaga döreyär. Göwreli bolmadyk aýallarda ýatgy ýumrugyň ulylygynda bolýar.

Ýumurtgalyklar – Bu iki sany kiçijik bedenler ýatgynyň iki gapdalynda ýerleşýärler. Olar aýalyň ähli ýumurtga öýjüklerini özlerinde saklap, her aýda birini çykarýarlar. Şeýle hem olar garmonlary işläp çykaryp aýbaşyny we göwreliligi ugrukdyrýarlar (sazlaýar).

Falopiýew turbalary – Bu iki inçe trubalar ýatgydan ýumurtgalara çenli barýar. Ýumurtga öýjükleri bu turbalar arkaly ýatga barýar.

Ýatgyň boýunjygy – Ýatgynyň jynshana (wagina) bilen birleşýän dar aşak bölegi. Onuň örän kiçijik deşigi bar, ýöne çaga dogrulyan wagtynda ol çaga çykmak üçin açylýar.

Jynshana (wagina) - Ýatgydan daşky bedene geçelge.

#### Daşky:

Daşarky uly dodaklar – Jynshananyň töweregindäki daşky deri gatlaklary.

Içerki kiçi dodaklar – Jynshananyň töweregindäki içki deri gatlaklary.

Kinnik (klitor) – Peşew çykaryş ýolynyň ýokarsyndaky kiçi, duýgur dokuma bölegi.

Peşew çykaryş ýoly – Peşew deşigi.

Jynshana deşigi – Jynshananyň daşky deşigi.

Gyzlyk perdesi – Jynsy aragatnaşyk etmedik aýallarada, jynshananyň deşiginiň ýuka perdesi.

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## **Erkekleriň reproduktiv ulgamy**

*Nähili göwreli bolunýandygyny bilmek üçin erkekleriň hem reproduktiv ulgamynyň anatomiýasyny bilmelidigini düşündir.*

*Suratdan peýdalanyň, aýallara erkekleriň reproduktiv ulgam bölekleri barada gürrüň ber, her birini aýratynlykda düşündir.*

Içki:

Erkeklik tohumlyklary – Iki sany organ ujytyň arka tarapynda sallanyp durýar we tohum suwuklygyny (sperma) öndürýär. Tohum suwuklygy – erkeklik öýjükler aýallaryň bir ýumurtgalyk öýjükleri bilen birleşse onda aýal göwreli bolýar.

Tohum haltajyklary – Bu organlar tohum suwuklygyny saklaýarlar.

Tohum akalgasy – Bu turbajyklary erkeklik tohumlyklaryny tohum haltajyklary bilen birleşdirýärler we tohum suwuklygyny ujutdan daşa çykaryjyrlar.

Daşky:

Tohum haltasy – Haltajyga meňzeş, erkeklik tohumlyklaryny (ýumurtgajyklary) saklaýar.

Ujyt – Jynsy aragatnaşyk mahalynda tohum suwuklygy şu organ arkaly jynshana geçýär. Eger-de fallopiýew turbajygynda ýetişen ýumurtga bar bolsa onda tohumlyk suwuklygy ony tohumlandyryp bilýär.

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## **Aýbaşy sikli**

*Aýbaşy siklini we haçan göwreli bolunýandygyny düşündir. Dýagrammadan peýdalansaň gowy bolar.*

Aýbaşy sikli – Bu aýalyň ýumurtgalygynyň ýetişen ýumurtga öýjüginde döredýän (öndürýän) döwri we onuň ýatgysynda gatlak emele gelip, döreýän (osýän) çagany iýmitlendirýär. Eger-de aýalda göwreli bolmaklyk amala aşmasa onda aýalyň bili açylyp, şol gatlak daşary çykarylýar.

Köp aýallarda aýbaşy sikli 21– günden 31 güne çenli aralykda bolýar. Ortaça 28 gün aralykda. Bu şol bil açylmaklygyň başlanýan wagtyndan indiki bil açylmaklygyň başlanýan wagtyna çenli bolan aralyk.

- Bil açylma gutarandan soň, ýumurtgalyklaryň biri ýumurtgany ýetişdirip başlaýar.
- Ýatgyda galyň gatlak döräp başlaýar.
- Soňky bil açylmanyň başlanan gününden 12-16 gün geçensoň ýumurtgalykdan ýetişen ýumurtga bölünip aýrylýar. Muňa owulýasiýa (ýumurtgadan öýjügiň bölünip aýrylyşy) diýiliýär.
- Ýetýşen ýumurtga falopiyew turbajygynyň üsti bilen ýatga barýar. Ýetişen ýumurtganyň tohumlyk suwuklygy bilen tohumlanmagy, falopýew turbajygynyň içinde bolup geçýär.
- Eger-de ýumurtga tohumlandyrylan bolsa onda ol ýatgynyň içindäki gatлага ýelmeşýär we çaga döreyär (aýal göwreli bolýar).
- Eger-de ýumurtga tohumlanmadyk bolsa onda ýatgynyň içindäki gatlak bil açylma akymy bilen daşary çykarylýar we sikl ýene-de gaýtadan başlanýar.

Eger-de soňky bil açylmanyň başlanan gününden soň 12-ji we 20-ji günlerde jynsy aragatnaşyk edilse aýal göwreli bolup biler.

Bu prosesse köp dürli garmonlar gatnaşýar. Beýnidäki garmonlar ýumurtgalyga ýumurtga ýetişdirmekligi aýdýar. Ýumurtgalykdaky garmonlar ýatga täze çzyk gurmaklygy aýdýar. Bu üýtgeşmelerden başgada, garmonlar biziň duýgymyza, keýpimize hem täsir edip bilerler. Göwrelilik döwründe hem garmonlar munu edip bilerler. Käbir aýallarda bil açylmanyň öň ýanyndan öň ýa-da soňunda garyn muskullarynyň dartylmasy ýa-da arkada agyry bolýar.

*Topardaky aýallary iki ikiden oturdyň. Olardan bil açylmanyň öň ýanynda we soňundan özlerinde käbir oňaýsyzlyklary duýýandyklary ýa-da keýpleriniň üýtgeýänligi barada sora Aýallardan göwreli wagtlarynda özlerinde bolup geçýän üýtgeşmeler barada sora. Olar ikibir we soňra topar bolup şu üýtgeşmeleriň nähili hötdesinden gelendiklerini (ýeňip geçendiklerini) ara anyp maslahatlaşsynlar.*

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*Aýallara bil açylma sikliniň hasabyny ýöretmekligiň peýdasyny düşündir:*

- Sen haçan biliň açyljakdygyny öňünden bilýäň.
- Sen haçan göwreli bolmak mümkinçiliginiň has ýokarydygyny we haçan hem bu mümkinligiň has pesdigini bilýäň.
- Eger-de sen göwreli bolsaň, sen haçan çagaň dogulmaly möhlertini hasaplap bilýäň.
- Sen näme üçin käwagtlar keýpiň ýoklugyna düşünersiň we bu bolsa saňa şol duýgularyň hötdesinden gelmäge ýardam berer.

*Aýallara bil açylanda kalendary nähili ulanmalydygyny, onuň başlanan gününden hasaplap olara özleriniň bil açylma siklini hasaplamagy öwret.*

## **Sapagy Jemlemek we Gutarmak**

## “Stages of Pregnancy” Lesson Plan

To help women have a safer and more comfortable pregnancy, it is important for them to know what to expect during the different stages of pregnancy. This session will provide information about the baby’s development, normal changes and discomforts during pregnancy, and changes that could signal a problem with the pregnancy.

### Materials and Visual Aids

For this class you will need to find or make a poster showing the appearance of the fetus in the uterus during different stages of pregnancy. You could use the Peace Corps “Pregnancy Corridor Posters.”

### Goals

- The women will understand basic fetal development throughout pregnancy.
- The women will understand normal changes women experience during pregnancy.
- The women will learn some strategies to relieve common discomforts encountered during pregnancy.
- The women will be able to identify problems that must be evaluated by a doctor if they occur during pregnancy.

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### Stages of Pregnancy

*Introduce the topic to the class. Explain that what is learned in this class will help them be more comfortable during their pregnancy, and will help them know which problems are normal and which must be treated by a doctor.*

*Explain that:*

- Pregnancy lasts for 9 months.
- Women should see their doctor as soon as possible when they think they are pregnant.
- From the beginning to the end of pregnancy the baby grows and develops and mothers notice different changes.

*Ask the women how many months pregnant they are, and have them keep that in mind during the session. Use the poster you have to go through the stages of pregnancy and describe the changes in the fetus.*

#### **First Month:**

- Embryo is the size of an apple seed.

#### **Second Month:**

- Between the size of a pea and a grape.
- The heart begins to beat.
- Tissue that will become the skin, bones, muscle, and organs forms.

#### **Third Month:**

- Five centimeters.
- Has ears, fingers, and toes.

- Begins to move, but it is too small for moving to be felt by mother.

**During months 1 – 3 it is normal for mothers to have:**

- Nausea or vomiting.  
It may help to eat small often and avoid oily or fatty food.
  - Tiredness.  
You should sleep at least 8 hours every night and try to rest when you feel tired.
  - Frequent urination.
  - Tender breasts.
- 

**Fourth Month:**

- Weighs 100 grams.
- Has eyebrows and eyelashes.

**Fifth Month:**

- Weighs 350 grams.
- By this month mothers usually have felt the fetus move for the first time. It feels like a flutter or tickling.

**Sixth Month:**

- Weighs 1 kilogram.
- Begins to kick a lot.

**During months 4 – 6 it is normal for mothers to have:**

- Tiredness.
  - Backache.  
It may help to wet a towel with hot water, wrap it in a plastic bag, and use it as a compress.
  - Skin color changes.
  - Women begin to look pregnant around this time
- 

**Seventh Month:**

- Weighs 1.7 kilograms.
- Eyes open.
- Can hear and recognize parents' voices.

**Eighth Month:**

- Weighs 2 kilograms
- Turns “upside-down” (head down, buttocks up).
- Moves a lot.

**Ninth Month:**

- Weighs 3 kilograms.
- Will be born after the ninth month.

**During months 7 – 9 it is normal for mothers to have:**

- Tiredness.
- Backache.
- Cramps in legs.  
    Stretching, exercise, and drinking plenty of fluids may help.
- Frequent urination.
- Heartburn and gas.  
    Do not lie down right after eating avoid oily foods.
- Constipation.  
    Eat plenty of fruits and vegetables and drink clean, boiled water.
- Varicose veins.  
    Sit with your feet resting above the level of your heart.
- Mild swelling in hands and feet.  
    Sit with your feet above the level of your heart, drink plenty of fluids, and avoid very salty food.
- Stretch marks on abdomen or breasts.

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*Have the women get into pairs and talk to each other about the discomforts they have had in their pregnancies and how they cope. Share as a group.*

*Explain to the women that the following symptoms are not normal during pregnancy and they should go to the clinic or see a doctor as soon as possible if any of them happen:*

- Bleeding from vagina.
- Severe abdominal pain.
- Fluid from vagina that is green or foamy or smells bad.
- Yellow color to the whites of eyes.
- Pain with urination.
- Fever or chills.
- Continuous nausea or vomiting that prevents you from getting any fluids or food.
- Very bad headache, blurred vision spots before eyes or extreme swelling of legs.
- Shortness of breath.

**Review and Wrap-up**



## “Göwreliligiň Basgançaklary” Sapagynyň Meýilnamasy

Aýallarda göwreliligiň howpsyz we oňaly bolmaklygy üçin olaryň göwreliligiň dürli basgançaklarynda, olarda nähili üýtgeşmeleriň bolup geçýänligini bilmekleri zerur. Bu sapagymyz çaganyň ýatgydaky ösüşi, göwreliligiň dowamyndaky kadaly üýtgeşmeler we näsazlyklar we göwrelilik bilen baglanyşykly problemanyň barlygyny duýdyrýan üýtgemeler barada maglumatlar bolar.

### Materiallar we Görkezme Esbaplar

Bu sapak üçin size göwreliligiň dürli basgançaklarynda ýatgydaky düwünçegiň keşbini görkezmek üçin suratlary tapmak ýa-da özüňiziň taýýarlamagyňyz gerek. Siz Parahatçylyk korpusynyň “Göwrelilik Suratlar Koridory” diýlip atlandyrylýan surtalar toplumyny ulanyp bilersiňiz.

### Maksatlar

- Aýallar göwreliligiň dowamynda düwünçegiň ösüşiniň esasyňa düşünerler.
- Aýallar göwreliligiň dowamynda, aýallaryň başdan geçirýän kadaly üýtgeşmelerine düşünerler.
- Aýallar göwreliligiň dowamyndaky tötänden duş gelyän umumy näsazlyklary ýenilleşdirmekligiň käbir strategiýalaryny öwrenerler.
- Aýallar göwreliligiň dowamynda duş gelyän aladalaryň (problemalaryň) lukman tarapyndan bejerilmelidigine düşünerler.

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### Göwreliligiň Basgançaklary

*Diňleýjileri tema bilen tanyşdyr. Olara, şu sapakda öwreniljek temanyň, göwrelilik döwrüniň has oňaly geçmegine ýardam berjekdigini we haýsy aladalaryň (problemalaryň) kadalydygyny, haýsynyň bolsa lukman tarapyndan bejerilmelidigini düşündir.*

#### **Şulary düşündir:**

- Göwrelilik 9 aý dowam edýär.
- Aýallar özlerini göwreli diýip pikir eden dessine, mümkin boldugyndan tiz lukmana görünmeli.
- Göwreliligiň başyndan aýagyna çenli çaga ösýär we eneler dürli üýtgeşmeleri duýýarlar.

*Aýallardan, olaryň näçe aý göwrelidikleri barada sora we sapagyň dowamynda şony ýadynda saklamagyny aýt. Göwreliligiň basgançaklary suratlaryny ulanyp, düwünçekde bolup geçýän üýtgeşmeleri düşündir.*

#### **Birinji Aý:**

- Düwünçek (embrýon) alma çigidiniň ulylygynda.

#### **Ikinji Aý:**

- Nohudyň we üzümüň ulylygy aralaygynda.
- Ýüregi urup başlaýar.

- Dokuma derä, sünkler, muskula öwrülýär we organlar döreyär.

### **Üçünji Aý:**

- Bäş santimetr.
- Gulaklary, el we aýak barmaklary bar.
- Hereket edip başlaýar, ýöne herekedini ejesiniň duýaryndan has kiçi.

### **1 -3 aýlykda enelerde şularyň bolmagy kadaly hasaplanýar:**

- Ýurek bulanma ýa-da gaýtarma.  
Muňa tiz-tizden az iýmeklik we ýagly iýmitten gaça durmaklyk ýardam edýär.
  - Ýadawlyk.  
Siz hiç bolmanda, her gije 8 sagat uklamaly we ýadawlygyňyzy duýan wagtyňyz dynç almaly.
  - Ýygy-ýygydan buşugmak (peşew çykarma).
  - Göwusleri ellaniňde agyry duýulýar.
- 

### **Dördünji Aý:**

- 100 gram agramy bolýar.
- Gaşlary we kirpikleri bar.

### **Bäşinji Aý:**

- 350 gram agramy bolýar.
- Şu wagta eneler adaty düwünçegini herekedini ilkinji gezek duýýarlar. Ol edil titrän ýa-da gyjyklan ýaly bolýar.

### **Altynjy Aý:**

- Bir kilogram.
- Köp depip başlaýar.

### **4 -6 aýlykda enelerde şularyň bolmagy kadaly hasaplanýar:**

- Ýadawlyk.
  - Bil agyrmagy  
Polotensany yssy suw bilen ölläp, oňa plastik butylkany dolap, kompres hökmünde ulanmaklyk ýardam berýär.
  - Deriniň reňki üýtgeýär.
  - Aýal göwrelä meňzap başlaýar.
- 

### **Ýedinji Aý:**

- 1 kilo700 gram.
- Gözleri açyk.
- Eşidip bilýär we ata-enesiniň sesini tanaýar.

### **Sekizinji Aý:**

- Iki kilogram bolýar.
- Aşak-ýokary (kellesi aşaga, otyryer tarapy ýokara ) öwrülýär.

- Köp hereket edýär.

### **Dokuzynjy Aý:**

- 3 kilogram bolýar.
- 9 aýdan soň dogulýar.

### **7-9 aýlykda enelerin şulary duýmaklary kadaly hasaplanýar:**

- Ýadawlyk
- Bil agyrma
- Áýaklaryň muskullarynyň çekilmesi.  
Uzaltmak üçin maşklar we köp suw içmekligiň kömek etmegi mümkin.
- Tiz-tizden buşugmak.
- Sary gaýnama we gaz  
Nahary iýen badyňa ýatma we ýagly iýmitden gaça dur.
- Içgatama  
Köpräk miwe we gök önümleri iý, gaýnadylan, arassa suw iç.
- Wena gan damarynyň warikoz giňimegi.  
Áýaklaryň ýüregiň derejesinden ýokarda bolar ýaly edip otur.
- Ellerde we áýaklarda ýeňil çiş.  
Áýaklaryň ýüregiň derejesinden ýokarda bolar ýaly edip otur, köpräk suwuklyk iç we duzly iýmit iýmekden gaça dur.
- Garynda we göwuslerde yzyn çyzyklar.

*Aýýallar iki ikiden bolup, özleriniň göwrelilik döwründe başdan geçiren oňaýslyklary we olaryň nähili hötdesinden gelendikleri barada gürrüň etsinler .*

*Aýallara şu aşakdaky alamatlaryň göwrelilik döwründe kadaly dældigini, eger-de şeýle ýagdaýlar ýüze çykaýsa, olaryň mümkin boldugyça tiz lukmana ýa-da klinika ýüz tutmalydygyny düşündir.*

- Jynshanadan gan gitmegi.
- Garyndaky güýçli agyry.
- Jynshanadan ýaşyl ýa-da köpürjikli ýa-da erbet ysly suwuň gelmegi.
- Gözüň agynyň saralmagy.
- Agyry bilen buşugmak.
- Gyzdyrma we sowuklama.
- Siziň iýmit iýmegiňize ýa-da suwuklyk içmegiňize päsgel berýän zzygider ýürek bulanma we gaýtarma.
- Güýçli kelle agyry, bulaşyk görmeklik, gözüň önünde tegmiltler, ýa-da áýaklaryň çenden aşa çişmegi.
- Dem alyşdaky kynçylyk (demgysma).

### **Sapagy Jemlemek we Gutarmak**

## “Labor and Relaxation” Lesson Plan

Many pregnant women have a lot of fears about labor and birth. If they know what to expect, they will have less fear, and a better ability to contribute to a satisfying and safe birth. This session will provide facts about labor and relaxation strategies that can be used during labor.

### Materials and Visual Aids

For this session you will need paper or poster board with holes cut to 3cm, 7cm, and 10cm. A poster showing with a picture showing the reproductive anatomy of a 9 months pregnant woman would be very useful.

### Goals

- The women will understand the physical changes during the three stages of labor.
  - The women will become familiar with ways they can help their own labor go smoothly.
  - The women will develop relaxation skills to cope with pain during labor.
- 

### Labor and Delivery

*Introduce the topic to the class. Explain that knowing what to expect during labor and delivery will help them have less fear, and they will enjoy the birth more and feel less pain.*

*Explain that every woman is different. Some women have short labors and some long. Some do not feel all of the symptoms we will discuss and some do. If everything we discuss does not happen during your labor, it does not mean that you or your baby are not healthy.*

*Ask the women if any of them have fears about labor and birth. Ask what they worry about and make a list. Try to address all of their concerns during the class.*

### Signs that labor has started:

- Contractions begin and increase in frequency, strength, and regularity.
- Contractions do not stop if you change position or do something active.
- Pain from contractions begins in the lower back and spreads to the abdomen.
- You may have pinkish or blood-streaked discharge.
- The bag of fluid the baby is in may break, and you may feel a gush or a trickle of liquid. In 15% of women, this happens before labor begins.

### Stages of Labor

*Remind the women of the reproductive anatomy that they learned in earlier sessions. Explain the stages of labor. Show the pieces of paper with holes cut to explain the dilation of the cervix.*

#### Early Stage:

- The longest and least intense stage of labor.
- The cervix thins and opens to 3 centimeters.

- This stage may take place over days without uncomfortable contractions. Some women may not even notice it.
- It may take only 2 to 6 hours with very noticeable contractions.
- Women usually should go to the maternity hospital at the end of this phase.
- During this time women may feel a backache, cramps like menstrual pain, upset stomach, or diarrhea.

#### Second Stage:

- Usually this stage is shorter than the first stage, between 2 and 3 ½ hours.
- The cervix opens to 7 centimeters.
- Contractions become stronger, longer, and closer together. They may be about 3 to 4 minutes apart and 40 seconds to 1 minute long.
- The bag of fluids may break now if it did not break earlier.

#### Third Stage:

- The most physically demanding and exhausting stage of labor.
- The cervix opens to 10 centimeters, wide enough to deliver the baby.
- Contractions are about 2 to 3 minutes apart and 1 to 1 ½ minutes long.
- This stage usually takes 15 minutes to one hour.

#### **Relaxation Techniques:**

*Tell the women that now we will practice a relaxation technique that they can use during their labor and learn some others.*

*Give instructions to the women in a calm, soothing voice.*

*Ask them all to close their eyes. Ask them to clear their mind of all their thoughts and just focus on breathing in and out. Ask them to think about the tips of their toes. Ask them to focus on relaxing the tips of their toes, and letting all of the tension out of their toes. Have them do the same with their legs, then their knees, thighs, abdomen, back, shoulders, arms, fingers, neck, and finally their forehead. Give these instructions one body part at a time, repeating all of the instructions with each one. Then ask the women to slowly open their eyes.*

*Ask if they feel more relaxed. Explain that this technique is useful for them between contractions to help them feel less pain and save their energy for the delivery.*

Some other relaxation techniques include:

- Focusing on a place you like very much and imagining you are there in every detail.
- Focusing your mind on imagining that all of your pain or worries are like air and imagining them floating out of your body and being blown away.
- Focusing on relaxing every muscle in your face. Start with your chin, then cheeks, ears, nose, the spot between your eyebrows, and finally your forehead.

## **Ways to Cope During Labor:**

### Early Stage:

- Go for walks around your room or the hospital: This distracts you from pain you might feel. It also makes labor shorter and uses gravity to help thin and open the cervix.
- Do something to relax and distract yourself: Play cards, play a board game, read a book, knit, or do anything that helps you relax.
- If you are hungry, have a small meal to give you energy you will need later. Do not eat anything heavy or difficult to digest like meat, milk products, or oily foods. Bread and fruit or vegetables are good choices.

### Second Stage:

- Make an effort to relax between contractions. This helps you save energy you will need later to deliver your baby. If you like them, you can use the relaxation exercises we learned in class.
- Walk around and change position often if you can and it makes you more comfortable.
- Remember to urinate if you need to. If your bladder is full it can make your labor slower.
- Remember that with every contraction you are a little bit closer to seeing your baby.
- If a friend or relative is with you, it may help for them to massage your back or abdomen.

### Third Stage:

- Remember this is the shortest part of your labor and you are almost done.
- You may feel like you need to push at this time. If the nurses or doctors tell you not to, don't. Pushing before the cervix is open enough can cause the cervix to swell and make labor take longer. If you feel the need to push, try blowing out instead, as though you were blowing out a candle.
- Keep trying to relax as much as you can between contractions. Continue to use the relaxation techniques if they are helpful.

## **Review and Wrap-up**

## “Dogrum we Gowşamaklyk” Sapagynyň Meýilnamasy

Göwreli aýallaryň köpüsinde dogrum we dogulyş barada köp gorkular bar. Eger-de olar näme garaşmalydygyny bilseler onda olarda gorky az bolar we kanagatlanarly, sagdyn dogyrmaklyga goşant goşmaklyga oňat ýagdaýda bolarlar. Bu sapagymyзда çaga doguranda ulanylýan, dogrum we gowşamak (relaksasiýa) strategiýalary baradaky mysallar berilýär.

### Materiallar we Görkezme Esbaplar

Bu sapak üçin size 3sm, 7sm we 10sm deşikleri bolan kagyz ýa-da plakat gerek bolar. Dokuz aýlyk göwreli aýalyň reproduktiw anatomiýasyny görkezýän surat bu sapak üçin örän peýdaly bolar.

### Maksatlar

- Aýallar dogrumyň üç tapgyrynda bolup geçýän fisiki üýtgeşmelere düşünerler.
- Aýallar dogrumyň sag salamat geçmekligi üçin öz-özlerine kömek etmekligiň ýollary bilen tanyş bolarlar.
- Aýllar dogrumdaky agyrynyň hötdesinden gelmek üçin gowşaýyş tejribelerini kämilleşdirerler.

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### Dogrum we Dogulyş

*Bu temany klasa düşündir. Olara dogurmak we dogulyş mahalynda näme garaşmalydygyny bilmeklik, olaryň gorkysynyň kemelmegine ýardam eder, olar çaga dogurmadan köpräk lezzet alarlar we agyryny azrak duýarlar.*

*Olara her bir aýalyň öz aýratynlygynyň barlygyny düşündir. Käbir aýyallarda dogurmaklygyň gysga, käbirinde hem uzak bolýar. Käbirleri bisiň gürrüňini etjek alamatlarymyzy duýmaýarlar, käbirleri duýýar. Eger-de biziň gürrüňini edýän alamatlarymyzyň hemmesi siziň çaga doguryan mahalyňyz bolup geçmese onda bu siziň ýa-da siziň çagaňyzyň sagdyn dældigini aňlatmaýar.*

*Aýallardan çaga dogurmak we çaga dogulyşy barada gorkyňyz barmy diýip sora. Olary biynjalyk edýän zatlary sora we olary ýazyp al. Olary biynjalyk edýän ähli aladalary sapagyň dowamynda agzap geçmeklige çalyş.*

### Dogrumyň Başlanýanlygynyň Almatlary:

- Burgylar başlanýar we ýygylygy (tiz-tizdenligi) güýçliligi we zygiderligi artýar.
- Eger-de ýagdaýyňyzy üýtgetseňiz ýa-da işjeň hereket etseňiz burgylar galmaýar.
- Burgynyň agyrysy arkanyň aşak tarapyndan başlanýar we garyna ýaýraýar.
- Gülgün reňkli ýa-da ganjymak suwuklyk bölünip çykýar.
- Suwuklykly, içi çagaly haltanyň ýarylmagy mümkin we siz suwuklygyň akýanlygyny duýup bilersiňiz. Aýallaryň 15%-de bu ýagdaý dogrum başlamazdan oň bolýar.

### Dogrumyň Tapgyrlary

*Aýallara öňki sapaklarda öwrenilen aýallaryň reproduktiv antomiýasyny ýatlat. Dogrumyň tapgyrlaryny düşündir. Ýatgynyň boýunjygynyň giňelmesini (dilyatasiýany) düşündirmek üçin deşilen kagyz böleklerini görkez.*

**Ilkinji Tapgyr:**

- Has uzak we az dartgynly dogrum tapgyry.
- Ýatgynyň boýunjygy inçelýär we 3sm açylýar.
- Bu tapgyr birnäçe günläp ýakymsyz burgysyz dowam etmegi mümkin. Käbir aýallar ony duýmaýarlar hem.
- Bu birgular has mese-mälim duýulýan burgular we olaryň diňe 2 sagatdan 6 sagada çekmegi mümkin.
- Aýallar adatça bu fazanyň soňunda bäbekhana gitmeli.
- Bu wagtda aýallar arka agyrysyny, aýbaşydaky ýaly agyryny, aşgazan näsazlyklaryny, içgeçmäni duýmaklary mümkin.

**Ikinji Tapgyr:**

- Adatça bu tapgyr birinji tapgyrdan gysga bolýar, 2 we 3 ½ sagat aralygy.
- Ýatgynyň boýunjygy 7sm açylýar.
- Burgular güýçli bolýar, wagty köpräk we arasy gysga bolýar. Bular 3-4 minut aralyk bilen we 40 sekuntadan 1 minuda çenli dowam edýär.
- Suwuklykly halta eger-de irräk ýarylmadyk bolsa indi onuň ýarylmagy mümkin.

**Uçünji Tapgyr:**

- Dogrumyň has köp fiziki güýç talap edýän we gaty ýadaýan tapgyry.
- Ýatgynyň boýunjygy 10 sm açylýar, çaganyň dogulmagy üçin ýeterlik giňlikde.
- Burgylaryň aralygy 2-3 minut we dowamlylygy 1 minutdan 1½ minuta çenli.
- Bu tapgyr adatça 15 minutdan 1 sagada çenli bolup biler.

**Gowşaşmaklygyň Usullary:**

*Aýallara häzir gowşamaklygyň usullaryny türgenleşjekdigimizi we çaga doguran mahallary su öwrenenlerini ulanyp biljekdiklerini we başgada birnäçe zatlary öwrenjekdigimizi aýt.*

*Aýallara arkaýyn, rahatlandyryjy ses bilen görkezmeler ber.*

*Olardan gözlerini ýummaklaryny haýyş et. Olaryň bar oý-pikirlerini unudyp bar ünsüni diňe dem almaga we dem çykarmaga bermelidiklerini aýt. Olara aýaklarynyň barmaklarynyň ujy barada pikirlenmeklerini aýt. Olaryň aýaklarynyň barmaklaryny gowşatmaklaryny we dartgynlylygy aýaklaryň barmaklaryndan çykarmagy aýt. Ondan soňra aýaklary, dyzlary, uýluklary, garny, arkasy, eginleri, elleri barmaklary, boýny, we soňunda maňlaýy bilen edil ýokarda aýdylyşy ýaly etmelidiklerini aýt. Her bir beden agzasy üçin ýeke-ýekeden görkezme ber, ýagny şol aýdylanlary her gezek bir beden agzasy üçin gaýtala. Soňra aýallara ýuwaş-ýuwaşdan gözlerini açmalydyklaryny aýt.*

*Olardan özüňizi gowşaşan ýagdaýda duýýaňzmy diýip sora. Olara bu usulyň burgularyň aralaygynda peýdalydygyny, ýagny agyryny azaldyp, güýjüňi dogurma üçin saklamaga kömek edýänligini düşündir.*



Gowşaşmaklygyn käbir başga usullaryna şular girýär:

- Bar ünsüni özüniň has gowy görýän ýeriňe gönükdirmek we seniň bar ünsüniň şol ýerdedigini göz öňüne getirmek.
- Bar ünsüni, seniň bar agyryň ýa-da alada goýýan zadyň edil howa ýalydygyna we seniň bedeniňden onuň howa akymy ýaly çykyp gidýändigini göz öňüne getirmeklige jemle.
- Ýüzüňdäki her bir muskuly gowşatmaklyga ünsüni jemlemek, eňekden başla, soňra ýaňaklar, gulaklar, burun, iki gaşyň arasy, we soňunda maňlaý.

### **Dogrumy Ýeňilleşdirmekligiň Ýollary**

Birinji Tapgyr:

- Öz otagyňda ýa-da keselhanada eýläk-beýläk ýöre. Bu seniň ünsüni agyryny duýmakdan sowmaga ýardam eder, Seýle hem, bu dogrumyň wagtyny gysgaldýar we bäbegiň agramy ýatgynyň boýunjygynyň inçelmegine getirýär we onuň açylmagyna ýardam edýär.
- Gowşaşmak we ünsüni sowmak üçin bir zatlar bilen meşgul bol. Karta oýna, tagtaň üstünde oýnalýan oýny oýna, kitap oka, ýa-da islendik saňa gowşaşmaga ýardam edýän zat bilen meşgullan.
- Eger-de sen aç bolsaň onda saňa soňrak gerek boljak güýji berer ýaly azrak iýmit iý. Agyr ýa-da siňdirmesi kyn bolan iýmitleri, ýagny et, süýt, ýada ýagly iýmitleri iýme. Çörek we miweler ýa-da gök önümler gowy bolar.

Ikinji Tapgyr:

- Burgularyň arasynda gowşaşmaga synanyş. Bu saňa çaga dogulýarka gerek boljak güýji aýamaga kömek eder. Eger-de saňa bular ýarasa onda sen biziň sapakda öwrenen gowşaýyş maşklarymyzy ulanyp bilersiň.
- Gezmele we ýygy-ýygydan eger-de başaryp bilseň öz duruşy (pozaňy) üýtget, bu seniň üçin oňaly bolar.
- Eger-de gerek bolsa peşew edip bilersiň. Eger-de peşew haltaň doly bolsa bu seniň dogurmagyňy haýallaşdyrar.
- Ýatda sakla her burgyda sen öz bäbegiňi görmäge azajyk ýakynlaşýaň.
- Eger-de seniň ýanyňda seniň dostuň ýa-da garyndaşyň bolsa, onda seniň arkaňy ýa-da garnyňy massaž etmekleri hem ýardam eder.

Üçünji Tapgyr:

- Ýatda sakla bu seniň çaga dogrumyň iň bir gysga býlegi, çaga eýýäm dogulan ýaly hasap edäý.
- Sen edil şu wagt çygylmagyň wagty bolan ýaly duýmagyň mümkin. Eger-de şepagat uýasy ýa-da lukman çygyлма diýse onda çygyлма. Ýatgynyň boýunjygy ýeterlik açylmanka çygylmaklyk, ýatgynyň boýunjygynyň çişmegine getirýär we dogurmagyň wagtyny uzaldýar. Eger-de sen çygylmaly diýen duýgyny duýsaň onda sen muňa derek üflemege çalyş, hamala sen şem üfläp öçürýän ýaly.
- Burgularyň arasynda başaryp bildigiňden köpräk gowşaşmaga synanyş. Eger-de bu kömek etse, gowşaşma usullaryny ulanmagyňy dowam etdir.

### **Sapagy Jemlemek we Gutarmak**

## “The Newborn” Lesson Plan

Many new parents have questions about how their new baby should look or behave. They may be worried or surprised by things that are normal for newborns. This class gives information on what to expect from and how to care for a newborn.

### Materials and Visual Aids

No materials are necessary, but it could be useful to bring a doll to use for demonstration of newborn care.

### Goals

- The women will know normal newborn behaviors and appearance.
- The women will understand how to care for their newborn, including bathing and feeding.

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*Explain to the women that while many of them have experience helping to care for babies, they may not have experience with brand new babies. Ask women who already have children, or who have cared for a newborn to share things that worried or surprised them about newborns.*

*Explain normal newborn appearance and behavior.*

### Newborn Appearance

Molded, pointy head – the baby’s head will probably be lumpy and elongated from the birth process. It will begin to look normal after several weeks.

Vernix – This waxy white substance coats the skin, especially in creases around underarms, groin, and ears. There is more on babies who are born early. The vernix will come off during normal baths. Don’t try to scrub all of it off. The vernix is not dirty or harmful and the scrubbing can hurt the baby’s skin.

Bruising – Many babies have bruises on the face, head, or shoulders from the birth. This is usually normal and will fade. If there is a lot of bruising, your baby may need special care.

Swollen genitals or discharge from vagina – During pregnancy, the mother’s hormones can enter the baby’s blood and cause swelling of the genitals. This will disappear in a week or two.

Newborn rash – Many newborns have a rash of small, flat, round, red spots. Sometimes the spots have a white center. This is normal and needs no treatment. It will go away in one or two weeks.

Hair – Newborns may have fine hair all over the body. This will fall out in the first 2 weeks.

### Newborn Behavior

The newborn’s nervous system is very immature, so newborns normally do some things that older babies don’t do. For example:

- Startle reflex – Sudden noises or movements will startle newborns. They will arch their backs and then reach their arms out in a hugging gesture.
- Trembling arms, legs, lower lip or chin.

Other normal newborn behaviors include:

- Sleeping – Babies sleep a lot, but all babies are different. It is normal for a newborn baby to sleep for between 12 and 18 hours each day.
- Sneezing – This normal and does not mean that the baby has a cold.
- Bowel movements – A newborn's first bowel movements are black and very sticky. Once the baby has been nursing for a few days these will pass and the bowel movements will become yellow and pasty.
- Spitting up

## **Newborn Care**

*You can use a doll to demonstrate bathing, burping, and positions for sleeping and playing.*

### **Bathing**

It is important to keep newborns warm when you give them a bath. You can do this by keeping the baby as dry as you can during the bath. Wash your baby's head and face with a warm wet wash cloth and dry it. Then wash her chest and arms, rinse, and dry them. Then wash her legs and groin, rinse, and dry, and then wash, rinse and dry her back. This way you never have to get the baby completely wet, so she won't get cold as easily. Once babies are several weeks old, they do not get cold as easily and you can give a normal bath.

### **Dressing**

Most people overdress their babies. If you are comfortable in what you are wearing, your baby should wear about the same amount of clothing. If the weather is hot and you feel hot, you should dress your baby in very light cloths

### **Feeding**

The best food for babies is breastmilk. Babies should be fed only breastmilk for the first 4 to 6 months of life. You should nurse your baby as often as she wants to eat, for as long as she wants. You will know she is getting enough to eat if she wets and has bowel movements.

### **Burping**

Most babies swallow some air while they are eating. After feeding, you should burp your baby. It helps to lay the baby on your shoulder, or on her belly on your lap and rub or gently pat her back. If your baby cries or seems uncomfortable after feeding she may need to be burped.

### **Playing**

Because babies should sleep lying on their backs, it is good for their development to put them on their stomachs when they are awake. If they are on their stomachs when they play, they develop strength in their arms and neck more quickly.

*Ask the women if they have questions or want to add other ideas*

## **Review and wrap-up**

## “Täze Doglan Bäbek” Sapagynyň Meýlnamasy

Köp täze ata- enelerde täze doglan bäbegiň özüni alyp barşy we olaryň daş keşbi barada köp soraglar ýüze çykýar. Olary täze doglan bäbekler üçin kadaly hasaplanýan zatlaryň hem geň galdyrmagy ýa-da alada goýmagy mümkin. Bu sapakda täze doglan çagalara nähili seretmelidigi we olardan nämelere garaşmalydygy baradaky maglumatlar berilýär.

### Materýallar we Görkezme Esbaplar

Materiallaryň geregi ýok, ýöne siz täze doglan çaga nähili seretmelidigini (garaşyk etmelidigini) görkezmek üçin gurjak getirseňiz gowy bolar.

### Maksatlar

- Aýallar täze doglan çagalaryň kadaly özlerini alyp baryşlary barada we olaryň daş keşbi barada öwrenerler.
- Aýýalar täze doglan çaga nähili seretmelidigini, olary suwa düşürmekligi we ýymitlendirmekligi öwrenerler.

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*Aýýalaryň köpüsiniň çaga seretmek tejribesiniň bardygyny, ýöne täze doglan bäbege garaşyk etmek tejribesiniň ýok bolmagynyň mümkindigini düşündir. Aýallaradan kimde eýýäm çagasynyň barlygyny ýa-da täze doglan bäbege garaşyk edenligini we olary alada goýan hem-de geň galdyran zatlar barada aýdyp bermeklerin haýyş et.*

*Täze doglan çagalaryň kadaly daş keşbini we özüni alyp barşyny düşündir.*

### Täze Doglan Bäbegiň Daş Keşbi

Kellesi – Dogulyş prosesi zerarly çaganyň kellesiniň güberçek we süýri bolmagy ähtimal. Birnäçe hepdeden soň bu kadaly görnüşe gelip başlaýar.

Werniks – täze doglan bäbegiň derisi ak mum görnüşli madda bilen örtülen bolýar, aýratyn hem goltuklarynyň aşagyndaky ýygrytlarda, gassykda we gulaklarda bolýar. Werniks wagtyndan öň doglan çagalarda köpräk bolýar. Bäbek kadaly ýuwundyrylsa werniks onuň endamyndan aýrylýar. Onuň hemmesini süpürüp aýyrjak bolmaň. Werniks hapa ýa-da zyýanly däl we ony süpürseň bäbegiň derisini agyrtmaklygyň mümkin.

Gögerme – Köp çagalaryň ýüzlerinde, kellesinde ýa-da eginlerinde dogulanda gögermeler bolýar. Bu adatça kadaly hasaplanýar we ol tiz gidýär. Eger-de gögermeler has köp bolsa onda siziň çagaňyza ýörite garaşyk gerek.

Çişen jyns agzalary we jynshanadan suwuklygyň bölünip çykmagy – Göwreliligiň dowamynda enäniň garmonlarynyň babegiň ganyna geçmegi mümkin we bu jyns agzalarynyň çişmegine getirýär. Bu bir ýa-da iki hepdeň dowamynda ýok bolýar.

Bäbek örgüni – Köp täze doglan bäbeklerde kiçijik örgünler bolýar: tekiz, tegelek, gyzył tegmiltler. Käwagtlar gyzył tegmiltleriň ortasy ak bolýar. Bu kadaly ýagdaý we ony bejermegiň geregi ýok. Bu bir-iki hepdeň içinde aýrylýar.

Tüý – Täze doglan bäbekleriň bütin endamynda tüýüň bolmagy mümkin. Bu ilkinji iki hepdede düşýär.

## **Täze Doglan Bäbeğiň Özünü Alyp Barsy**

Täze doglan bäbeğiň nerw ulgamy entek ösmedik, şonuň üçin olar ulyrak bäbekleriň etmeýän käbir zatlaryny edýärler we bu kadaly hasaplanýar. Mysal üçin:

- Tisginme refleksi – Duýdansyz sesleriň ýa-da hereketleriň çagany tisgindirmegi mümkin. Olar arkalaryny бүкүп, ellerini ýaýyp hamala gujaklajak ýaly hereker edýärler.
- Ellerini, aýaklaryny, aşaky dodagyny we eňegini titretmeklik.

Mundan başga-da bäbeğiň özünü kadaly alyp barmaklygyna şular girýär:

- Uklamaklyk – bäbekler köp uklaýarlar, ýöne bäbekleriň hemmeşi birmeňzeş bolmaýar. Eger-de bäbek bir günüň dowamynda 12-18 sagat uklasa bu kadaly hasaplanýar.
- Asgyrmaklyk – Bu kadaly ýagdaý, bäbeğiň asgyrmaklygy onuň sowuklanlygynyň alamaty däldir.
- Bäbeğiň täreti – täze doglan bäbeğiň ilkinji täreti gara hemde şepbeşik bolýar. Çaga ene süýdini emip başlandan soň onuň täreti sary we şüle görmüşde bolýar.
- Tüýkürmeklik.

## **Täze Doglan Bäbege Seretmek**

*Siz gurjagy alyp onuň üsti bilen bäbeği ýuwundyrmagy, gägirtmegi, uklan hemde oýnan ýagdaýlaryny görkezip bilersiňiz.*

### **Ýuwundyrmak**

Bäbeği ýuwundyran mahalyňyz ony ýyly saklamak örän möhüm. Munuň üçin siz babegi ýuwundyryňyzda başaryp bildigiňizden gury saklamaga çalyşyň. Bäbeğiň kellesini we ýüzünü ýyly, öl mata bilen ýuwuň we guradyň. Soňra onuň gursagyny, ellerini ýuwuň we guradyň. Soň aýaklaryny, gasygyny ýuwuň we guradyň we soňra onuň arkasyny ýuwuň we guradyň. Şeýtseňiz bäbek hiç haçan doly öl bolmaýar we ol aňsatlyk bilen sowuklamaýar. Haçanda bäbek birnäçe hepdelik bolanda, siz oňy kadaly ýuwundyryp bilýäňiz we ol sowuklamaz.

### **Geýindirmek**

Köp adamlar öz bäbeklerine has köp egin eşik geýindirýärler. Eger-de siz öz geýen egin eşiklerinizde özüňizi oňaly duýsaňyz, onda siziň bäbeğiňiz hem şol siziň geýeniňizçe geýmeli. Eger-de howa yssy bolsa we siz howanyň yssylygyny duýsaňyz, bäbeği eňilje geýindirmeli.

### **Iýmitlendirmek**

Bäbek üçin iň gowy iýmit ene süýdi. Bäbekler ilkinji 4-6 aýlykda diňe ene süýdi bilen iýmitlendirilmeli. Siz bäbeğiňizi ýgy-ýgydan onuň islegine görä emdiriň. Siz çagaňzyň ýeterlik süýt emýänligini onuň arlygynyň öllüğinden we täretinden bilip bilersiňiz.

### **Gägirmek**

Köp bäbekler emýän (iýmitlenýän) mahaly howa ýuwutýarlar. Bäbeğiňizi emdirip bolandan soň gägirdiň. Babegi egniňiziň üstünde ýatyrnaklyk ýa-da babegi dyzyňzyň üstünde garnynyň üstüne ýatyrnak, ýa-da akasyna çalaja urmaklyk hem ýardam berýär. Eger-de emdirilenden soň babek aglasa ýa-da özüni oňaysyz duýýan ýaly bolup görünse, onda ony gägirtmeklik zerurdyr.

### **Oýnamak**

Babekler uklanda arkan ýatyp uklaýanlygy sebäpli olar oýa wagty olary garnynyň üstüne ýatyrmaklyk olaryň ösüşi üçin gowy. Olar oýnaýan wagtlyary garnynyň üstüne ýatsa, bu olaryň elleriniň, boýunlarynyň güýjiniň has tiz ösmegine getirýär.

Aýallardan soraglaryňyz ýa-da başga goşjak pikirleriňiz barmy diýip sora.

**Sapagy Jemlemek we Gutarmak**

## “Breastfeeding” Lesson Plan

Breastfeeding is the best way to feed infants. Exclusively breastfed babies are healthier than other babies. This class gives women information to help them breastfeed successfully.

### Materials and Visual Aids

For this class you should bring a doll to demonstrate proper positioning of the baby for breastfeeding. You will also need cups and tea or clean drinking water. A poster or diagram about breastfeeding would also be useful.

### Goals

- The women will understand the health benefits of breastfeeding
  - The women will understand how to breastfeed, how much, and how often.
  - The women will know some common breastfeeding problems and how to treat them.
- 

*Introduce the topic to the class. Ask if any of the women have breastfed a previous child or watched a relative breastfeed. Ask them to contribute questions and ideas from their experience throughout the class*

### Basic Breastfeeding Facts

- Breastmilk is the perfect food for infants.
- Breastmilk contains antibodies from the mother's immune system that protect babies from illness.
- Until they are 6 months old, infants do not need any other foods or drinks. They do not need and should not be fed tea, sugar-water, juice, or table food.
- Babies who are fed other foods before they are 6 months old have more diarrhea, more illnesses, and do not grow as well.
- Babies should breastfeed as often as they are hungry for as long as they want.
- The best way to make sure you have enough milk is to breastfeed often. Your baby should nurse 8 to 10 times every 24 hours.

### How to Breastfeed

#### Positioning

- There are several good positions to hold the baby in for breastfeeding.
- When breastfeeding, the baby should always be facing the breast directly. She should not have to turn her head to reach the breast.

*Use this activity to explain why it is important to position the baby directly facing the breast:*

*Have the women each take a cup of tea or water. Have them turn their heads so their chins are above their shoulders. Then have them take a drink of tea and try to swallow it. It is difficult and uncomfortable to swallow in this position, and it would be for their babies too!*

## Latch

- To avoid nipple soreness and to make sure the baby gets enough milk, it is important that the baby latches on to the breast correctly.
- The baby should have the whole brown part (areola) of the breast in her mouth, not just the nipple.
- When the baby is nursing she should have her mouth wide open and lips curled out.
- When the baby is about to nurse, wait until she has her mouth wide open and then quickly pull her toward your breast.

## Common Breastfeeding Problems

### Sore nipples

-You can avoid sore nipples by making sure the baby latches correctly. If you nurse often, your baby will not get as hungry between feedings and she won't suck as hard. Changing the baby's position (for example: so that the baby's legs go under your arm) can also help. If you have sore nipples, expressing some milk and letting it dry on your nipples can help them heal.

### Engorgement

-Engorgement is when the breast is too full of milk. It can be painful, and it can make it difficult for the baby to nurse. The best way to prevent this is to nurse often. If your breasts are too full and are painful, it can help to put a warm wet cloth on them before trying to nurse. If the baby cannot latch because the breast is too full, try expressing some of the milk yourself to soften the area just under the nipple.

### Not Enough Milk

-Most mothers have plenty of milk. When mothers don't have enough milk it is usually because they don't nurse often enough. When your baby nurses, it tells your body to make more milk.

About 2 – 4 days after your baby is born your milk comes in. This makes your breasts feel very full. Some of the fullness is milk and some is just swelling in your breasts. After another week, the swelling in your breasts goes away and they may seem flatter or less full. You are NOT losing your milk – it is only the swelling going away. You still have enough milk, you just can't feel it.

You can tell your baby is getting enough milk if:

- She wets 6 or more times every day (and you aren't giving her any extra water or tea).
- She gains ½ kilo every month.
- You are nursing 8 to 10 times every 24 hours.

*Ask the women to contribute other ways they know of to help these problems and discuss.*

## Review and Wrap-Up



## “Ýaş Çagany Ene Süýdi Bilen Ýmitlendirmek” Sapak Meýilnamasy

Ene süýdi çagalar üçin iň gowy ýmit hasaplanýar. Diňe ene süýdi bilen ýmitlendirilýän çagalar beýleki çagalara garanda sagdyn bolýarlar. Bu sapakda aýallara çagalara ene süýdünü emdirmekligiň peýdasy barada maglumatlar berler.

### Materýallar we Görkezme Esbaplar

Çaga emdirilende ony eliňde dogry tutmaklygy görkezmek üçin bu sapaga gurjak getir. Şeýle hem, saňa bu sapak üçin käsler, çay we içilýän, arassa suw gerek. Çaganyň göwüsdan emdirilişini görkeşýän suratlar, diagrammalar hem peýdaly bolar.

### Maksatlar

- Eneler çagany göwüs süýdi bilen emdirmekligiň saglyk üçin peýdalydygyna göz ýetirerler
- Eneler çagany nähili emdirmelidigine, näçe we her näçe wagtgan emdirmelidigine düşünerler.
- Eneler çaga emdirilende duş gelýän umumy aladalary we olar bilen nähili çemelşmelidigine düşünerler.

*Temany klasa düşündir. Aýallardan öňki çagasyny emdiripdirmi ýokmy ýa-da çaga emdirilenini göpüpdirmi şolary sora. Olaryň öz tejribeleri barada aýdyp bermeklerini, oý pikirlerini aýtmaklaryny we soraglar bermeklerini sora.*

### Ene Süýdiniň Artykmaçlyklary

- Ene säýdi gaga üçin iň ýokumly ýmit.
- Ene säýdiniň düzüminde enäniň immun ulgamyndan geçen” infeksiýa garşy” madda bar. ol bäbegi dürli kesellerden goraýar.
- Bäbek doglandan 6 aýa çenli diňe ene süýdi bilen ýmitlendirmek zerurdyr. Olara çay, gantly suw, miwe şireleri ýa-da beýleki naharlary bermeklik bolmaýar.
- Eger-de çaga 6 aýlyk bolmanka ene süýdinden başga ýmitleri berseňiz, onda çaga köp içgeçme sezewar bolar, köp kesellär we onuň ösüşine hem täsir eder, ýagny çaga gowy ösmez.
- Çagany islegine görä, näçe emesi gelse şonçada emdiriň.
- Ýeterlik ene säýdiniň barlygyny bilmekligiň iň oňat ýoly çagany ýygy-ýygydan emdirmeklik. Siziň çagaňyz 24 sagadyň dowamynda 8 – 10 gezek emdirilmeli.

### Çagany Nähili Emdirmeli

Çagany eliňde dogry tutmak:

- Çaga emdirilende ony eliňde dogry tutmaklygyň birnäçe gowy ýollary bar.
- Haçanda emdirilende, çaganyň ýüzini hemişe enäniň göwsüne tarap tutmaly. Çaga enäniň göwsünü agzyna almak üçin kellesini öwürmeli däl.

*Näme üçin çaganyň ýüziniň göni enäniň göwsüne tarap tutulmalydygynyň möhümdigini düşündirmek üçin şu aşakdaky türgenleşigi geçir:*

*Eneleriň hemmesi ellerine çaly ýa-da suwly käseni alsyn. Soň olara kellelelerini öwürüp, eňeklerini eginlerinden ýokary galdyrmaklaryny haýyş et. Ondan soň käsedan çay ýa-da suw*

*içmeklerini we ony ýuwutmaga synanyşyk etmelidikleri barada aýt. Şu ýagdaýda agzyňdaky suwy ýuwutmak kyn we oňaýsyz. Bu bäbekler üçin hem edil şeýle bolar.*

Çaganyň agzyna enäniň göwsüni dogry bermek:

- Emzikleriň ýara bolmazlygynyň öňüni almak we çaganyň ýeterlik süýt emýanligini bilmek üçin, çaganyň agzyna enäniň göwsiniň dogry berilmegi örän möhüm.
- Çaga agzyna diňe emzigi däl-de, göwsüň goňur bölegini (areolany) doly.
- Çaga emýärke agzy giňden açyk we dodaklary çöwrrülen bolmaly.
- Çaga enäniň göwsüni agzyna aljak, ýagny emjek wagty tä ol agzyny giňden açýança garaşyň, soňra tizlik bilen oňa göwsüňizi beriň.

## **Çaga Ene Süýdi Bilen Iýmitlendirilende Ýüze Çykýan Adaty Aladalar**

### Emziklerdäki ýaralar

- Siz çagany emdireniňizde oňa göwsüňizi dogry berseňiz siziň emzikleriňizde ýara bolmaz. Eger-de siz ýygy-ýygydan çagaňyzy emdirseňiz, siziň çagaňyz iýmitlendirilýän wagt aralygynda aç bolmaz we göwsüňizi gaty sormaz. Çagany tutuş ýagdaýyzy üýtgetmekligiň (çagananyň aýaklarynyň siziň eliňiziň aşagynda bolmagy) hem ýardam etmegi mümkin. Eger-de emzikleriňizde ýara bolsa, göwsüňizden azajyk süýdi gysyp çykaryp, emzikleriň üstünde guratsaňyz ýaralardan gutulmaga ýardam eder.

### Göwüslerde süýdüň toplanmagy

- Göwüslerde süýt has köp bolanda ol toplanýar. Bu ýagdaýyň çaganyň emmekligini kynlaşdyrmagy we göwüsleriň agyryly bolmagyna getirmegi mümkin. Munuň öňüni almak üçin çagany tiz-tizden emdirmeli. Eger-de siziň göwüsleriňiz süýtten doly we agyryly, çaga emdirmegiň öň ýanynda bir bölek ýyly, öl matany göwsüňize goýuň. Egerde göwüslerde süýdiň has köplügi zerarly çaga ony alyp bilmese, onda göwsüňizi ýuwaşlyk bilen gysyp, birazajyk süýdiňizi çykaryň, diňe emzikleriň aşagyňy ýumşatmaga çalşyň.

### Ene Süýdüniň Ýeterlik Bolmazlygy

- Köp enelerde süýt köp bolýar. Eneleriň çagalaryny ýygy-ýygydan emdirmrýändikleri sebäpli olarda ýeterlik süýt bolmaýar. Haçanda Siziň çagaňyz emýärke, ol siziň bedeniňize köpräk süýt gerekligini aýdýar.

Çaganyň doglanyna 2 – 4 gün geçen soň süýt peýda bolýar. Bu siziň göwüsleriňiziň süýtten doly ýaly duýulmagyna getirýär. Käbir göwüslerdäki dolulyk süýtten bolýar, käbirlerinde bolsa dolulyk çişniň hasabyna bolýar. Bir hepdeden soň göwüslerdäki çişler aýrylýar we göwüsler tekiz bolan ýaly ýa-da öňkünden dolylygy peselen ýaly duýulýar. Bu siziň süýdiniziň azalanlygy däl – bu diňe çişleriň gidenligi üçin. Sizde ýeterlik süýdiňiz bar, ýöne siz ony duýaňyzok.

Siziň süýdiňiziň çaga üçi ýeterlikdigin şu alamatlar boýunça aýdyp bilersiňiz:

- Çaganyň peşewi günde 6 we ondan hem köpräk helmegi mümkin.( siz oňa çay ýa-da suw bereňzok)
- Çaganyň agramy her aýda ½ kilogram artýar.
- Siz 24 sagadyň dowamynda çagany 8 -10 gezek emdirýäňiz.

*Enelerden bu barada bilýän bolsalar bu aýdylanlaryň üstüni doldurmaklaryny we ara alyp maslatalaşmaklaryny sora.*

## **Sapagy Jemlemek we Gutarmak**

## “Family Planning” Lesson Plan

Avoiding unintended pregnancy is important for the health of women and their children. This class gives women information about making family planning decisions and about the forms of contraception available to them.

### Materials and Visual Aids

For this class you should bring examples of available contraception methods. You will also need to use the family planning handout at the back of this book.

### Goals

- The women will understand the health benefits of spacing children and preventing unintended pregnancy.
- The women will understand the risks and benefits of the forms of contraception available.
- The women will understand the process of making family planning decisions.

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*Introduce the topic of family planning. Explain the recommendations for spacing pregnancies and benefits of family planning, and preventing unintended pregnancy.*

### Reasons to plan when you will become pregnant:

- Women’s bodies need at least two years to recover completely between pregnancies.
- Women who have an abortion less than two years before they have their next child are more likely to have anemia and other pregnancy complications.
- Women who give birth to more than 4 children have more risk of death from childbirth.
- Women under 17 have more risks from childbirth and their babies are more likely to die.
- Older women have more risks from childbirth, especially if they have had a lot of children.

### Reasons to prevent pregnancy instead of relying on abortion:

- Contraception is cheaper than abortion.
- Contraception has fewer health risks than abortion.
- Abortion can be painful.

*Ask the women if they can think of some personal reasons that make family planning difficult. Here are some ideas they might have. Be sure to give them a chance to talk about their own ideas before you share the ones on this list.*

- Your partner (husband or boyfriend) will not participate in family planning.
- Your partner does not agree with your decision to prevent pregnancy.
- You have an infection that needs to be treated before you can get an IUD.
- Cost.
- Don’t like the side effects of family planning methods.

*You can explain, or have the women suggest ways to solve the above problems.*

*For example:*

*-Explain which contraceptive methods are controlled by women (IUD, tablets, injection)*

*-Explain that the infections need to be treated even if you don't want an IUD.*

*-Explain that raising a child or having an abortion is more expensive than using contraception.*

*-Explain that if you don't like the side effects of one method you can try a different one.*

**Methods for prevention of pregnancy:**

<b>Method</b>	<b>Advantages</b>	<b>Disadvantages</b>
Condoms	<ul style="list-style-type: none"> <li>• Protects you from sexually transmitted diseases (STDs).</li> <li>• Effective.</li> </ul>	<ul style="list-style-type: none"> <li>• Your partner must cooperate.</li> <li>• May be embarrassed to ask for them.</li> </ul>
IUD	<ul style="list-style-type: none"> <li>• Do not need cooperation from your partner.</li> <li>• Do not need to remember anything.</li> <li>• Very effective.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not protect from STDs.</li> <li>• You should not use it if you have never been pregnant.</li> </ul>
Injections	<ul style="list-style-type: none"> <li>• Do not need cooperation from your partner.</li> <li>• Only need to remember every 3 months.</li> <li>• May stop having periods.</li> <li>• Very effective.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not protect from STDs.</li> <li>• May cause weight gain.</li> <li>• May stop having periods.</li> <li>• May reduce milk supply if you are breastfeeding.</li> </ul>
Tablets	<ul style="list-style-type: none"> <li>• Do not need cooperation from your partner.</li> <li>• May make your periods more regular and less uncomfortable.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not protect from STDs.</li> <li>• Need to remember it every day.</li> <li>• May cause nausea. It usually improves after a few months. Taking the pill after a meal helps.</li> <li>• May reduce milk supply if you are breastfeeding.</li> </ul>
Sterilization	<ul style="list-style-type: none"> <li>• Very effective.</li> <li>• Don't need to think about contraception.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not protect from STDs.</li> <li>• Irreversible.</li> </ul>
Natural Methods	<ul style="list-style-type: none"> <li>• Free.</li> <li>• No side effects.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not protect from STDs.</li> <li>• Your partner must cooperate.</li> <li>• Less effective than other methods.</li> </ul>
Breastfeeding	<ul style="list-style-type: none"> <li>• Free.</li> <li>• No side effects.</li> </ul>	<ul style="list-style-type: none"> <li>• Does not protect from STDs.</li> <li>• Only works for the first 6 months.</li> <li>• Does not work if you give the baby water, tea, food, or anything but breastmilk.</li> </ul>

*To conclude the class, have the women complete the family planning questionnaire from the handout section of this book and then answer any questions they have.*

## “Maşgalany Meýilnamalaşdyrmak” Sapagynyň Meýilnamasy

Islenilmedik göwrelililigiň önüni almak aýallaryň we çagalaryň saglygy üçin örän möhümdir. Bu sapakda aýallara maşgalany meýilnamalaşdyrmagyň çözümleri we göwreli bolmadan goraýan, serişdeleriň görnüşleri barada maglumatlar beriler.

### Materýallar we Maksatlar

Bu sapaga göwreli bolmadan goraýan serişdelerden nusgalar getirmeli. Size maşgalanyň meýilnamalaşdyrylyşy barada gollanmanyň soňunda berilen material hem gerek bolar.

### Maksatlar

- Aýallar çagalaryň aralarynyň (biri-birinden dogulyş ýaş aralygy) nähili bolmalydygyna we islenilmedik göwreliligiň önüni almagyň saglyk üçin bähbitli taraplaryna düşünerler.
- Aýallar göwreli bolmadan goraýan serişdeleriň howply we bähbitli taraplaryna düşünerler.
- Aýallar maşgalany meýilnamalaşdyrmagyň çözümlerine düşünerler.

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*Maşgalanyň meýilnamalaşdyrylyşy temasyny klasa düşündir. Göwreli bolmagyň aralyklary we maşgala meýilnamalaşdyrylyşy barada, islenilmedik göwreliligiň önüni almagyň bähbitleri barada düşündir, maslahatlar ber.*

### Haçan göwreli bolmalydygyny meýilnamalaşdyrmagyň sebäpleri:

- Aýallaryň organizmine her göwreliligiň arasynda doly sagalmak üçin hiç bolmanda azyndan iki ýyl gerek.
- Aýal abort etdirip we şondan soň iki ýyla ýetmänke göwreli bolsa onuň gan azlyk (anemia) we göwreli döwründe beýleki gaýra üzülmelere sezewar bolmagy mümkin.
- Dört çagadan köp çaga doguran aýallarda dogrumda ölmek howpy köpräk bolýar.
- On ýedi ýaşa ýetmedik gyzlar çaga doguranda olaryň jany howp astynda bolýar we olaryň bäbekleriniň hem ölmegi mümkin.
- Garry aýallar çaga doguranda has köp howp astynda bolýarlar, aýratyn hem eger olar köp çaga doguran bolsalar.

### Abort bilen deňeşdirende göwreli bolmagyň önüni almaklygyň bähbitli taraplary:

- Göwreli bolmadan goraýan serişdeler abortdan arzan.
- Göwreli bolmadan goraýan serişdeleriň abort bilen deňeşdirende saglyk üçin howpy ujypsyz.
- Abort agyryly (yzaly) bolýar.

*Aýallardan maşgalany meýilnamalaşdyrmaga päsgel berýän, käbir şahsy kynçylyklar bar diýip pikir edýänizmi diýip sora. Käbir duş geläýjek päsgelçilikler şu ýerde berilen. Olara şu ýerde ýazylan päsgelçilikleri aýtmazdan önüürti, bu barada öz pikirlerini aýtmaga mümkinçilik ber.*

- Seniň ýoldaşyň (adamyň) maşgalany meýilnamalaşdymaklyga gatnaşmazlygy.
- Seniň adamyňyň seniň göwreliligiň önüni almaklyk çözümi bilen ylaşmazlygy.

- Sende infeksiýa bar we saňa göwreli bolmadan gorayán serişdäni ulanmazdan öň bejergi gerek.
- Bahasy.
- Masgalany meýilnamalaşdyrmakda goşmaça täsirleri halamazlyk.

*Seniň özüň düşündirip bilersiň ýa-da aýallar by problemalary çözmekligiň ýollaryny maslahat bererler.*

*Mysal üçin:*

- *Göwreli bolmadan gorayán serişdeleriň aýallar tarapyndan gözegçilik edilýänligini düşündir (ýatgyiçi serişdeleri (spiral), tabletkalar, sanjymlar).*
- *Sen hatda ýatgyiçi serişdeleri uianmanyňda hem infeksiýany bejermekligiň gerekdigini düşündir.*
- *Çagany ösdürmegiň ýa-da abort etdirmekligiň göwreli bolmadan gorayán serişdäni ulanandan has gymmatdygyny düşündir.*
- *Eger-de sen goşmaça täsirleriň bir görnüşini halamasaň başga görnüşlerini ulanyp boljakdygyny düşündir.*

#### **Göwreliligiň önüni almaklygyň usullary:**

<b>Usullary</b>	<b>Artykmaçlyklary</b>	<b>Kemçilikleri</b>
Prezerwatiw	<ul style="list-style-type: none"> <li>• Jyns gatnaşygy arkaly geçýän kesellerden gorayar (JGAGK).</li> <li>• Netijeli.</li> </ul>	<ul style="list-style-type: none"> <li>• Seniň ýoldaşyň hem muňa gatnaşmaly.</li> <li>• Senden haýyş etmeklige utanmagy mümkin.</li> </ul>
ÝIS	<ul style="list-style-type: none"> <li>• Seniň ýoldaşyňdan hyzmatdaşlyk talap etmeýär.</li> <li>• Hiç zady ýatda saklamagyň geregi ýok.</li> <li>• Öran netijeli.</li> </ul>	<ul style="list-style-type: none"> <li>• JGAGK-dan goramaýar.</li> <li>• Eger-de sen hiç haçan göwreli bolmadyk bolsan onda muny ulanmaly däl.</li> </ul>
Sanjymlar	<ul style="list-style-type: none"> <li>• Seniň ýoldaşyňdan hyzmatdaşlyk talap etmeýär.</li> <li>• Diňe her üç ýadan ýatlap durmaly.</li> <li>• Aýbaşy gelmegini duruzmagy mümkin.</li> <li>• Öran netijeli.</li> </ul>	<ul style="list-style-type: none"> <li>• JGAGK-dan goramaýar.</li> <li>• Semremeklige getirmegi mümkin.</li> <li>• Aýbaşy gelmegini duruzmagy mümkin.</li> <li>• Eger-de çaga emdirýän bolsan süýdiňi kemeltmegi mümkin.</li> </ul>
Tabletkalar	<ul style="list-style-type: none"> <li>• Seniň ýoldaşyňdan hyzmatdaşlyk talap etmeýär.</li> <li>• Aýbaşy gelmegini zygider (belli wagtlarda) edip saňa oňazyzlyklary azaltmagy mümkin.</li> </ul>	<ul style="list-style-type: none"> <li>• JGAGK –dan goramaýar.</li> <li>• Her gün ýatda sakalamaly.</li> <li>• Ýürek bulanmanyň ýüze çykmagy mümkin.</li> <li>• Adatça birnäçe aýdan soň gowulaşýar. Dermany nahardan soň içmeklik ýardam edýär.</li> <li>• Eger-de çaga emdirýän bolsan süýdiňi kemeltmegi mümkin.</li> </ul>
Jyns Sterilizasiýasy	<ul style="list-style-type: none"> <li>• Öran netijeli.</li> <li>• Göwreli bolmadan gorayán serişdeler barada pikir etmegiň geregi ýok.</li> </ul>	<ul style="list-style-type: none"> <li>• JGAGK-dan goramaýar.</li> <li>• Üýtgewsiz (üýtgedip bolmaýar).</li> </ul>
Tebigy usullar	<ul style="list-style-type: none"> <li>• Azat.</li> </ul>	<ul style="list-style-type: none"> <li>• JGAGK-dan goramaýar.</li> </ul>

	<ul style="list-style-type: none"> <li>• Goşmaça täsirler ýok</li> </ul>	<ul style="list-style-type: none"> <li>• Seniň ýoldaşyňyň hyzmatdaşlyk etmegi gerek.</li> <li>• Başga usullardan netijeliligi pes.</li> </ul>
Çagany emdirmek	<ul style="list-style-type: none"> <li>• Azat.</li> <li>• Goşmaça täsirler ýok.</li> </ul>	<ul style="list-style-type: none"> <li>• Goşmaça täsirler ýok.</li> <li>• Diňe 6 aýlyk möhleti bar.</li> <li>• Eger-de çagany göwüsdan emdirmän suw, çay, iýmit berseň ýa-da başga zatlar berseň ýardam etmeýär.</li> </ul>

*Sapagy jemlemek üçin ilki bilen aýallar şu gollanmadaky maşgalany planlaşdyrmak baradaky soraglara jogap bersinler we soňra olaryň ähli soraglaryna jogap ber.*

## “Sexually Transmitted Infections” Lesson Plan

Sexually transmitted infections (STIs) are an important health issue among women worldwide. It is especially important for women of childbearing age to understand how to avoid and treat STIs because of the effect they can have on women’s fertility and their children’s health.

### Materials and Visual Aids

A poster listing the sexually transmitted diseases and information about them would be useful for this class. If you wish to demonstrate how to use condoms, bring condoms (you can use expired ones) and a cucumber or other fruit or vegetable to represent a penis.

### Goals

- Women will understand the different STIs, their symptoms, and the need to seek treatment.
- Women will understand how STIs are transmitted and how to prevent transmission.
- Women will understand the effect an untreated STI can have on their fertility, their husband’s fertility, or their infant’s health.

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*Begin by asking the women if they can explain what an STI is. Ask them what kind of women get STIs.*

*Explain the risk factors for STIs and that many women are at risk, or have an STI and do not know it.*

### Risk Factors for Common STIs

- If you think your husband could have other sex partners you are at risk.
- If your husband has signs of an STI you are at risk. He has probably already spread it to you even if you do not have any signs.
- If you have more than one sex partner you are at risk.

### Common STIs

- Gonorrhea and Chlamydia
  - Signs: Yellow or green discharge from the vagina.
  - Pain or burning when you urinate.
  - Fever.
  - Lower abdominal pain.
  - Pain when you have sex.
  - Can cause severe illness.
  - Can make both men and women infertile.
  - Can cause blindness in babies.
- Warts
  - Signs: Small, rough, painless lumps on the genital area or inside the vagina.
  - If they are not treated, warts can cause cancer of the cervix.



- Herpes
  - Signs: Small blisters on the genitals that become open sores.
  - Herpes has no cure and may go away and come back for years.
  - If a pregnant woman has herpes sores when the baby is born, it is very dangerous and the baby could die.
  
- AIDS and HIV
  - AIDS is a disease of the immune system caused by the HIV virus. It has no cure and eventually kills almost all people who have it. It is often spread by sex or by sharing needles used to inject drugs. Women can also pass the disease to their babies during birth.
  
- Hepatitis B
  - Hepatitis B is a disease of the liver.
  - Signs: Jaundice.
  - Poor appetite.
  - Fever.
  - Abdominal pain.
  - Dark urine.
  - Light colored stools.
  - Tiredness.
  - You could have hepatitis B and have no signs.
  - There is no medicine to treat hepatitis B.
  - Hepatitis B can cause liver cancer.

### **Treatment**

- You should be treated and follow all of your doctor's instructions if you have one of these diseases.
- If you have an STI, your husband must be treated too, or he will just give you the infection again.

### **Prevention**

- You can reduce your chance of getting any of these diseases by using condoms.
- If your husband has other sex partners, he can reduce your risk by using condoms when he has sex with other people.

**Activity:** Using a model, demonstrate to the women how to use a condom.

**Review:** Ask the women to recall the ways that STIs can harm the family.

### **Wrap-Up**

## “Jyns Gatnaşygy Arkaly Gecýän Keseller” Sapagynyň Meýilnamasy

Jyns gatnaşygy arkaly gecýän keseller (JGAGK) dünýäniň aýallarynyň saglygy üçin örän howplydyr. Bu aýratyn hem çaga dogurmaga ukyply ýaşdaky aýallaryň saglygy üçin aýratyn hem möhüm, olaryň JGAGK-e düşünmegi we onuň öňüni almagy zerurdyr, sebäbi bu olaryň önelgeliligine we çagalarynyň saglygyna tasir etmegi mümkin.

### Materýallar we Görkezme Esabaplar

JAAGK baradaky suratlar we maglumatlar bu sapak üçin peýdaly bolar. Eger-de siz prezerwativleriň ulanylyşyny görkezjek bolsaňyz, onda prezerwativleriň (ýaramlylyk möhleti geçenlerini), ujyda geýdirilişini hyýarda ýa-da beýleki miwe-gök önümlerde görkezip bilersiňiz.

### Maksatlar:

- Aýallar dürli JGAGK, olaryň alamatlaryna we nädip bejergi gözlemelidigine düşünerler.
- Aýallar JGAGK nähili geçýänligine we olaryň nähili öňüni alyp boljakdygyna düşünerler.
- Aýallar JGAGK bejerilmese, olaryň önelgeliklerine, adamsynyň önelgeliligine ýa-da bäbegiň saglygyna ýetirjek şikeslerine düşünerler.

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*Aýallara JGAGK-niň nämedigini (nähilidigini) aýdyp biljegiňiz barmy diýen sorag bilen ýüzlenmekden başla. Nähili aýallara JGAGK keseliň ýokaşyandygyny sora.*

*JGAGK-iň howply şertleri (faktorlary) barada düşündir we köp aýallaryň howp astyndadygyny ýa-da olarda JGAGK-iň barlygyny ýa-da bu barada bilmeyänligini düşündir.*

### JGAGK-iň Howp Faktorlary:

- Eger-de siz adamyňyzyň sizden başga bilen jyns gatnaşyk etmek mümkinçiliginiň barlygyny bilseňiz siz howp astynda.
- Eger-de siziň adamyňyzda JGAGK-iň alamatlary bolsa onda siz howp astynda.
- Eger-de siz bir adamdan köp adam bilen jyns aragatnaşykda bolsaňyz onda siz howp astynda.

### Umumy JGAGK:

- Sözenek (gonoreýa) we klamidia  
Alamatlary: Jynshanadan sary ýa-da yaşyl suwuklyk bölünip çykýar.  
Peşewläninde agyry aý-da awuşama  
Gyzdyrma  
Garnyň aşagynda agyry  
Jyns aragatnaşykda agyry
  - Ýiti keselleriň ýüze çykmagyna getirmegi mümkin.
  - Ikisini hem, aýaly we erkegi önelgesizlige getirmegi mümkin.
  - Bábekleriň kör dogulmagyna sebäp bolmagy mümkin
- 
- Siňnil

Alamatlary: Jyns agzalarynda ýa-da jynshananyň içinde kiçjik, ýiti uçly, agyrsyz siňiller. Eger-de bular bejerilmese onda bu siňiller ýatgynyň boýunjygynda täze döreme (rak) keseliniň döremegine sebäp bolup bilerler.

- **Gabarçakly Demrew (Gerpes)**  
Alamatlary: Jyns agzalarda kiçjik gabarçaklar peýda bolýar we soňra açyk ýara öwrulýär.  
- Gabarçakly demrewiň bejergisi ýok, olary ýok bolup soňra ýenede gaýtadan peýda bolýarlar.  
- Eger-de göwreli aýalda çaga doguranda gabarçakly demrewiň açyk ýaralary bolsa, bu örän howply we bäbegiň ölmegi hem mümkin.
- **AIDS we AIW ( adamyň immunodefisit sindromy we adamyň immunodefisit wirusy)**  
AIDS – AIW-y tarapyndan döredilýän - immun ulgamynyň keseli. Bu keseliň bejergisi ýok. Bu kesel bilen kesellän adamlaryň hemmesi diýen ýaly ýogalýar. Bu kesel ýgy-ýygydan jyns gatnaşygynyň we neşe üçin ulanylan iňelleri bölüşip ulanmakdan geçýär. Aýallar bu keseli dogrumda öz çagalaryna geçirip bilerler.
- **Gepatit B**  
Gepatit B bagyryň keseli.  
Alamatlary: Sarygetirme  
Işdäsizlik  
Gyzdyrma  
Garynda agyrynyň bolmagy  
Peşewi goýy  
Täreti açyk reňkde  
Ýadawlyk  
- Bu keseliň his hili alamatsyz bolmagy hem mümkin.  
- Gepatit B keselini bejeryän derman ýok.

### **Bejergi**

- Eger-de sizde şu kesellerden biri bolsa, siz lukmanyň ähli görkezmelerini berjaý etmeli.
- Eger-de sizde JGAGK bar bolsa, onda siziň adamyňyz hem bejergi almaly, bolmasa onuň size ýene-de infeksiýany gaýtadan ýokaşdyrmagu mümkin.

### **Öňüni alma**

- Siz prezerwatiwleri ulanyp, bu keselleriň islendiginiň ýokaşmak mümkinçiligini azaldyp bilersiňiz.
- Eger-de siziň adamyňyz başgalar bilen jyns gatnasygyny edýän bolsa, ol başgalar bilen jyns gatnaşykda bolanda prezerwatiw ulanmak bilen siziň howpyňyzy azaldir.

**Türgenleşikler:** Nusgalary ulanyp, aýallara prezerwatiwi nähili ulanmalydygyny görkez.

**Gaýtalamak:** Aýallardan JGAGK-niň maşgala edip biljek zyýanlaryny aýdyp bermeklerini sora.

### **Sapagy Jemlemek**

## “Child Development” Lesson Plan

Many parents wonder if their infant is growing and developing properly. This class gives an outline of normal changes in infants as they get older.

### Materials and Visual Aids

Bring large sheets of paper to write down the women’s ideas from discussion.

### Goals

- The women will know how much weight their child should gain from birth to 3 years.
- The women will know some physical abilities and when children show them.
- The women will understand basic child nutrition from birth to 3 years.
- The women will know some ways to protect their child from injuries.

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*Explain that :*

*Every child develops differently.*

*Normal is different for every child, but there is a usual pattern.*

*Have the women share stories about children they know who reached different stages (walking, talking) at different times.*

*Explain the usual pattern for growth and development and that if their child is very different they can ask their doctor if there is a problem.*

### Growth and Development from Birth to 3 Years

Birth:	50centimeters 3.4 kilograms Sleeps often, night and day. <u>Healthy Food!</u> – Babies younger than 6 months should eat nothing but breastmilk.
3 Months:	7.8 kilograms Sits without support. Babbles. <u>Help your baby’s development!</u> – Remember, you cannot spoil a baby. Hold your baby close often. It is good for her development.
9 Months:	9.1 kilograms Crawls. Starts to gesture (reach, point). <u>Healthy Food!</u> – After 6 months babies can eat soft or mashed foods like fruits, vegetables, meat, or rice. Babies should not be given candy or sweets. It makes them want to eat these unhealthy foods when they get older.
12 Months:	75 centimeters 10 kilograms

Says first word.  
Stands without support.  
Will walk soon.  
Keep your baby safe! – Keep hot liquids like tea and soup and hot teapots away from young children. Burns can be very serious.

15 Months: 10.5 kilograms  
Runs.  
Throws a ball.  
Keep your baby safe! – Drowning is a risk near canals or garden irrigation. Watch your children closely if there is water nearby, even if it is not deep.

21 Months: 11.5 kilograms  
Kicks a ball.  
Uses more words

2 Years: 90 centimeters  
12.5 kilograms  
Jumps in place.  
Healthy Food! – It is best to keep breastfeeding your baby until she is at least 2 years old. Most babies will slowly stop breastfeeding on their own.

3 Years: 14.5 kilograms  
Balances on one foot.  
Keep your baby safe! – A child under 3 years should not be given hard candy, peanuts, or similar solid foods. They could choke.

*Ask the women if they have questions or want to add anything.*

## **Review and Wrap-up**

## “Çaganyň Ösüşi” Sapagynyň Meýilnamasy

Köp ata-eneleri, öz çagalarynyň ösüşi, ýagny ol dogry ösýärmi diýen sowal gyzyklandyrýar. Bu sapakda çaganyň ösüşinde bolýan adaty üýtgemeler barada düşüňje beriler.

### Materýallar we Görkezme Esbaplar

#### Maksatlar

- Aýýalar çaga doglandan tä üç ýaşa çenli näçe kilogram agramda bolmalydygyny bilerler.
- Aýallar çagalaryň käbir fiziki başarnyklaryny we çagalaryň ol başarnyklary haçan görkezjekdigini bilerler.
- Aýallar çagalary doglandan tä üç ýaşa çenli esasy iýmeli iýmitine düşünerler
- Aýallar öz çagalaryny zeperlerden (şikelerden) goramagyň käbir ýollaryny öwrenerler.

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*Her çaganyň özboluşly ösüşiniň barlygyny düşündir.*

*Kadaly ösüş her çaga üçin her hili, ýöne bu ýerde adaty nusga berilýär.*

*Aýallar öz çagalary barada, ýagny kimiň dürli tapgyra (ýöräp başlamak, geplemek), dürli wagtda ýetendigini biri-birine aýdyp bersinler.*

*Adaty ösüşi düşündir, eger-de olaryň çagasy örän tapawutly we bu olary ynjalyksyzlandyrýan bolsa, olar lukmana ýüz tutup bilerler.*

### Çaga Doglandan Üç Ýaşa Çenli Ösüşi

Doglanda: 50 sm  
3,4 kg  
Ýygy-ýygydan uklaýar, gije we gündiz  
**Sagdyn iýmit!** – Alty aýlykdan ýaş çagalary diňe ene süýdi bilen iýmitlenmeli.

Üç aýlykda: 5,7 kg  
Gündizine seredende gijesine köp uklaýar  
Kellesini galdyrýar  
Ýylgyrýar  
Öwrülýär  
**Öz çagaňyň ösüşine kömek et!** – Uklarda ony arkan ýatyr, oýnanda garmynyň üstüne. Şeýdeňde onuň gollary güýçli bolar.

Alty aýlykda: 7,8 kg  
Hiç bir goldawsyz oturyp bilýär  
Wüjür-wüjür ses edýär  
**Öz çagaňyň ösüşine kömek et!** – Ýatda sakla, seniň çaga erbet täsir etmegiň mümkin däl. Ony özüňe ýygy-ýygydan ýakyn tut. Bu onuň ösüşi üçin gowy.

- Dokuz aýlyk: 9,1 kg  
Emedekleýär.  
Yşarat edip başlaýar (süýşýär, görkezýär)  
**Sagdyn iýmit!** – Alty aýlykdan soň bäbekler ýumşak ýa-da ýenjilen miweleri, gök önümleri, ýa-da tüwi iýip bilýärler. Körpelere gant ýa-da süýji zatlary bermeli däl. Bu zatlar olar ulurak bolanda hem sagdyn däl iýmitleri iýmek ýslegini döredýär.
- On iki aýlyk: 75 sm  
10 kg  
Ilkinji sözi aýdýar  
Goldawsyz dik durýar  
Tizden ýörär  
**Çagaňy goragla!** – Ýaş çagalardan yssy suwuklyklary: yssy çay, çorba, yssy çäýnekleri daşda sakla. Ýanygyň örän çynlakaý bolmagy mümkin.
- On bäş aýlyk: 10,5 kg  
Ylgaýar  
Topy oklaýar  
**Çagaňy goragla!** Kannalaryň ýa-da suwarylýan baglaryň ýakynynda suwa gark bolmak howpy bardyr. Eger-de ýakyn aralykda suw bar bolsa hatda ol çuň bolmasada çagaňa göz gulak bol.
- Ýigirmi bir aýlykda: 11,5 kg  
Top depýär  
Köpräk sözleri ulanýar.
- Iki ýaşda: 90sm  
12,5 kg  
Duran ýerinde bökyär  
**Sagdyn iýmit!** – Iki ýaşyna çenli çagany ene süýdi bilen iýmitlendirmekligi dowam etdirmek örän gowy bolar. Köp çagalar özleri ene süýdünü emmekligi ýuwaş-ýuwaşdan bes edýärler. Olaryň hopukmagy mümkin.

*Aýallardan soraglaryňyz ýa-da goşjak zatlaryňyz barmy diýip sora.*

**Sapagy jemlemek we gutarmak**

# Handouts



## To have a healthy baby...

# Eat Healthy Food!

Pregnant women need to eat healthy foods to keep themselves and their babies healthy.

Eat foods from every group of the food pyramid every day.

### **Grains Fruit Vegetables Milk Protein**

Pregnant women need lots of protein, iron, and calcium.

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**Protein** - It is the "body-builder." Your body uses protein to build your baby's skin, muscles, and organs

Protein is in:

**Meat Fish Chicken Eggs Cheese Milk Nuts Beans Peas  
Liver Yogurt**

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**Iron** - It is the "blood-builder." Your body needs iron to move oxygen from your lungs to your brain, heart, organs, and baby. Your baby needs iron to have healthy blood.

Iron is in:

**Meat Turkey Liver Dried apricots Raisins Beans Peas Spinach  
Pumpkin seeds**

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**Calcium** - It is the "bone-builder." Your body uses calcium to build your baby's bones and to make your breastmilk.

Calcium is in:

**Milk Syr Gatyk Gaýmak Ice cream Çigize Kilka with bones  
Panir**

**Eat these foods every day!**

## Sagdyn çaga dogurmak üçin...

### Sagdyn iýmit iý!

Göwreli aýallar özleriniň we çagalarynyň sagdyn bolmaklygy üçin sagdyn iýmitleri iýmeli.

Iýmit piramidasynyň hemme toparlaryndan her gün iýmitleri iý.

#### **Galla Önümleri, Miweler, Gök Önümler, Süýt, Belok**

Göwreli aýal üçin örän köp mukdarda belok, demir we kalsiý zerurdyr.

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**BELOK-** adam bedeni üçin zerurdyr. Siziň bedeniňize belok çaganyň derisiniň, muskullarynyň we organlarynyň döremegi üçin gerek.

BELOK:

**Etde, Towugyň Etinde, Balykda, Ýumurtgada, Syrda, Süýtde, Hozlarda, Noýbada, Nohutda Bagyrda, Ýogurtda bar.**

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**DEMIR-** gan üçin zerurdyr. Siziň bedeniňize demir kislorodyň öýkenden beýnä, ýürege, organlara we çaga geçmegi üçin zerurdyr.

DEMIR:

**Hindi Towugynyň Etinde, Guradylan Miwelerde, Kişmiste, Noýbada, Nohutda, Ysmanakda, Kädi Çigidinde bar.**

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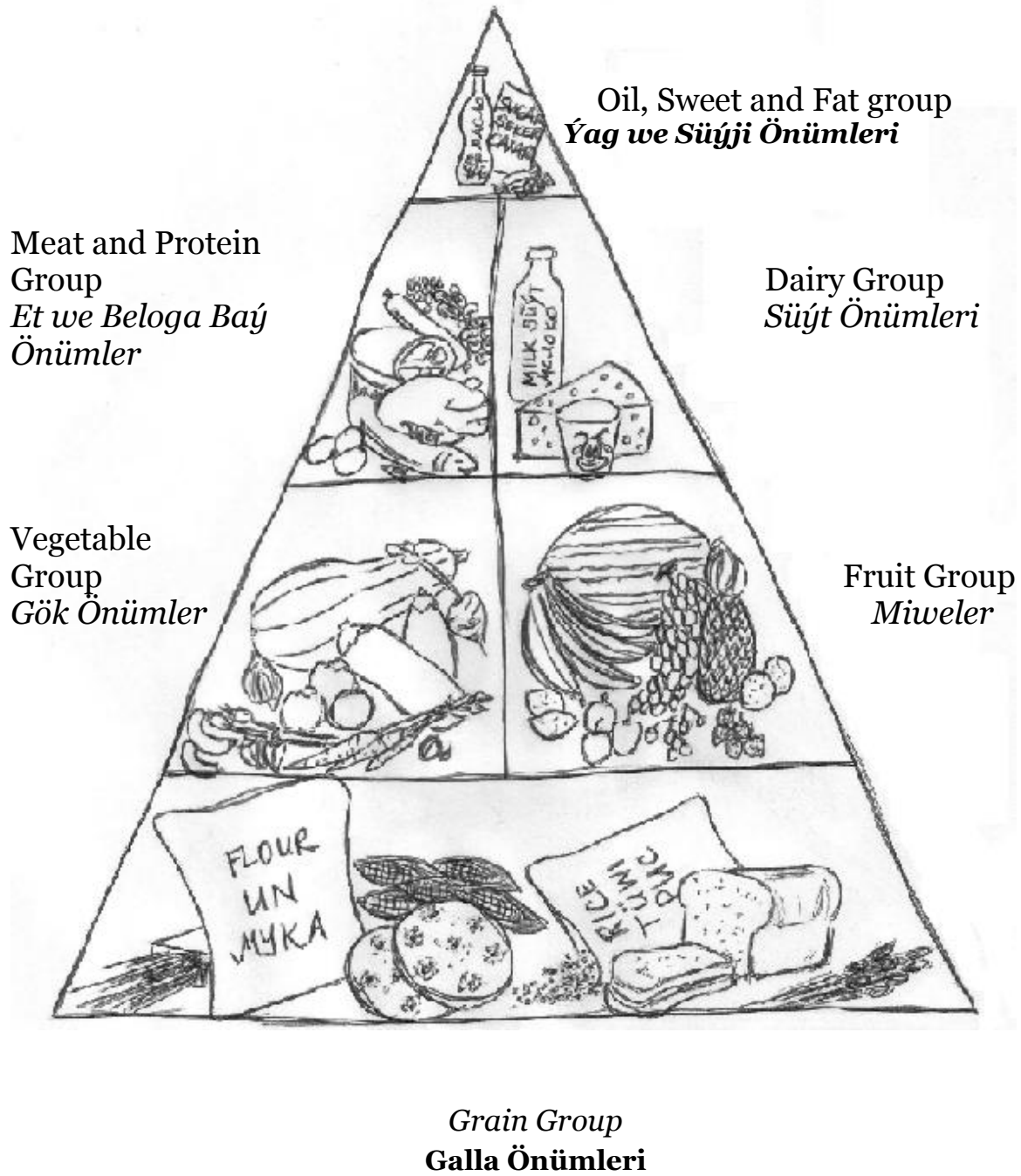
**KALSIÝ-** süňk üçin zerurdyr. Siziň bedeniňize kalsiý çaga süňkleriniň we göwüs süýdüniň döremegi üçin zerurdyr.

KALSIÝ:

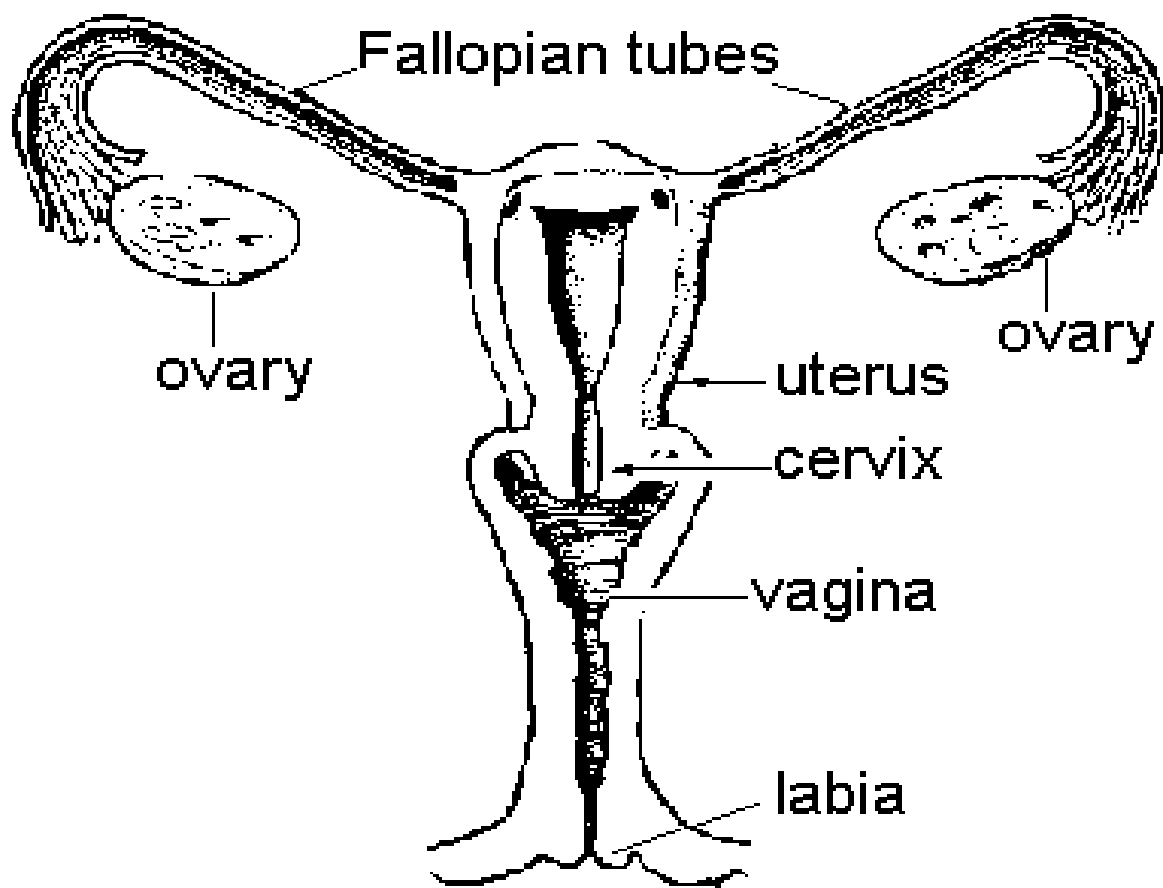
**Süýtde, Syrda, Gatykda, Gaýmakda, Buzgaýmakda, Çekizede, Süňkli Balyk Kilkasynda, Peýnirde bar.**

### **HER GÜN ŞU IÝMITLERI IÝ!**

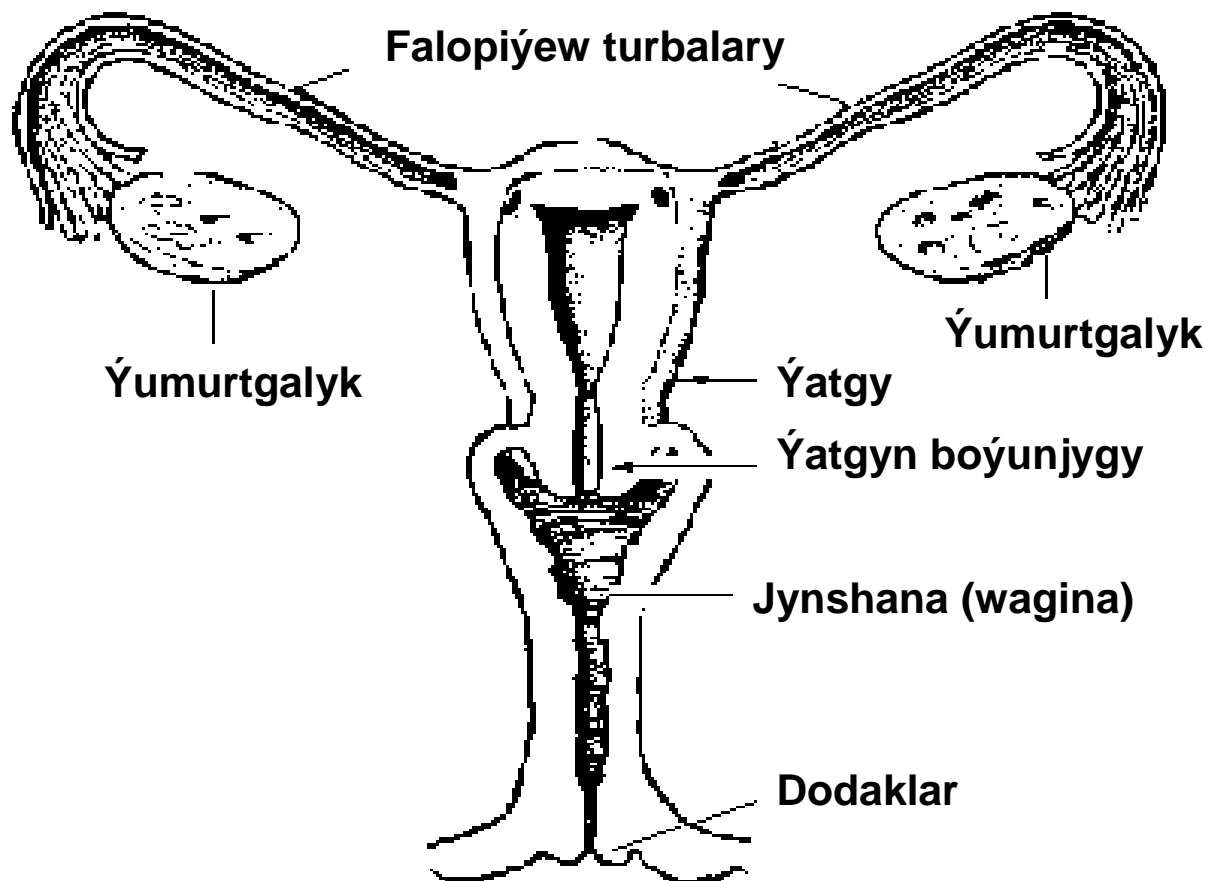
Food Pyramid  
*Iýmitiň Esasy Toparlary*



# The Reproductive System



# Reproduktiv Ulgam



## Be Comfortable During Your Pregnancy

**Here are some common problems pregnant women may have and ways to help:**

**Tiredness** – Sleep 8 – 10 hours every night while you are pregnant.

**Nausea/Vomiting** – Eat small meals often; drink mint tea; avoid oily and spicy food; avoid strong smelling perfumes, detergents, or cosmetics; eat a little bit of bread before you get up in the morning.

**Heartburn and Gas** – Avoid spicy foods, avoid oily foods, do not lay down right after eating. Exercise (like taking a walk) can reduce gas pain.

**Constipation** – Eat plenty of fruits and vegetables, drink plenty of fluids, exercise.

**Varicose Veins** – Elevate legs.

**Swelling of Feet** – Elevate legs, drink plenty of fluids, avoid salty foods.

**Mood Changes** – Talk to family or friends, exercise, remember that mood changes are normal.

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**Some changes are not normal during pregnancy. If any of these happen, go to your clinic or see your doctor right away:**

- Bleeding from vagina.
- Severe abdominal pain.
- Fluid from vagina that is green, foamy, or smells bad.
- Yellow color in the whites of eyes.
- Shortness of breath.
- Fever or chills.
- Very bad headache, blurry vision, or severe swelling of your legs.
- Continuous nausea or vomiting that keeps you from getting food or liquid.

## GÖWRELI DÖWRÜNDE ÖZÜŇI OŇAÝLY DUÝ!

**Göwreli aýallarda duş gelýan umumy aladalar we olara ýardam bermekligiň ýollary:**

**Ýadawlyk** - Göwreli mahalyň bir gijede 8-10 sagat ukla.

**Ýürek Bulanma/Gaýtarma** - tiz-tizden az iý; narpyzly çay iç; ysly (spesiýaly), ýagly naharlardan gaça dur; güýçli ysly parfýumeriýadan, dezodorantdan, kosmetikadan gaça dur; ertir irden ýeriňden galmazdan öňürti azajyk çörek iý.

**Sary Gaýnama we Gaz** – Spesiýaly (ysly), ýagly iýmitlerden gaça dur. nahary iýen badyňa ýatma. Maşk (ýöremek, gezelenç etmek ýaly) etmeklik gazyň berýän ejirini azaldyp biler.

**Içgatama** – Köp miwe we gök önümleri iý, duzly iýmitden gaça dur.

**Wena Gan Damarynyň Warikoz Giňimegi** - Aýaklaryňy ýokary galdyr.

**Aýaklaryň Çişmegi** - Aýaklaryňy ýokary galdyr. Köpräk suwuklyk iç, duzly iýmitleri iýme.

**Keýpiň Üýtgemegi** – Maşgala agzalaryň, dostlaryň bilen geleş, ýadyňda sakla, keýpiň üýtgemegi bu kadaly ýagdaý.

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**Göwreliligiň dowamynda käbir üýtgeşmeler kadaly däl. Eger-de şu aşakdaky agzalýan üýtgeşmeler ýüze çykaýsa, dessine klinika git ýa-da lukmana ýüz tut:**

- Jynshanadan gan gitmegi.
- Garynda güýçli agyry peýda bolsa.
- Jynshanadan ýaşyl ýa-da köpürjikli ýa-da erbet ysly suwuň gelmegi.
- Gözüň agynyň saralmagy.
- Dem alyşdaky kynçylyk (demdysma).
- Gyzdyrma we sowuklama.
- Güýçli kelle agyry, bulaşyk görmeklik, gözüň önünde tegmiltler, ýa-da aýaklaryň çenden aşa çişmegi.
- Sizi iýmit iýmekden ýa-da suwuklyk içmekden saknanmaga mejbur edýän zygider ýürek bulanma we gaýtarma.

# How to Feel Less Labor Pain

You may feel more pain from:	You may feel less pain by:
Being alone	Having the company and support of those you love, and/or of experienced medical workers.
Fatigue	Being well rested – try not to work too hard during your last month of pregnancy. Resting between contractions.
Hunger and thirst	Have light snacks during early labor. Drink liquids throughout if you are allowed.
Thinking about and expecting pain	Think about other things and distract yourself from pain. Think about how much the contractions accomplish instead of how much they hurt. Remember that your labor will not last forever.
Anxiety and stress/tensing during contractions	Use relaxation techniques between contractions (see below). Concentrate on your breathing during them.
Fear of the unknown	Learn as much as you can about childbirth. Focus on getting through contractions one-at-a-time instead of worrying about what will happen next.
Adapted from <u>What to Expect When You're Expecting</u> . 1996. A. Eisenberg, H. Murkoff, and S. Hathaway. Workman Publishing, New York.	

## Relaxation Techniques

- Focus on relaxing every muscle in your body. Start with your toes, then legs, thighs, abdomen, back, shoulders, arms, fingers, neck, and finally, your face.
- Focus on a place you like very much and imagining you are there in every detail.
- Focus your mind on imagining that all of your pain or worries are like air and imagining them floating out of your body and being blown away.
- Focus on relaxing every muscle in your face. Start with your chin, then cheeks, ears, nose, the spot between your eyebrows, and finally your forehead.



## Dogrumda Nädip Agyryny Az Duýup Bolýar

<b>Siziň agyryny köp duýmagyňyz mümkin:</b>	<b>Siziň agyryny az duýmagyňyz mümkin:</b>
Ýeke bolmakdan	Öz gowy görýan adamlaryň we/ ýa-da tejribeli medisina işgärleri bilen bolmak we olaryň goldawyny almak.
Ýadaw (argyn) bolmakdan	Oňat dynç almaly- göwreliligiň soňky aýynda köp ýşlemeziğe çalyşmaly. Burgylaryň arasynda dynç almaly.
Aç we suwsyz bolmakdan	Dogrumyň ilki başynda ýeňilje naharlanmaly. Eder-de, rugsat berilse suwuklyk iç.
Agyry barada pikir edip oňa garaşmakdan	Başga zatlar barada pikir et, agyrydan ünsüňi sow. Burgynyň näçe ejir çekdirýänligi barada dälde, onuň gutarýany barada pikir et. Dogrumyň hemişe dowam etmejekdigini ýatda sakla
Burgyň dowamynda howatyrly we stresde/dartgynly bolmakdan	Burgylaryň arasynda gowşaşma (relaksasiýa) usulyny ulan (aşakdakylary gör). Olaryň arasynda dem alşyňa ünsüňi gönükdir.
Nämälimlikden gorky	Çaga dogurmak barada näçe köp öwrenip bilseň şonça öwren. Indi näme bolarka diýip aladalanmaga derek bar ünsüňi burgynyň hötdesinden gelmeklige ber.
“Garaşýarkaň Näme Garaşmaly”- diýen kitapdan adaptirlenip alyndy.1996. A. Eisenberg, H. Murkoff, we S. Hathaway. Workman Publişing, Nýu York.	

### Gowşaşmaklygyň Usullary

- Bedeniňdäki her bir muskulyň gowşamagyna ünsüňi gönükdir. Aýagyň barmaklaryndan başla, soňra aýaklaryň, butlaryň (uýluklaryň), garnyň, arkaň, eginleriň, elleriň, barmaklaryň, boýnuň we iň soňunda ýüzüň.
- Bar ünsüňi özüňiň has gowy görýän ýeriňe gönükdir we seniň bar ünsüňiň şol ýere jemlenenligini göz öňüne getir.
- Bar ünsüňi seniň bar agyryň ýa-da alada goýýan zadyň edil howa ýalydygyna we seniň bedeniňden onuň howa akymy ýaly çykyp gidýändigini göz öňüne getirmeklige jemle.
- Ýüzüňdäki her bir muskuly gowşatmaklyga ünsüňi jemle, Eňekden başla, soňra ýaňaklar, gulaklar, burun, iki gaşyň arasy, we soňunda maňlaý.

## Family Planning Worksheet

The answers to these questions will help you and your doctor decide what kind of family planning method is best for you.

1. Do you want to have more children? \_\_\_\_\_
2. Do you need protection from sexually transmitted diseases? \_\_\_\_\_
3. Will your partner cooperate with you to prevent pregnancy? \_\_\_\_\_
4. Were you using a method to prevent pregnancy when you became pregnant? \_\_\_\_\_  
If yes, what method? \_\_\_\_\_

Check any form of contraception you have used before:

- \_\_\_\_\_ Abstinence
- \_\_\_\_\_ Breastfeeding
- \_\_\_\_\_ Condoms
- \_\_\_\_\_ Spermicides
- \_\_\_\_\_ Withdrawal (Man removes his penis before he ejaculates)
- \_\_\_\_\_ Birth Control Pills
- \_\_\_\_\_ Depo-Provera Injection
- \_\_\_\_\_ IUD

Have any of these reasons kept you from using contraception?

- \_\_\_\_\_ Husband is opposed
- \_\_\_\_\_ Worried about health
- \_\_\_\_\_ Difficult to use
- \_\_\_\_\_ Worried about side effects
- \_\_\_\_\_ Expensive
- \_\_\_\_\_ Inconvenient
- \_\_\_\_\_ Embarrassed to ask about
- \_\_\_\_\_ Other: \_\_\_\_\_

## Maşgalany Meýilnamalaşdyrmak Barada Soraglar

Bu soraglara berlen jogaplar size we siziň lukmanyňyza maşgalany meýilnamalaşdyrmak üçin haýsy usulyň siz üçin has gowudygyny bilmäge ýardam eder.

1. Siz çagaňyzyň köp bolmagyny isleýäňizmi? \_\_\_\_\_
2. Size jyns gatnaşygy arkaly geçýän kesellerden goranmak gerekmi? \_\_\_\_\_
3. Siziň ýoldaşyňyz göwreliligiň öňüni almak üçin siziň bilen hyzmatdaşlyk edermi? \_\_\_\_\_
4. Siz haçanda göwreli bolanyňyzda siz göwreli bolmadan goraýan serişde ulanyp gördüňizmi? \_\_\_\_\_  
Eger-de 'hawa' jogap berniňiz, haýsy serişde? \_\_\_\_\_

Göwreli bolmadan goraýan, öň ulanan serişdäňizi belläň:

- \_\_\_\_\_ Azarlama (abstinensiýa)
- \_\_\_\_\_ Çagany göwüsden emdirmek
- \_\_\_\_\_ Prezerwativ
- \_\_\_\_\_ Spermisid
- \_\_\_\_\_ Aýyрма(erkek ujdyny dökmezden öňürti çykarýar)
- \_\_\_\_\_ Göwreli bolmadan goraýan tabletkalar
- \_\_\_\_\_ Sanjymlar
- \_\_\_\_\_ Ýatgyçi serişdeler (spiral)

Şularyň haýsysy siziň göwreli bolmadan goraýan serişdeleri ulanmazlygyňyza sebäp bolýar?

- \_\_\_\_\_ Adamymyň garşylygy
- \_\_\_\_\_ Saglyk baradaky howsalalar
- \_\_\_\_\_ Ulanmasy kyn
- \_\_\_\_\_ Goşmaça täsirler barada howsala
- \_\_\_\_\_ Gymmat
- \_\_\_\_\_ Oňaýsyz
- \_\_\_\_\_ Soramaga utanýan
- \_\_\_\_\_ Beýlekiler: \_\_\_\_\_

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