

Met kopwe fori ika ka popo me mwan om kopwe ne neuni naum we simirit

Fansoun ka nom non unungat maram om ka pwopwo kopwene mefi ekewe ekoch metoch epwe fis ngonuk.

- Kepwene mefi watetan pounum epwe ne pacheta eu pounum non eu week.
- Fansoun naum we non nenukom epwene mamarilo kepwene mefi weiresin om ngasangas me metekin sakurum.
- Epwene kan pwichikareu me fan mwaremwarom ika non om nenien ngasangas kepwene kan mefi menunu.
- Kopwene mochen chok memeur neran me metekitek ne afoun chuum kewe.
- Kosap kan kon kene meur nepwin me epwene kan sou pichituk metekitek non inisum nge esap metekin neuneu
- Kepwene chok mochen eniwin chichin non imwan ngaseno om kopwe mochen chuchu pwan mefi ekoch metekitekin non om we nenien neunew.
- Kopwene kan poputa mefi metek. Nge ekena meter esap metekin newnew. Epwe kan chek eto pwan no.

Ekoch rakan awesano ar kokot me ewe doctor ren kokotun me mwen neuneu

- Meni pioing epwe neunew non?
- Pwan meni pioing noum we doctor epwe finata om kopwe kan no check ian?
- Ika churi non meni pioing?
- Ionewe ka finata pwe epwe nom rem fansoun om kopwe neuneu?
- Met sokun napanapen om kopwe neuneu?
- Kopwe pwan finata ika kopwe angei ewe sokun safien metekin neuneu ika kosap?

Esap pwan chok naum we doctor an epwe sinei ekei napanap pwe kopwe pwan ereni chon non om family ika om friends pwe repwe pwan sinei.

Preparing for childbirth

During the third trimester, which is the last three months pregnancy, you will notice many changes that may change how you feel.

- You will gain weight, typically about one pound a week.
- As your baby grows and places pressure on nearby organs, you may experience shortness of breath and back pain.
- You may urinate more frequently as pressure is placed on your bladder, and you might have times of incontinence.
- You may find it harder to get comfortable and sleep. You may prefer to sleep on your side.
- You might be more tired than usual.
- You could have heartburn, swelling in your feet and ankles, back pain, and hemorrhoids.
- You may have “false labor” contractions known as Braxton-Hicks contractions. These Braxton-Hicks contractions begin to soften and thin the cervix, preparing it for the delivery of the baby. But unlike true labor contractions, they are irregular, do not occur more often as time passes, and do not become stronger or more intense.

Some people develop a “birth plan.” The birth plan is usually a written document for both you and your doctor in which you will record your own preferences for labor and delivery. For example:

- Where will you be delivering your baby?
- Based on your doctor’s instructions, do you plan to go directly to the hospital when labor begins?
- What arrangements have you made for transportation to the hospital?
- Who do you want to be present to support you during the childbirth?
- What position would you prefer to be in during delivery?
- What are your preferences for pain medication? Or, do you prefer to not use pain medication?

Not only should you talk about and share this document with your doctor, but also let your family members and friends know of your decisions.