



Welcoming your New Baby

迎接你的新生兒

LEARN 學習 PLAY 玩樂 CONNECT 聯繫 GROW 成長 LEARN 學習 PLAY 玩樂 CONNECT 聯繫 GROW 成長 LEARN 學習 PLAY 玩樂 CONNECT 聯繫 GROW 成長 LEARN 學習 PLAY 玩樂

BEGINNING THE JOURNEY TO PARENTHOOD

展開為人家長的歷程

Congratulations, your baby is on the way! Becoming a parent is one of life's most exciting and challenging experiences. There will be many emotional, physical and family changes. But knowing what to expect can make these changes enjoyable and easier to handle. Visit your health professional regularly and use health information and support to keep you and your baby healthy.

恭喜你，嬰兒快要出生啦！為人家長是我們一生中最興奮、最富挑戰性的經驗。我們的情緒、身體和家庭即將出現很多的轉變；如果我們有足夠的心理準備，明白到將會發生的變化，便可安享箇中樂趣，面對問題時也可迎刃而解。經常約見你的醫療專業人員，掌握健康資訊和支持，以保持自己和嬰兒的健康。

YOUR FEELINGS:

- You may have emotional ups and downs: excitement, anxiety, or uncertainty
- You may think about how the needs of your newborn may affect your finances, housing, career and relationships
- You may begin to feel closer to other parents such as your own parents, siblings or friends
- Non-pregnant partners usually feel proud, but at times may feel left out of the experience or wonder how to best provide support

YOUR BABY:

- Your baby begins to learn about the world through senses
- Touch is the first sense developed at about 8 weeks in the womb
- After 12 weeks your baby begins to smell and taste. Your baby swallows amniotic fluid and experiences the foods from the mother's diet

你的感覺：

- 你的情緒可能出現波動：興奮、焦慮不安或患得患失
- 你可能考慮到嬰兒的需要將對你的經濟、住屋、職業和人際關係帶來什麼影響
- 你可能開始與其他家長，例如自己的父母、兄弟姐妹或朋友更加親近
- 非懷孕的伴侶通常會覺得自豪，但有時也會覺得未能充分參與其中，或不知怎樣幫忙是最好的

你的嬰兒：

- 你的胎兒開始透過自己的感官去認識世界
- 懷孕約八個星期，胎兒孕育她的第一個感官 - 觸覺
- 十二個星期後，胎兒開始有嗅覺和味覺，吞食羊水和感受到母親吃下的食物

WHAT TO DO:

- See your health professional regularly (doctor, midwife, public health nurse)
- Strengthen the relationships with your partner, family and friends so that your new family is surrounded by care and support. It takes a village to raise a child
- Develop a healthy lifestyle - eat well and together as a family, stay physically active and get plenty of sleep
- Arrange to attend prenatal classes
- Avoid tobacco, alcohol and drugs during pregnancy and while breastfeeding

WHEN TO ASK QUESTIONS:

- If you are having trouble with finances, loneliness, stress, depression, nutrition, or lifestyle struggles (smoking, drugs, alcohol) there is help available

你可以做什麼：

- 經常約見你的醫療專業人員(醫生、助產士、公共健康護士)
- 鞏固與伴侶、家人和朋友的關係，為你的新家庭建立必需的關懷和支持網絡。養育小孩子，必須大家同心協力、合作無間
- 養成健康的生活方式 - 吃得健康，和家人一同吃飯，多做運動，爭取更多睡眠時間
- 安排參加產前課程
- 懷孕及餵哺母乳期間，避免吸煙、喝酒和濫用藥物

何時提出疑問：

- 萬一你在經濟上有困難，或感到孤單、壓力重重、情緒低落，或出現營養或日常生活上的問題(煙、酒、藥物)，應向有關服務機構尋求援助

THE MIDDLE MONTHS OF PREGNANCY

懷孕中期

You are now halfway and your baby seems real as you may have seen a picture or ultrasound or felt your baby move. Think about breastfeeding your baby and where you can get support.

到了懷孕中段，你會實實在在地感到嬰兒的存在，看見胎兒的照片或超聲波影像，感到胎兒在你體內活動。考慮會不會為你的嬰兒餵哺母乳，了解可以向誰尋求支援。

YOUR FEELINGS:

- You may have mixed feelings about your changing body shape. Adjustment takes time
- Non-pregnant parents may feel more a part of the pregnancy experience
- Parents begin to talk with their baby. You may have a name chosen for your baby
- Partners may have different feelings about sex

你的感覺：

- 你可能對自己體型的轉變感到很矛盾，這是需要時間適應的
- 父親也許更能體驗到懷孕的經歷
- 父母開始與腹中嬰兒交談，甚至已為孩子選定了名字
- 伴侶可能對性行為有不同的看法

你的嬰兒：

- 你的嬰兒開始向你觸摸的位置移動
- 胎兒二十四星期時，已能對聲音作出反應

YOUR BABY:

- Your baby starts to move towards your touch
- By 24 weeks your baby responds to sounds



✓ TIP / 提示

Get a Pregnancy Passport from your physician or midwife and check out the information in Baby's Best Chance.

向你的醫生或助產士索取一本懷孕需知小冊子(Pregnancy Passport)，參閱當中「嬰兒最佳機會(Baby's Best Chance)」部份的資料。

WHAT TO DO:

- Your baby can hear your voice. Talking to your baby strengthens your relationship
- Build relationships with your parents and other parents. These relationships will be important when your baby is welcomed into the family
- Connect with other parents through programs such as prenatal classes, prenatal fitness, community centres or Richmond Family Place

WHEN TO ASK QUESTIONS:

- If you are feeling unhappy about the baby, seek counselling

你可以做什麼：

- 胎兒聽到你的聲音了。對你的胎兒說話有助鞏固你倆的關係
- 與你的父母及其他家長建立良好的關係。當您的嬰兒日後成為家庭的一分子時，這些關係是十分重要的
- 透過各項活動，例如產前課程、產前健身班，社區中心或Richmond Family Place，與其他家長建立聯繫

何時提出疑問：

- 如果你在懷孕期間感到不快樂，應尋求輔導服務

THE LAST MONTHS OF PREGNANCY

懷孕後期

You are close to the end of the pregnancy. You may be wondering about how you will be as a parent, and whether the baby will be healthy.

嬰兒快要出生了，你可能思潮起伏，不知道自己身為人父母後的情況，又會擔心嬰兒是否健康。

你的感覺：

- 懷孕期間，你對於嬰兒及身為家長的情況，往往有很真實的感覺
- 家長可能擔心嬰兒的健康及分娩的過程
- 你開始考慮更多為人家長的責任問題，可能也想到自己的父母，以及他們怎樣把你養成人
- 如果家長能把自己看成是一個共同分擔、互相支持的家庭，將可創立一個鞏固的基礎，幫助子女在情緒和社交方面的發展。你的嬰兒也因此而與你和其他人建立更鞏固的關係

你的嬰兒：

- 你的嬰兒三十個星期時已可認出熟悉的音樂
- 嬰兒出生後也會繼續喜愛聆聽同樣的音樂
- 到了三十個星期，你的胎兒已可辨別不同的味道
- 你的嬰兒可能會吮吸大拇指或手指以尋求安慰

YOUR FEELINGS:

- Pregnancy often brings vivid dreams about the baby and parenthood
- Parents may worry about the baby's health and labour
- You start thinking more about the responsibilities of parenthood. You may think about your own parents and how they parented you
- Parents who begin to see themselves as a sharing, supportive family will create a strong base for their baby's emotional and social development. Your baby will then form stronger relationships with you and others

YOUR BABY:

- By 30 weeks your baby will recognize familiar music
- Your baby will continue to prefer this music after birth
- By 30 weeks your baby identifies different tastes
- Your baby may suck their thumb or fingers for comfort



✓ TIP / 提示

Staying active during your pregnancy helps you physically and emotionally prepare for the changes ahead.

懷孕期間保持適量運動，有助調節身心，為日後出現的變化作好準備。

WHAT TO DO:

- Rest and relax. Take time to care for yourself and talk with others. If you are stressed, your baby will feel stressed, you are calm and relaxed, your baby will be too
- Do all you can to make sure your baby gets the best emotional start – sing, talk and share your loving thoughts with your baby
- Adoptive parents may want to seek support from other adoptive parents and your adoption agency
- A calm and welcoming home makes the best emotional start possible for your new baby

WHEN TO ASK QUESTIONS:

- Emotions, whether positive or negative, are more intense during pregnancy. Seek professional help if the stress is not resolved
- If you are having relationship or family distress GET HELP before your baby arrives. The stronger you are as a family team, the better you and your baby will be nurtured
- Pregnancy can be stressful. If you feel physically threatened or unsafe, GET HELP

WHO TO ASK:

- Your doctor or midwife
- A Public Health Nurse (604-233-3150) or (1-855-550-2229)
- CHIMO Crisis Services (604-279-7077)

你可以做什麼：

- 休息和放鬆，爭取時間照顧自己，與其他人交談。如果你覺得緊張，你的胎兒也感受得到；如果你心境平靜輕鬆，你的嬰兒也有同樣的感覺
- 盡你所能為你嬰兒的情緒建立一個良好的開始 - 和你的胎兒一起唱歌、說話和分享你的愛意
- 領養嬰兒的家長可能希望尋求其他領養家長和領養機構的支持
- 一個安靜、樂於接納嬰兒的家庭，能為你嬰兒的情緒建立一個良好的開始

何時提出疑問：

- 懷孕期間的情緒，無論好壞，都是較為強烈的。如果無法解除壓力，應尋求專業人士的幫助
- 如果你正面對與伴侶關係或家庭上的問題，應在嬰兒出生之前尋求協助。你和家人的關係愈鞏固，你和你的嬰兒將可成長得更好
- 懷孕過程可能有困難，如果你感到身體不適或任何不安，務必求助

向誰提問：

- 你的醫生或助產士
- 公共健康護士 (604-233-3150) 或 (1-855-550-2229)
- 展望社會服務中心 (604-279-7077)



✓ TIP / 提示

Depression and anxiety happens during pregnancy to 10-20% of families and will impact the family's health. There are many support services available to help.

於懷孕期間，約有 10 - 20% 的家庭會出現情緒低落和焦慮等問題，影響到家庭的健康。社區內有很多支援服務可助你解決疑難。