

óir, Arsi jsb Kar gl xZ erkZri , Zrpxl xZri rxK GB Kar gl Zri ...

óArsi osZiB jr hrxl rgrog...

- ◆ ...Öcudirse exk xZriK ZxKk ox¼ xl xM arKr | GxZ Arsi DÚ Gg... ã`Qb xgrc Kkg Gg... Ari kr bRxdB mrsçxZ arKg | Zsi Ari rxK Rs, x,, cKk xZriK Krex, k i xci sdxZ erk!
- ◆ ...jLd Arsi yZsk ZLdB Ari rxK Lrl „rxg KrkY AriK xeUur xOrU Gg... AriK xeU hkrxZ AxdK xLxZ p,, dr | Arsi krXZ grkgrk xLxZ PrBxZ ersk... Gg... Arsi krXZ xLxl ZrxZ xZriK bKck eski rY gr, xg |
- ◆ ...Zsi ogoi „ Ari rxK xZriK KrXQ krLxZ erk sKçuxZriK sgOrdr,, Ari rxK sdxl orgcrd xaxKr...xZriK e, rk Rdì óAredrk smÖk ox¼ GK sgOrdr,, xmr,,r” [“Sharing a bed with your baby”] drxi GKsU ÇPrke² ArxQ |
- ◆ ...Ari rxK ogxPx,, hrxl r Agçr,, ckr jrxZ Arsi sVKi Z Lrgk Rdì xZriK àxdk o...l M™px,, arKxZ ersk |
- ◆ ...jsb AriK GKUuNi er,, Zrpxl Zsi àd xaxK ba grk Kkxl Arsi Kre Aagr PriP xaxK Zr xLxZ ersk |
- ◆ ...jrxZ Arsi ÖcuxZriK gKk baB xLxZ ersk Gg... AriK Rtgxdk GKsU otok, oç Gg... DuteK oÞdr pxZ erk...”

óArsi cr²txK gl xZ ÖxdsQ xj Gª sl xZri rxK orprjì KkxZ erk...

- ◆ jLd Arsi Nxi rg, ZLd Zsi l sgÖri drl Ark Nxi rl sgxmn Kkx jsb xoB oi,, Arsi grkgrk xLxZ PrB |
- ◆ jsb Ari rxK sdxZ xZriK giar l rxM, Zrpxl Ari rxK sVKhrxg cKkQ sK dr xRxd drl |
- ◆ orgrd/mrl „rk xRl gigprk xKrxkr dr KrkY Gk fxl àdgyk Prkerxm ZxKk ährsgK xZxl k okçr dØ px,, jr,, |
- ◆ Kthrxg Arsi xZri rxK ógl xZ” erk xj Arsi Lrgk Rdì yZsk Zr xRxd drl Gg... Arsi Krþrk ArMB Ari rxK gK Zxl drl | cr²txK girLir KkxZ gl |”

óArsi Ksçi ba dr xLxZ eQb Kkg KrkY...

- ◆ Ksçi ba pRi KkxZ xgsm oi,, l rMxg Gg... GB KrkY Arsi xgm sKQsbd àd drl PaxZ PrBxZ ersk | Gk fxl Zsi xj ba yZsk Kk Zrk eski rY Kxi xj xZ erk KrkY okgkrp Gg... Prspbrk ährsgK hrkori isU dØ pxg |
- ◆ jsb Arsi ZZ NdNd gKk ba dr LrB, Zrpxl xZriK gK fxl DVxZ erk gr eV” pxZ erk gr AriK gKk ox¼ xl xM arKxZ Aougcr pxZ erk |

- ◆ Ksçi ba AriK xexUk ährsgK óhrxl r” girKxUsk,,rk eskgZð NUr,, Gg... Gk fxl o...! iY gr, rk oI rgdr arKxZ erk |
- ◆ jsb Ari rxK eskgrk Airl rsRk BsZpro arxK Aagr Wr,,rxgsUo arxK, Zrpxl Ksçi ba Lrl „rxl GB og xkrM xgx, jrl „rk oI rgdr arxK |
- ◆ pir† GB Çox¼ gxl krsL xj jsb Arsi gKk ba Lrl „r xmLrk oi,, Ari rxK Ksçi gvy l rMxdr xgrZl Aagr Psm xbl „r p,, Zrpxl AriK ixd s crk osØ pxZ erk | xZriK àd xPrnk oi,, Arsi AriK sRh, xPr,,rl Gg... iL eakhrxg gigprk Ksk...
- ◆ sKçujsb AriK mtk Lg hrxl r dr arxK Gg... Arsi jxaØ gKk ba xLxZ oi a” dr pB, Zrpxl Zrk xKrxdr sPsKtor o...! rç KrkY arKxZ erk Gg... cr²t Aagr Wrçrk GQr, rl Adi ba Lrl „rxdrk Rdì oerskm KkxZ erxkd |”

ÓZrB, jZsbd Arsi sdxR dr xLxZ smLsQ...

- ♦ ir, ixd xkxLr xj sgmšārçi o...çr oærskm KxkxQ jrxZ og smÕxK Rxdok exk Çai Q,, irxo irx,,k gxKk ba Lrl „rxdr p„ |

smÕxK Lrl „rxdrk (gxKk ba Aagr Kszi ba) sgnx,, RÒsk ekri xmk Rdì :

I rdWrD si WI „rBfrsk xl W BDsdU [Llandough Midwifery Led Unit] : 029 2971 6001

UHW si WI „rBfrsk xl W BDsdU [Midwifery Led Unit] : 029 2074 5030

Ari rk B^Qr-Zrsl Kr...

smÕ ba xLxZ PrBxQ Gi d oPdrk sbxd i rx,,k Dxµxmì smÕk grZr”

AdMþ Kxk e, d Gg... GKRd cr²tk KrxQ smÕxK Lrl „rxdrk gîrerxk ArkI gîrLir, ekri m”Gg... opr,,Zrk Rdì Adxkrc KÒd



KrsWF Gg... xhl NHS Trust
Ymddiriedolaeth GIG Caerdydd A'r Fro
cr²tsqbîr Gg... átxkîmsgbîr eskbÅk [Directorate
of Obstetrics and Gynaecology]

