



**#ReadyforPregnancy**

ACC CS51621 NHS Creative 2020

**怀孕  
您真的准备好  
了吗？**

**Are you  
ready for  
pregnancy?**

**Chinese  
Mandarin**



**#ReadyforPregnancy**

无论您是第一次怀孕还是已经有孩子，计划生一个宝宝总是令人兴奋。如果您打算怀孕，本指南将帮助您和您的伴侣在身心上做好准备。

研究告诉我们，如果父母在孕前身体健康，宝宝就更可能健康。关注饮食、运动和心理健康很重要。

Planning to have a baby is exciting, whether it's your first pregnancy or you already have children. If you're thinking about becoming pregnant, this guide will help you and your partner to prepare - both physically and mentally.

Research tells us that if parents are fit and well before pregnancy, your baby is more likely to be healthy. It's important to think about your diet, exercise, and mental health.

## 照顾好身体

### Looking after your body

要改善健康状况，有一种简单方法就是定期运动，这样可以提高生育能力。

如果夫妻一起运动，可能会更有趣，而且也更易于坚持。



*An easy way to improve your health is to take regular exercise to boost fertility levels.*

*If you do it together, it can be more fun and make it easier to stick to.*

健康饮食可以帮助您保持健康的体重，并确保您的宝宝生长发育良好。

每天要吃五种或更多不同类型的水果和蔬菜，以及瘦肉、豆类或豆腐等蛋白质。

*Eating a healthy diet will help you to maintain a healthy weight, and ensure your baby grows and develops well.*

*Aim to eat five or more different types of fruit and vegetables every day, as well as protein such as lean meat, beans, or tofu.*



## 照顾好情绪

## Looking after your mind



尝试怀孕或怀孕期间，  
都可能会感到压力。  
花些时间照顾好自己  
的心理健康。

每天花几分钟时间做些让  
自己感到快乐或安宁的事  
情。试试听音乐、做瑜伽  
或者做自己爱好的事情。

感到脆弱和焦虑是很正常  
的。说出自己的感受会很  
有帮助。

*Trying to get pregnant – or being pregnant, can be stressful. Take time to look after your mental health.*

*Spend a few minutes each day doing something that makes you feel happy or peaceful. Try listening to music, performing yoga, or doing a favourite hobby.*

*It's quite normal to feel vulnerable and anxious. It helps to talk about your feelings.*

有需要时请务必寻求帮助，无论是向您的伴侣、朋友还是您的全科医生寻求。如果有心理健康问题并计划怀孕，则可以在怀孕前或怀孕期间与专业的围产期心理健康团队联系，以获取有关您和您宝宝的建议。

*Make sure that you ask for help, whether from your partner, a friend, or from your GP. If you have a mental health problem and are planning a pregnancy, you can contact the specialist perinatal mental health team for advice for you and your baby before or during your pregnancy.*



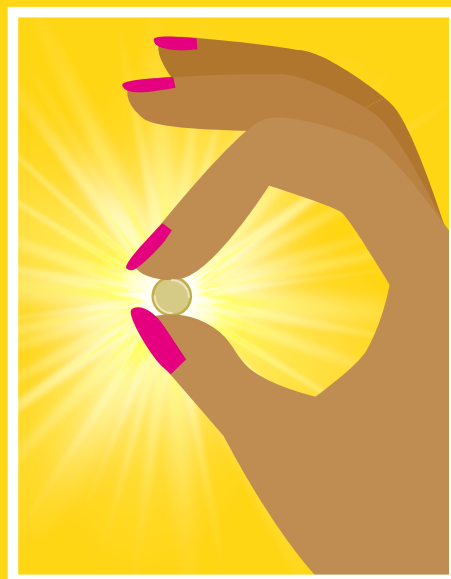
## 其他准备事宜

### What else you can do

每天服用叶酸可以降低婴儿神经管畸形的风险，神经管畸形即大脑、脊柱或脊髓未正常发育，例如脊柱裂。

在尝试怀孕和怀孕的前 12 周期间尤应服用。

将叶酸服用作为每日例行事宜之一。



*Taking folic acid every day can reduce the risk of your baby having a neural tube defect, when the brain, spine, or spinal cord doesn't develop properly, such as spina bifida.*

*This is especially true while you are trying to get pregnant and during the first 12 weeks of pregnancy.*

*Make taking your tablet part of your daily routine.*

每天服用 10 mcg 维生素 D 可以保持骨骼和肌肉健康，并在婴儿的头几个月为宝宝提供足够的维生素 D。

如果您皮肤黝黑，一天中大部分时间都在室内，或者平时穿的衣服遮盖了大部分皮肤，服用维生素 D 尤其重要。

*Taking 10 mcg of vitamin D every day can keep your bones and muscles healthy and give your baby enough vitamin D for the first few months of life.*

*This is particularly important if you have dark skin, you're indoors most of the day, or if you usually wear clothes that cover up most of your skin.*



若在怀孕期间感染流感，得重症的风险会更高。  
这可能导致早产或极低体重儿的风险增加。

怀孕时注射流感预防针有助于预防这种情况。  
怀孕期间还会给您注射百日咳疫苗。

您产生的流感疫苗抗体还将穿过胎盘传给宝宝，并在婴儿生命最脆弱的最初几个月内帮助保护您的宝宝。

*If you catch flu while pregnant, you are at a much higher risk of becoming seriously ill. This can result in an increased risk of premature birth or a baby who is seriously below birthweight.*

*Having a flu jab while you're pregnant helps to protect against this. You will also be offered a whooping cough vaccine during pregnancy.*



*The flu vaccine antibodies you make will also pass across the placenta and help protect your baby in the first few months of life, when babies are at their most vulnerable.*



# 孕期禁忌

## What you should avoid

就目前所知，怀孕期间任何含量的酒精都是不安全的，因此最好在尝试怀孕期间以及怀孕期间完全避免饮酒。

试试将日常饮料换成无酒精的鸡尾酒或碳酸果汁。



*There's no known safe level of alcohol in pregnancy, so it's best to avoid it completely while trying to get pregnant, and during pregnancy.*

*Try swapping your usual drink for a fancy soft mocktail or fruit juice with fizzy water.*

吸烟会使怀孕的机会减少一半，且对您的宝宝和您自己皆有危害。吸入二手烟也是一种风险。

请向您的药剂师、全科医生或助产士咨询获取有关减少吸烟或戒烟的支持。

*Smoking halves your chances of becoming pregnant, and harms both your baby and you. Breathing in someone else's smoke is also a risk. Ask your pharmacist, GP or midwife about the support available to cut down or quit.*





## 克服挑战

## Overcoming the challenges

母乳喂养是需要您和宝宝一起学习的一项技能。研究表明，获得合作伙伴的支持能对您的成功产生实质的影响。怀孕期间，可以找一找哪里可以获得本地帮助和支持，例如母乳喂养诊所。

*Breastfeeding is a skill that both you and your baby will learn together. Research has shown that having support from your partner can make a real difference to your success. While pregnant, find out where you can get help and support locally, such as drop-in breastfeeding clinics.*



照顾年幼的婴儿在身体和心理上都是一项艰巨的工作。说出自己的感受会很有帮助。请务必向家人、朋友或在线支持团体获取支持。

*Looking after a young baby is hard work both physically and mentally. It helps to talk about your feelings. Make sure you access support from family, friends, or online support groups.*





## 支持同在

### Support is available

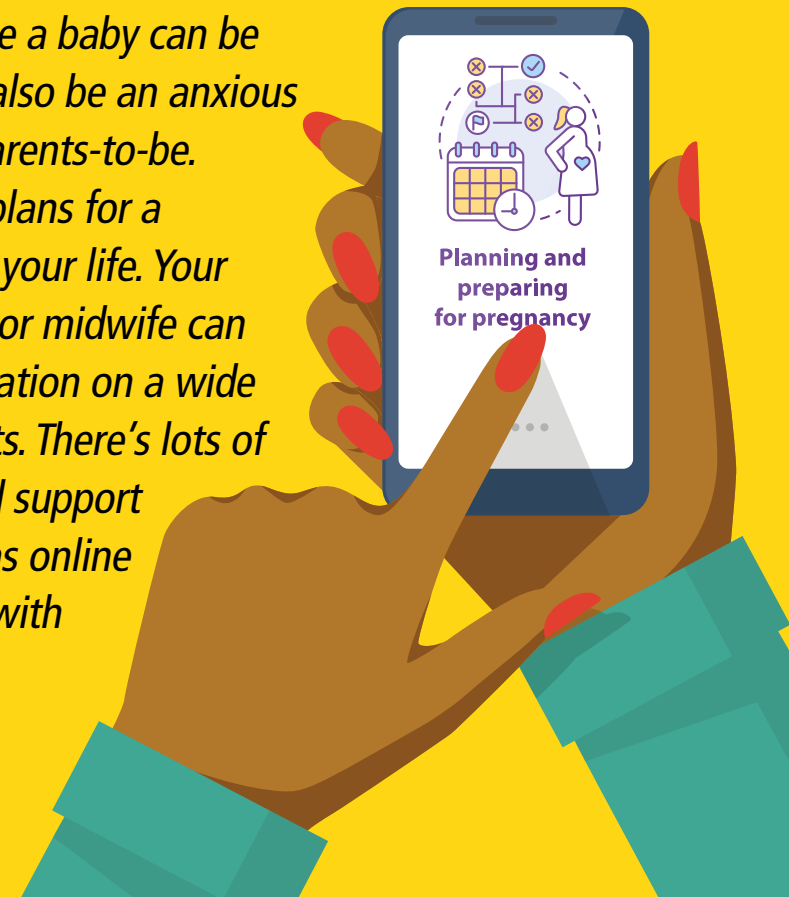


在怀孕期间和婴儿出生后，担心婴儿的健康是正常的。如果您患有糖尿病或癫痫症等健康状况，请咨询您的专家，因为您可能需要调整治疗的药物。

*It's normal to have concerns about your baby's health, both during pregnancy and once your baby is born. If you have an existing health condition such as diabetes or epilepsy, ask for advice from your specialist, as you may need to adjust your medication.*

计划生孩子令人兴奋。对于父母双方来说，这也可能是一个焦虑的时刻。您正在计划改变自己的生活。您的药剂师、家庭医生或助产士可以为您提供各方面的信息。线上有很多信息和支持，以及可与其他宝爸宝妈聊天的在线论坛。

*Planning to have a baby can be exciting. It can also be an anxious time for both parents-to-be. You're making plans for a huge change in your life. Your pharmacist, GP or midwife can give you information on a wide range of subjects. There's lots of information and support online, as well as online forums to chat with other parents.*



如需更多信息，请访问：

- [frimleyhealthandcare.org.uk/maternity](https://frimleyhealthandcare.org.uk/maternity)
- [healthysurrey.org.uk/children-and-families/ready-for-pregnancy](https://healthysurrey.org.uk/children-and-families/ready-for-pregnancy)
- [seshealthandcare.org.uk/ready-for-pregnancy](https://seshealthandcare.org.uk/ready-for-pregnancy)
- [medway.gov.uk/readyforpregnancy](https://medway.gov.uk/readyforpregnancy)
- [what0-18.nhs.uk/pregnant-women/planning-pregnancy](https://what0-18.nhs.uk/pregnant-women/planning-pregnancy)
- [bobstp.org.uk/workstreams/maternity/planning-your-pregnancy](https://bobstp.org.uk/workstreams/maternity/planning-your-pregnancy)

此外，还可在您选择的社交媒体渠道上搜索 **#ReadyforPregnancy**。

由以下本地妇产机构 (LMS) 为您倾情奉献：

- **Frimley LMS**
- **Surrey Heartlands LMS**
- **Sussex LMS**
- **Kent and Medway LMS**
- **Hampshire and Isle of Wight LMS**
- **Buckinghamshire, Oxfordshire and Berkshire West LMS**

本次活动由 NHS South East Clinical Delivery and Networks 协调。

For more information visit:

- [frimleyhealthandcare.org.uk/maternity](https://frimleyhealthandcare.org.uk/maternity)
- [healthysurrey.org.uk/children-and-families/ready-for-pregnancy](https://healthysurrey.org.uk/children-and-families/ready-for-pregnancy)
- [seshealthandcare.org.uk/ready-for-pregnancy](https://seshealthandcare.org.uk/ready-for-pregnancy)
- [medway.gov.uk/readyforpregnancy](https://medway.gov.uk/readyforpregnancy)
- [what0-18.nhs.uk/pregnant-women/planning-pregnancy](https://what0-18.nhs.uk/pregnant-women/planning-pregnancy)
- [bobstp.org.uk/workstreams/maternity/planning-your-pregnancy](https://bobstp.org.uk/workstreams/maternity/planning-your-pregnancy)

You can also search **#ReadyforPregnancy** on the social media channel of your choice.

Brought to you by the following local maternity systems (LMS):

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This campaign has been co-ordinated by NHS South East Clinical Delivery and Networks.