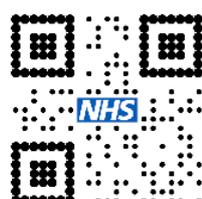


NHS Information on Childbirth in Pashto and Dari

Download the Papillon Translation app to your smart phone and scan each of the QR codes below to read or listen to information on these topics in Pashto or Dari.



Antenatal care

Antenatal care is the care you get from health professionals during your pregnancy. It's sometimes called maternity care and is available to women giving birth in England. This information tells you about what care you will receive.



The stages of labour and birth

This information explains the different stages of labour and giving birth, and when to call your midwife for help with your baby's birth.



Inducing labour

An induced labour is one that's started artificially. Sometimes labour can be induced if your baby is overdue or there's any risk to you or your baby's health. This information explains more about what will happen if you are induced.



Caesarean section: overview

A caesarean section, or C-section, is an operation to deliver your baby through a cut made in your abdomen and womb. This information explains why you might need a caesarean section and what will happen.



Forceps or vacuum delivery

An assisted birth (also known as an instrumental delivery) is when forceps or a ventouse suction cup are used to help deliver the baby. These are only used when necessary and you can find out more about these procedures here.



Episiotomy and perineal tears

During childbirth, the doctor or midwife may need to make a cut in the area between the vagina and anus to allow the baby to be born more easily. This area may also tear as the baby comes out. Scan the QR code for more information and recovering afterwards.



Breastfeeding: the first few days

In the first few days, you and your baby will be getting to know each other. It may take time for both of you to establish breastfeeding and this advice will help you feel confident about feeding your baby.



Bottle feeding advice

If you're planning to bottle feed with expressed breast milk or infant formula, these tips will help you feed your baby and keep them safe and healthy.



Newborn screening

Your newborn baby will be offered some screening tests in their first 6 to 8 weeks. This will help to find out if your baby has any health conditions so these can be treated early. You can find out more about newborn screening in this information.



Reduce the risk of sudden infant death syndrome (SIDS)

It's not known why some babies die suddenly and for no apparent reason from sudden infant death syndrome (SIDS), or cot death. But there are things you can do to reduce the chances of SIDS which are explained in this information.