



When To Have a Baby

Language: _____

Translator's name: _____ +

Translator's email/phone number: _____ +

**Thare Machi Education,
PO Box 4040,
Leamington Spa,
CV32 5YJ,
UK.**

mail@tme.org.uk,
+441926 422711
www.tme.org.uk.

Reg Company No 3921677, Charity No 1080131

When To Have a Baby

1. Today we are going to be learning about the best time to have a baby, and how you can help keep both you and your baby healthy. Let's get started.
2. Having a baby can sometimes be dangerous, both for the mother and the baby. Each year many mothers and their babies die during childbirth. Many of these deaths can be prevented.
3. It is important that you know what can cause these deaths, so you can try to reduce the risks to both you and your baby.
4. Now, try to answer this question, using the buttons on the controller.
5. Can pregnancy and childbirth be a dangerous time for mother and baby?
6. Press the up arrow if you think Yes
7. Or press the down arrow if you think No.
8. Press a button now.

When To Have a Baby

9. Yes. It is important to know how to reduce the risks to both mother and baby.

10. There are many reasons why some pregnancies and births are more difficult than others. Problems are often caused by women having a baby when they are too young. Some girls have babies when they are too young.

11. Your body is not fully ready to have a baby until you are about eighteen years old or older.

12. Babies who are born to mothers younger than eighteen are more likely to be born too early, and are more likely to die within the first year of life.

13. The risks to the mother are also greater if she is younger than eighteen. Having a baby when younger than 18 is especially risky. Now, try to answer this question.

14. How old should you be before having your first baby?

15. At least 15 years old,

16. or at least 18 years old?

When To Have a Baby

17. Press a button now.

18. That's right. Having a baby before you are 18 can cause both you and the baby health problems.

19. When a girl becomes a woman, her body goes through many changes.

20. When a woman becomes pregnant her body again has to go through lots of changes.

21. It is important to give girls time to let their body change into a woman before they become a mother.

22. Now try to answer this question.

23. Should a girl be given time to become a woman before she becomes pregnant?

24. Yes

25. or No

When To Have a Baby

26. Press a button now.

27. That's right, it is best to wait until a girl is at least 18 before having a baby.

28. As well as having babies too young, having them when you are too old can also create many problems for both the baby and the mother.

29. In general, if you are older than 35 you should try not to get pregnant.

30. If you are over 35 and have already had four or more children it is wise not to get pregnant again. Another pregnancy could be a serious risk to both your health, and to your unborn child.

31. Now, try to answer this question.

32. If you are over 35 should you think very carefully before having another baby?

33. Yes

34. or No?

When To Have a Baby

35. Press a button now.

36. That's right. Try not to get pregnant if you are over 35, especially if you already have 4 or more children.

37. Remember that you shouldn't start to have babies until you are at least eighteen years old.

38. If you have already had a baby, and you want to have another one, wait until your first baby is at least 2 years old.

39. If you then want another baby always wait until the youngest child is at least two years old.

40. Now, try to answer this question.

41. If you already have a child, how old should he or she be before you become pregnant again?

42. 1 year old

43. Or 2 years old?

When To Have a Baby

44. Press a button now.
45. That's right. Your youngest child should be at least 2 years old before you get pregnant again.
46. Waiting until the youngest child is at least two years old is very important.
47. It gives you enough time to look after your first child before the next one arrives. It also allows your body time to recover from the first pregnancy.
48. A mother's body needs two years to recover from a pregnancy. Waiting two years will let a mother get her strength back before getting pregnant again.
49. Now, try to answer this question.
50. How long does it take for a mother's body to recover from being pregnant?
51. 1 year
52. or 2 years?

When To Have a Baby

53. Press a button now.
54. Yes, it takes 2 years to get all your strength back.
55. Each time you have a baby, your body becomes weak, and you need time to get strong again.
56. After a woman has had four children, her body can become very weak during pregnancy. This will bring greater risks to both the life and health of mother and child.
57. This is especially true if the mother is older than 35. Remember after four children another pregnancy could be dangerous for both you and the baby.
58. Now, try to answer this question.
59. If you are over 35 and already have 4 children, should you have another baby?
60. Yes
61. or No?

When To Have a Baby

62. Press a button now.

63. That's right. It could be dangerous for both the mother and the unborn baby.

64. We have learnt that you should not become pregnant if you are younger than eighteen, or older than 35.

65. Also you should try to limit the number of children you have to four. After four children the risks become much greater.

66. To make sure that you do not get pregnant, you and your partner should consider 'Family Planning'.

67. Family planning gives couples the choice of when to begin having children, how many to have, how far apart, and when to stop. Now, try to answer this question.

68. Does 'family planning' give you the choice of when to have children?

69. Yes

70. or No?

When To Have a Baby

71. Press a button now.
72. Yes. You will be able to decide when and how many children to have.
73. Most health clinics or hospitals can provide methods of safe and effective family planning.
74. Don't leave childbirth to chance. Talk about it with your partner, and visit the local health clinic to get advice about the best family planning for you.
75. Now, try to answer this question,
76. Where can you find out about the best family planning for you?
77. Ask a neighbour,
78. or Go to the clinic.
79. Press a button now.

When To Have a Baby

80. That's right, there are several methods of family planning and the clinic will be able to help you decide which is best for you.

81. Remember: It is good to leave at least 2 years between having one child and having the next one.

82. Try to avoid becoming pregnant before the age of 18 and after the age of 35. This can help ensure that each baby is born healthy and strong.

83. Find out about ways to plan when you want to have your babies. It is a good idea not to have more than four children.

84. Now, try to answer this question.

85. If you plan when to have children, will you reduce the risk of health problems?

86. Yes

87. or No?

88. Press a button now.

When To Have a Baby

89. That's right. Planning your pregnancies will help reduce the health risks to you and your children.
90. That was the wrong answer. Let's go back and listen again.
91. Sorry! Wrong answer.
92. Hello. The title of this lesson is "When to have a baby". To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
93. You've now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
94. Correct!
95. "When to have a baby".