

Information for Women from a Non-English Speaking Background

Having a Baby (Brochure for pre-pregnancy and early pregnancy information)

<https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/thinking-of-having-a-baby.aspx>

Various factsheets in Khmer and Vietnamese

<https://monashwomens.org/pregnancy-and-parenting/other-languages/>

A wide range of pregnancy, labour and birth fact sheets

<https://www.wslhd.health.nsw.gov.au/WNH/Multicultural---Multilingual-Information>

EPDS in various languages

[https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Edinburgh_Postnatal_Depression_Scale_\(EPDS\)](https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Edinburgh_Postnatal_Depression_Scale_(EPDS))

Iron Deficiency

<http://brochures.mater.org.au/brochures/mater-mothers-hospital/pregnancy-iron-deficiency-anaemia>

<https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Iron>

Vaccinations in Pregnancy

https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Protecting_your_baby_against_influenza_starts_when_youre_pregnant

https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Protect_your_baby_from_whooping_cough

Gestational Diabetes

<https://www.ndss.com.au/about-diabetes/information-in-your-language/>

<https://diabetesnsw.com.au/about-diabetes/gestational-diabetes/diabetes-in-pregnancy-multicultural-resources/>

https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Gestational_diabetes:_caring_for_yourself_and_your_baby

Baby's Movements

<https://sanda.psanz.com.au/parent-centre/pregnancy/>

Mental Health

- Beyond Blue resources in various languages <https://www.beyondblue.org.au/who-does-it-affect/multicultural-people/translated-mental-health-resources>
- Anxiety and depression in pregnancy in Chinese, Vietnamese, Urdu, Somali, Arabic <https://www.panda.org.au/awareness/resources>

Hypertension

https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Explaining_preeclampsia

Coping with common discomforts in pregnancy

- ARABIC <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Common-discomforts-pregnancy-Arabic-110517.pdf>
- CHINESE <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Common-discomforts-pregnancy-Chinese-110517.pdf>
- TURKISH <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Common-discomforts-pregnancy-Turkish-110517.pdf>
- VIETNAMESE <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Common-discomforts-pregnancy-Vietnamese-110517.pdf>

Group B Streptococcus

<https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/pregnancy-screening-gbs.aspx>

Vitamin K and Hep B for Baby

https://www.healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Infant_hepatitis_B_immunisation_information

<https://www.nhmrc.gov.au/about-us/resources/vitamin-k-newborn-babies-information-parents>

Induction of Labour

https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=Induction_of_labour

- AMHARIC https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_AMHARIC.pdf
- ARABIC https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_ARABIC.pdf
- CHINESE https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_CHINESE.pdf
- FARSI https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_FARSI.pdf
- HINDI https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_HINDI.pdf
- OROMO https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_OROMO.pdf
- SOMALI https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_SOMALI.pdf
- URDU https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_URDU.pdf
- VIETNAMESE https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Induction-of-labour_VIETNAMESE.pdf

Information about labour and birth, including pain relief options

- What to bring to hospital
https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=What_to_bring_to_hospital_when_having_a_baby
- Epidural information ARABIC <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Arabic2.pdf>
- Epidural information ASSYRIAN <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Assyrian2.pdf>

[sheets/multilingual/Epidural-information-Assyrian2.pdf](#)

- Epidural information CHINESE <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Chinese2.pdf>
- Epidural information HINDI <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Hindi2.pdf>
- Epidural information SOMALI <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Somali2.pdf>
- Epidural information SPANISH <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Spanish2.pdf>
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- Epidural information TURKISH <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Turkish2.pdf>
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- Epidural information VIETNAMESE <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Vietnamese2.pdf>
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When to call hospital

<https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=When to call the hospital - Advice for women in late pregnancy>

<https://healthtranslations.vic.gov.au/bhcv2/bhcht.nsf/PresentDetail?Open&s=When to come to hospital in I about>

- AMHARIC https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_AMHARIC.pdf
- ARABIC https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_ARABIC.pdf
- CHINESE https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_CHINESE.pdf
- FARSI https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_FARSI.pdf
- HINDI https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_HINDI.pdf
- OROMO https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_OROMO.pdf
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- URDU https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_URDU.pdf
- VIETNAMESE https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_VIETNAMESE.pdf

Breastfeeding

Variety of breastfeeding information <https://www.breastfeeding.asn.au/bf-info/other-languages>

- Breastfeeding your baby ARABIC <https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Breastfeeding-your-baby-arabic-110517.pdf>

- Breastfeeding your baby CHINESE <https://thewomens.r.worldssl.net/images/uploads/factsheets/Breastfeeding-your-baby-chinese-110517.pdf>
- Breastfeeding your baby SOMALI <https://thewomens.r.worldssl.net/images/uploads/factsheets/Breastfeeding-your-baby-somali-110517.pdf>
- Breastfeeding your baby TURKISH <https://thewomens.r.worldssl.net/images/uploads/factsheets/Breastfeeding-your-baby-turkish-110517.pdf>
- Breastfeeding your baby VIETNAMESE <https://thewomens.r.worldssl.net/images/uploads/factsheets/Breastfeeding-your-baby-vietnamese-110517.pdf>
- Breastfeeding and postnatal care booklet <https://www.mhcs.health.nsw.gov.au/publications/ahs-9155-breast-feeding-and-postnatal-care>

Sudden Infant Death Syndrome

<https://raisingchildren.net.au/newborns/sleep/sleep-safety/reducing-sudi-sids-risk>

To find something specific try this website

<https://www.healthtranslations.vic.gov.au/>