Information for Women from a Non-English Speaking Background

Information on preventing stillbirth

https://www.stillbirthcre.org.au/safer-baby-bundle/translated-resources/

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)

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 Streptoccocus

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

- 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
-
- Epidural information TURKISH https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Turkish2.pdf
-
- Epidural information VIETNAMESE https://thewomens.r.worldssl.net/images/uploads/fact-sheets/multilingual/Epidural-information-Vietnamese2.pdf
-

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_labour_

- 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

- SOMALI https://thewomens.r.worldssl.net/images/uploads/fact-sheets/When-to-call-the-hospital_SOMALI.pdf
  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/fact-sheets/Breastfeeding-your-baby-chinese-110517.pdf
- Breastfeeding your baby SOMALI https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Breastfeeding-your-baby-somali-110517.pdf
- Breastfeeding your baby TURKISH https://thewomens.r.worldssl.net/images/uploads/fact-sheets/Breastfeeding-your-baby-turkish-110517.pdf
- Breastfeeding your baby VIETNAMESE https://thewomens.r.worldssl.net/images/uploads/fact-sheets/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/