Qed tistenna jew qed tippjana sabiex ikollok tarbija?

Nisa li qed jistennew tarbija għandhom joqogħdu attenti waqt it-tqala. Ħafna mis-sustanzi li tieħu ser jaffettwaw lit-tarbija fil-ġuf tiegħek. Mediċini li jinxtraw minn spiżeriji li qabel kont tista' tieħodhom, waqt it-tqala jistgħu jħallu effetti negattivi. Nisa li ser isiru ommijiet u għandhom problema tad-droga, hemm bżonn li jfittxu parir professjonali, kemm għall-ġid tagħhom kif ukoll dak tat-tarbija. L-użu ħażin ta' sustanzi, kemm ta' mediċina li tkun bir-riċetta tat-tabib, kif ukoll sustanzi illegali, huwa perikoluż.

Tibżax tfittex l-għajnuna

Jekk tirreferi għal għajnuna professjonali, ma jfissirx li ser ikollok tbati xi konsegwenzi.

Staqsi dwar:

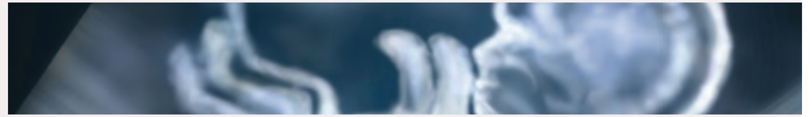
- kif tieħu ħsieb lilek innifsek sabiex ikollok tarbija b'saħħitha
- it-trattament u kura li tista' tibbenefika minnhom, kemm int kif ukoll it-tarbija tiegħek
- kif għandek tittratta l-problema tal-abbuż ta' droga
- kif tista' tibdel l-istil ta' ħajja tiegħek għall-ġid tat-tarbija

Importanti li tieħu l-kontroll tas-sitwazzjoni

Qed tuża xi sustanza, bir-riċetta tat-tabib jew illegali?

Sustanzi differenti jistgħu jaffettwaw lit-tarbija tiegħek b'modi differenti. Xi eżempji huma:

- difetti mat-twelid
- nuqqas ta' piż mat-twelid
- effetti ta' withdrawals li jikkawżaw uġigħ lit-tarbija
- effetti negattivi fuq l-iżvilupp tat-tarbija
- l-effetti ħżiena li jistgħu jħallu fuq it-tagħlim u l-imġiba tat-tfal fil-futur
- sudden infant death syndrome (cot death)



Huwa importanti li staff speċjalizzat ikun jaf li inti għandek problema tad-droga mill-bidu tat-tqala

Inti u t-tarbija tiegħek ser tirċievu s-sapport u t-trattament neċessarju.

Punti għall-omm li qed tistenna tarbija:

- issegwi dieta bilanċjata
- eżerċizzju fiżiku b'mod regolari
- visti għand it-tabib b'mod regolari
- tattendi s-sessjonijiet tal-Parent Craft offruti fl-isptar Mater Dei jew kliniċi oħra
- jekk inti tqila u qed tinjetta xi sustanza, inti u t-tarbija tiegħek tinsabu f'riskju ta' infezzjoni

Punti oħra:

- evita sustanzi meħuda fil-vina, pirmli, alkoħol u sustanzi oħra mhux fuq ordni tat-tabib
- tnaqqas it-tipjip, jew aħjar tieqaf kompletament
- żur id-dentist b'mod regolari
- żomm kuntatt regolari mas-Substance Misuse Centre tal-Aġenzija Sedqa

L-abbuż tad-droga tista' taffettwa ċ-ċiklu menstruwali (period); jekk il-period jieqaf, xorta waħda tista' tinqabad tqila. Importanti li tuża l-kontraċettivi.

WE WILL HELP

Supportline 179
24 siegħa kuljum, bla ħlas

Aġenzija Sedqa
Detox Centre (Substance Misuse Centre)
Tel: 2388 5300
Drugs Community Services
Tel: 2388 5110

Aġenzija Appoġġ
Social Work Services, Mater Dei Hospital
Tel: 2545 5571

Parentcraft Services
Mater Dei Hospital
Tel: 2545 5123 / 4

Gynae Out-Patients Department
Mater Dei Hospital
Tel: 2545 7420

Neo-Natal & Premature ITU
Mater Dei Hospital
Tel: 2545 5450

Labour Ward
Mater Dei Hospital
Tel: 2545 5170

Dental Out-Patients Department
Mater Dei Hospital
Tel: 2545 4800

Are you pregnant or planning pregnancy?

Pregnant women need to be careful during their pregnancy. Most substances taken will effect the baby in the womb. Over-the-counter medications that were safe before pregnancy may now have detrimental effects. Mothers-to-be with a drug problem need to seek professional help for their well-being and that of their baby. Misusing substances, both prescribed and illicit, is dangerous.

Don't be afraid to look for help

By seeking professional help, it does not necessarily mean that you will suffer consequences.

Ask about:

- how to look after yourself and have a health baby
- the treatment and care available for you and your baby
- how to deal with your drug problem
- how to improve your lifestyle for the well-being of your baby

Take control - you know it makes sense

Are you misusing substances, prescribed or illicit?

Different drugs can harm your baby in many different ways. Examples are:

- birth defects
- low birth weight
- withdrawal effects which cause a lot of pain for the baby
- negative effects on the baby's development
- learning and behavioural difficulties in the future
- sudden infant death syndrome (cot death)

It is important that specialised staff is aware that you have a drug problem at an early stage.

You and your baby will receive the necessary support and treatment as required.

Tips for the mother-to-be:

- follow a healthy diet
- exercise frequently
- make regular visits to your doctor
- attend Parent Craft classes offered at Mater Dei Hospital or other clinics
- visit the dentist regularly

Additional tips:

- if you are pregnant and injecting drugs, you and your baby are at risk of infections
- avoid intravenous drugs, pills, alcohol and other non-prescribed medication
- reduce smoking or better still refrain completely.
- keep regular contact with Aġenzija Sedqa's Substance Misuse Centre

Drug abuse can effect your menstrual cycle (periods); if periods stop, you can still get pregnant. Use contraception.

Drugs & pregnancy

We can help you change to a new lifestyle

Nistgħu ngħinuk
tibdel l-istil
ta' ħajja tiegħek

Is-Sustanzi u t-Tqala

Fondazzjoni għal Servizzi ta' Ħarsien Soċjali