SOGC

ᐊᐱᖅᑯᑕᐅᒐᔪᒃᑐᑦ

ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᐊᒻᒪᓗ ᓱᖓᐃᓂᖅ ᓇᔾᔨᓂᖅ

1. ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᖃᓄᐃᖏᓚᑦ ᓱᖓᐃᓗᓂ ᐱᖃᑦᑕᕐᓗᒋᑦ?

ᖃᐅᔨᓴᐃᓂᖃᖅᑐᑦ ᓱᓕ ᑕᒪᑐᒥᖕᒐᑦ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᐱᐅᖏᑦᑐᒥᒃ ᐊᒃᑐᖅᓯᓂᖃᕈᖕᓇᕐᒪᑦ ᐊᓈᓇᐅᔪᒥᑦ ᐊᒻᒪᓗ ᓱᖓᐃᑯᓗᐊᓂᑦ. ᐅᔾᔨᕆᓗᒍ ᓴᓂᐊᓂᑦ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐃᓕᓗᑎᑦ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᓂᑦ ᓱᖓᐃᓕᕈᒪᒍᕕᑦ, ᓱᖓᐃᒍᕕᑦ, ᐅᕝᕙᓘᓐᓃᑦ ᐃᓕᖕᓂᑦ ᐊᒫᒪᒃᑎᑦᑎᒍᕕᑦ.

2. ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᐊᑐᖃᑦᑕᕐᓗᒋᑦ ᓱᖓᐃᓕᕐᓂᖅ ᐊᔪᓕᖅᑎᑦᑎᖃᑦᑕᖅᐸ?

ᐊᑯᓂᐅᔪᒥᒃ ᐊᑐᖃᑦᑕᕐᓗᓂ ᓱᕗᖅᑐᕐᓗᒐᓂᒃ ᐋᖓᔭᕐᓇᖅᑐᓂᒃ ᐊᒃᑐᖅᓯᓂᖃᕈᖕᓇᖅᑐᖅ ᐊᐅᓈᕐᓂᖕᓂᑦ ᐊᒻᒪᓗ ᑎᒥᒧᑦ ᐊᑐᖅᑐᓂᒃ ᒥᒃᑑᒋᐊᖅᑎᑦᑎᓗᓂ ᓄᑕᕋᒃᓴᖅᑖᕐᓂᕐᒧᑦ ᐱᔪᓂᒃ ᐊᒻᒪᓗ ᓱᖓᐃᓂᖅ ᐊᔪᓕᕐᓂᕐᒧᑦ.

3. ᖃᓄᐃᖓᓕᖅᑎᑦᑎᓃᑦ ᓱᕗᖅᑐᕐᓗᒐᓂᑦ ᐋᖓᔭᕐᓇᖅᑐᓂᑦ ᐱᔪᑦ ᓄᑕᕋᒃᓴᕋᓄᐊᕈᖕᓇᖅᐸᒃᑲ?

ᑎᐹᒃᑎᑐᑦ ᐊᒻᒪᓗ ᐃᒥᐊᓗᒃᑎᑐᑦ, ᐃᓚᒋᔭᐅᔪᑦ ᓱᕗᖅᑐᕐᓗᒐᓂᑦ ᐋᖓᔭᕐᓇᖅᑐᓂᑦ ᐊᓈᓇᐅᔫᑉ ᐊᐅᖓᑦᑎᒍᖃᑦᑕᖅᑐᑦ ᓄᑕᕋᒃᓴᖓᓄᑦ ᓱᖓᐃᑎᓪᓗᒍ ᐊᒻᒪᓗ ᐃᒻᒧᖓᒍᑦ ᓄᑕᕋᓛᖅ ᐃᓅᖅᑳᖅᑎᓪᓗᒍ.

4. ᓂᕆᖃᑦᑕᕐᓗᒋᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᐅᓗᕆᐊᓇᖏᓐᓂᖅᓴᐅᕙᑦ ᓱᕗᖅᑐᕐᓗᒐᓂᑦ ᐋᖓᔭᕐᓇᖅᑐᓂᐅᖓᓂᑦ?

ᐋᒃᑲ, ᐅᓗᕆᐊᓇᕐᓂᐅᔪᑦ ᐊᔾᔨᒋᔭᖏᑦ ᐊᖏᓂᖅᓴᐅᕐᓕᖏᑉᐸᑕ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᓂᕆᒍᒃᑎᒃ ᓱᕗᖅᑐᖏᖓᕐᓗᒍ. ᓱᕗᖅᑐᕐᓗᒐᐃᓪᓗ ᓱᖓᐃᓗᓂᓗ ᐱᔾᔪᑎᒋᐸᓗᒍ, ᐅᓗᕆᐊᓇᖅᑐᖅᑕᖃᖏᓐᓂᕋᐃᓂᖅ ᐊᔪᖅᑐᒍᑦ ᐊᒻᒪᓗ ᐱᐅᓂᖅᓴᐅᔪᖅ ᐊᑐᖅᑕᐃᓕᓗᒋᑦ ᐊᑕᐅᑦᑎᒃᑯᑦ.

5. ᐃᓗᐊᖅᓴᐅᑕᐅᔪᑦ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐅᓗᕆᐊᓇᖏᓐᓂᖅᓴᐅᕙᑦ ᐊᑐᖅᑕᐅᔪᒪᑐᐃᓐᓇᒧᑦ ᓱᕗᖅᑐᕐᓗᒐᓂᑦ ᐋᖓᔭᕐᓇᖅᑐᓂᐅᖓᓂᑦ?

ᐃᓗᐊᖅᓴᐅᑕᐅᔪᑦ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐊᑐᖅᑕᐅᖃᑦᑕᖅᑐᖅ ᐋᖓᔭᕐᓇᖅᑐᖅ ᓱᕗᖅᑐᕐᓗᒐᖅ ᐃᓗᐊᖅᓴᐃᔾᔨᒧᑦ ᑐᓂᔭᐅᔪᖅ. ᑭᓯᐊᓂ ᐲᖅᓯᖏᑦᑐᖅ ᐋᓐᓂᖅᓯᔪᖕᓇᕐᓂᖓᓂᒃ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᓱᖓᐃᔪᒧᑦ ᐊᒻᒪᓗ ᐱᕈᖅᐸᓪᓕᐊᔪᒧᑦ ᓄᑕᕋᒃᓴᖓᓄᑦ ᑕᒪᕐᒥᒃ ᐃᓗᐊᖅᓴᐅᑕᐅᔪᖅ ᐊᒻᒪᓗ ᐊᑐᖅᑕᐅᒥᐊᖅᑐᖅ ᐊᔾᔨᒌᓂᒃ ᐃᓗᓕᖅᑲᕐᒪᑕ.

6. ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᐊᑑᑎᖃᖅᓱᓂ ᑲᒪᒋᔭᐅᔾᔪᑕᐅᕙ ᐅᐸᓛᒃᑯᑦ ᒥᕆᐊᖑᓂᕐᒧᑦ?

ᓱᓇᑐᐃᓐᓇᓕᕆᓂᕐᒧᑦ ᖃᐅᔨᓴᐃᓂᕐᒧᑦ ᓇᓗᓇᐃᖅᓯᓂᖅᑕᖃᖏᑦᑐᖅ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᖓᔭᕐᓇᖅᑐᑦ ᐃᑲᔫᑕᐅᓂᖏᓐᓄᑦ ᐅᐸᓛᒃᑯᑦ ᒥᕆᐊᖑᖃᑦᑕᕐᓂᕐᒧᑦ. ᐅᐸᓛᒃᑯᑦ ᒥᕆᐊᖑᖃᑦᑕᕈᕐᕕᑦ, ᐅᖃᖃᑎᖃᕐᓗᑎᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᔪᓕᕆᔨᖕᓄᑦ ᐊᓯᖏᑦᑎᒍᑦ ᓈᒻᒪᒋᔭᐅᓯᒪᔪᒃᑯᑦ ᑲᓇᑕᒥᑦ ᐋᓐᓂᐊᖃᖅᑕᐃᓕᒪᔪᓕᕆᔨᒃᑯᓐᓄᑦ ᐅᓗᕆᐊᓇᖏᑦᑐᒃᑯᑦ ᐱᑕᖃᖅᑎᑦᑎᖕᒪᑕ ᐊᒻᒪᓗ ᐊᔪᖏᕐᓗᑎᒃ.

7. ᐱᖃᓐᓈᖃᖅᑐᖓ ᓱᕗᖅᑐᖃᑦᑕᖅᑐᓂᒃ ᓱᕗᖅᑐᕐᓗᒐᓂᒃ ᓱᖓᐃᑎᓪᓗᒋᑦ ᐊᒻᒪᓗ ᓄᑕᖅᑲᖏᑦ ᖃᓄᐃᖏᕐᓗᑎᒃ

ᖃᓄᐃᖓᓕᖅᑎᑦᑎᓃᑦ ᓱᕗᖅᑐᕐᓂᕐᒥᑦ, ᑎᐹᖑᖏᑦᑐᓂᒃ ᐊᑐᖅᓗᑎᒃ ᓱᕗᖅᑐᒐᓂᒃ, ᐊᒻᒪᓗ ᓂᕆᐹᓗᑎᒃ ᓱᕗᖅᑐᕐᓗᒐᓂᒃ ᐊᒻᒪᓗ CBD ᐅᖅᓱᕐᓂᑦ ᑕᑯᒃᓴᐅᖏᑐᐃᓐᓇᕆᐊᓖᑦ ᑕᒪᓗᒃᑖᓄᑦ, ᐊᒥᓱᖑᖅᐸᓪᓕᐊᔪᑦ ᖃᐅᔨᓴᐃᓂᕐᓂᑦ ᑕᑯᒃᓴᐅᔪᑦ ᓂᕆᖃᑦᑕᕐᓗᒋᑦ ᖃᓄᐃᑦᑐᑐᐃᓐᓇᐃᑦ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐋᓐᓂᕈᑕᐅᔪᖕᓇᖅᑐᑦ ᓱᖓᐃᔪᓄᑦ ᐊᒻᒪᓗ ᐱᕈᖅᐸᓪᓕᐊᔪᓄᑦ ᓄᑕᕋᒃᓴᖏᓐᓄᑦ.

8. ᓱᕗᖅᑐᕐᓗᒐᓂᒃ ᐋᖓᔭᕐᓇᖅᑐᓂᒃ ᐱᑦᑕᐃᓕᖃᑦᑕᖅᑐᖓ ᓱᖓᐃᑎᓪᓗᖓ ᐊᒻᒪᓗ ᐊᒫᒪᒃᑎᑦᑎᑎᓪᓗᖓ. ᓈᒻᒪᒃᓯᕙ ᒫᓐᓇ ᓱᕗᖅᑐᖃᑦᑕᓕᕐᓗᓂ ᓱᕗᖅᑐᕐᓗᒐᓂᒃ?

ᓱᕗᖅᑐᖅᑕᐅᖃᑦᑕᖅᑐᑦ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᐊᒥᓱᓂᒃ ᐊᔾᔨᒌᓂᒃ ᐃᓚᒃᔭᐅᓯᒪᔪᓂᒃ ᑎᐹᖕᓂᑦ ᐱᑕᖃᖅᑐᑦ ᐊᒻᒪᓗ ᐱᖃᑦᑕᖏᑦᑐᓄᐊᖅᓯᓂᖅ ᐊᖏᒃᓕᒋᐊᖅᑎᑦᑎᔪᖕᓇᖅᑐᖅ ᐊᔪᕈᑕᐅᔪᓂᒃ ᓄᑕᕋᓛᑦ ᐱᕈᖅᐸᓪᓕᐊᓂᖏᓐᓄᑦ.

ᐃᓕᑦᑎᒃᑲᓐᓂᕈᒪᒍᕕᑦ ᓱᕗᖅᑐᕐᓗᒐᐃᑦ ᒥᒃᓵᓄᑦ, ᓄᑕᕋᒃᓴᖃᖅᓱᓂ ᐊᒻᒪᓗ ᐃᕕᐊᖏᕐᒥᑦ ᐊᒫᒪᒃᑎᑦᑎᓂᕐᒧᑦ ᐅᕗᖕᒐᕐᓗᑎᑦ **pregnancyinfo.ca/learn-more.**