



Hunanik qauyiyariaqaqtugut:

Higaaqluk, Higaiyauniq Maamaktitiniqlu



Aaniqnaitqiyag ilikni **atuqitaaqni higaaqlumik higaiyautilitit maamaktititilutilu.**

Higaaqluq **ihuitumi aktuqnillaaqtut qaritaq agiklivalianigani.**



QARITAQ
AGIKLIVALIAVAKTUQ
NUTARANUUNIGANIT
25-NIK UKIUGANUT.

HIGARIAMI HIGAAQLUKMIK
AGIKLIVALIAJUTAUNIAQTU
Q HALUMAILRUNIK
PUYUQNIK AUKNI.

Una mikhilirutauniaqtuq
aniqhaaktaxhanik agiklivalianigani
nutaranuap.

Higaaqluq atuqnigani
higaiyautilugu
pijutaulaaqtut ukuniga:

UQITUNUAGULUNI
INUULAAQTUQ

ANINARIQLUNI
MAAMAKMINIT

TUQUGAYUMIK
INUULAAQTUQ

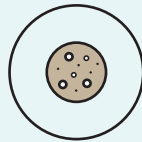
Agiklivaliayuq nutaranuag
aktuqtaulaaqtuq **tamainit**
aalatqiinik higaaqluknit.



HIGAAQTAUYUT



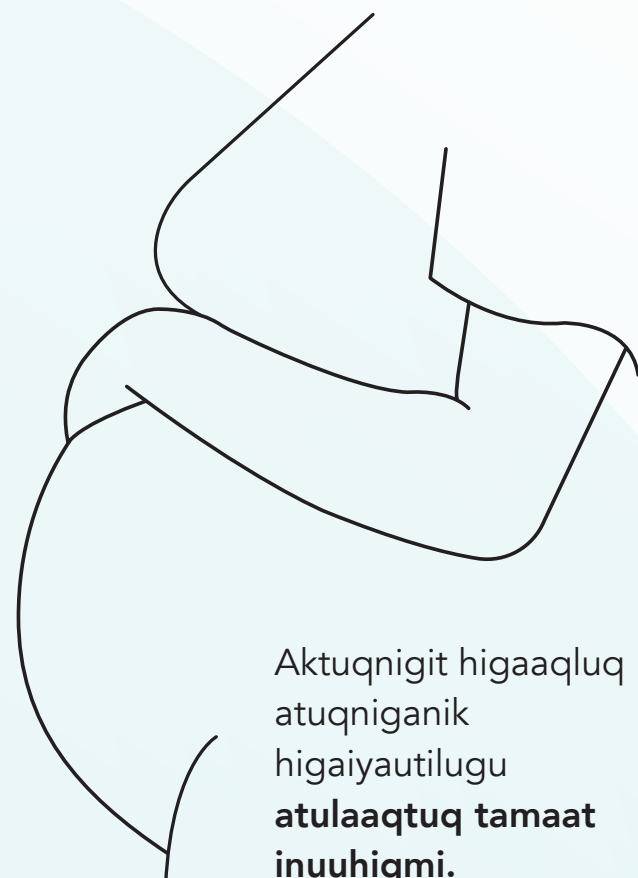
PUYUQQTITAAT



NIRIYAUVAKTULU

HIGAAQLUQ AALAGUQTILAAQTAA DNA-GIYAT
QANURINIGANIKLU INUUNIRIYAVIT.

Ukua aalagurutit atuqtitaulaaqtut hivunikhani inuuyukhanik,
aktuqhiluni aaniaginiginik.



Aktuqnigit higaaqluq
atuqniganik
higaiyautilugu
atulaaqtuq tamaat
inuuhiqmi.



NUTARAUTILUGU

Puiguiginaqtuq, ayuvyaktuq
ayuqhautinik ihuaqhaiyaagani
ayuruirutinik, nuutqagatalaituqlu



INIQNIGUQPALIANIGANI

Ihumaluknaqtuq
ingumainaqniganik
ihumaluinaqniganikluniit



INIQNIGUQAT

Atuqniarunaqhiyut
immigaknaqtunik

Higaaqlumit hunaliqa piyaulaaqt
nutaranuagnit iviaqinik maamaktitkuukni.
Una pijutaulaaqtuq:



AULARIGINIGANIK



NUKIQATIAGINIGANIK



MAMATIARUIQNIGANIK

Ilitpaaliriaqni higaaqlumik, higaiyanik iviaqimilu maamaktiniqmik
takujavat pregnancyinfo.ca/learn-more.