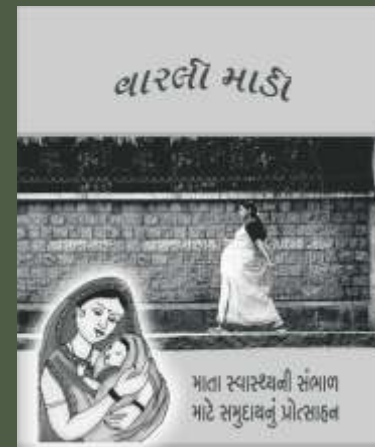




# Birth Preparedness Information



To do the following for healthy life of the child and pregnant woman : nutrition, check-up, treatment, safe delivery and complete rest

Name of the pregnant woman:			
Date of visit:		Expected delivery date:	

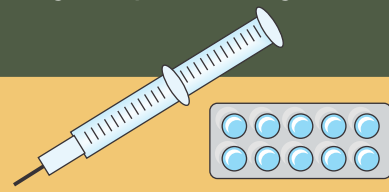
Dear healthy mother and family members,

We met you today, thank you for talking to us! In this poster, information about care during pregnancy, delivery and care of new born baby is mentioned. Always remember, any high risk can be avoided by timely treatment. Care of mother and child is the primary responsibility of the family and community. Read the information given below regularly, do self assessment and take treatment in government hospital.



## During pregnancy do the following regularly

- Every month go for check-up on Mamta Divas (Village Health and Nutrition Day) or at the Primary Health Centre.
- Take Iron Folic Acid tablets and Tetanus injection on Mamta Divas.
- Everyday eat four full meals a day that includes split pulses, vegetables including green leafy vegetables, fruits and milk-curd and if possible, consume eggs and fish.



## During pregnancy take the following care

- If there is paleness in eyes, tongue, nails; breathlessness; swelling in legs and hand; dizziness. Vomiting continues beyond first three months. No weight gain. All these are symptoms of under-nutrition and weakness. They are harmful signs for pregnant and lactating mothers. It is essential to take nutritious food and Iron Folic Acid tablets from the Aganwadi.
- Bleeding during pregnancy, seizures, stomach ache at any time, pre-term water breaking without labour pain or having labour pain for more than 12 hours are risky. During these times, immediately call 108 and admit and start treatment at Primary Health Centre or government hospital.

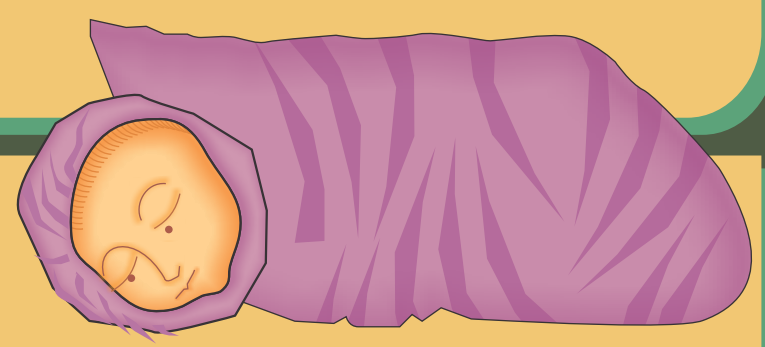


## For safe delivery do the following

- For safe delivery, availability of clean and institutional management (where there is water, bed, blood availability etc.) is important. Only after check-up, will you know whether the position of the child is incorrect or whether twins are present. If it is first delivery or if previous delivery was caesarean, in such situations, it is important that delivery must be done in a government hospital.
- Take discharge from hospital only after 48 hours of delivery and return home in Khilkhilat ambulance (special ambulance for mothers) only.
- Bathe the child only after 7 days of delivery.

## Care for the new born (look out for the following high-risk symptoms)

- Low weight, breathing problems, refuses feeding, seizures occur.
- Boils on the body, red colouration around baby's cord, pus from baby's cord.
- Child's hands-leg and body gets cold, all these situations are risky for the child's life.



In all the above situations, take the mother and child to the government hospital in 108. You can save the precious lives of the mother and new born baby by using above information. In the government hospital, you can avail the government scheme of "Jannani Shishu Suraksha Karyakram" under which you can get free services for 24 hours.

## Important phone numbers

Sr. No.	Name	Phone Number