

# CARE DURING PREGNACY

## Schedule of Antenatal Care

- ❖ The first visit is recommended as soon as the woman feels that she is pregnant. This is called registration of pregnancy.
- ❖ In villages/districts where gender biased sex selective elimination is being done, it is further important that pregnancy is registered early.
- ❖ The second visit should be made between the fourth and sixth month
- ❖ The third visit should be planned in the eighth month
- ❖ An additional visit in the ninth month would help provide better care especially in Primigravida (a woman who is pregnant for the first time).
- ❖ If the health worker identifies health problems during these visits, a visit to a doctor will become necessary.

## Nutrition during Pregnancy

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- ✚ Eat more food during pregnancy.
- ✚ Eat more whole grains like bajra, jowar, whole wheat flour, sprouted grams and fermented foods like idli, dhokla, curd etc.
- ✚ A nutritious diet which is rich in iron (e.g. green leafy vegetables like palak, sarson, dals, jaggery, water melon), calcium (milk & milk products) and protein (dal, egg, fish, meat) is required.
- ✚ Taboos, wrong food beliefs and restrictions on a pregnant woman's diet should be restricted
- ✚ Regularly avail SNP from the AWC
- ✚ Avail nutrition counselling services at the AWC
- ✚ Use only iodized salt
- ✚ Take at least 8-12 glasses of water per day
- ✚ Good nutrition reduces the risk of low birth weight babies





## Home Care during Pregnancy

- ❖ Pregnant woman should not carry heavy manual labour, like working on construction sites, famine relief, brick kilns etc.
- ❖ She requires physical exercise with adequate rest for 2-3 hrs during the day and 8 hour in the night.
- ❖ Smoking and tobacco chewing and consumption of alcohol should be avoided.
- ❖ A pregnant woman should not fast. This deprives her and the growing baby inside the uterus of essential food.
- ❖ Do not take any drugs without medical advice.
- ❖ Take iron, folate and calcium supplements regularly and continue the same during lactation



### Role of AWW

- ❖ Identify all pregnant woman in your village/area
- ❖ You should ensure that all pregnant women are registered at the AWC and facilitate in getting their 3-4 ANCs
- ❖ Ensure all women are registered under IGMSY in IGMSY districts to avail all ANC and PNC services
- ❖ Give nutrition counseling to pregnant mothers about healthy eating habits, nutritious diet and avoidance of superstitions and wrong food beliefs
- ❖ Conduct weekly home visit at pregnant women's house to keep a check on her health and nutrition status
- ❖ Facilitate and make the newlywed & other couples aware about the usage of "Nishchay Pregnancy Test Kits" to ascertain pregnancy status of the women.
- ❖ Regularly provide Supplementary Nutrition and IFA tablets to the pregnant women.