

FAMILY SUPPORT DURING PREGNANCY

Family Support

- ❖ Family support serves as the foundation of security and growth for a pregnant women and baby.
- ❖ It can help lower down the anxieties associated with pregnancy and help her cope up with emotional and physical changes during pregnancy.
- ❖ Therefore, family behaviour and attitude should be pleasant and encouraging.
- ❖ It is important to have someone by her side on whom she can emotionally rely upon.



AWW's Role in Encouraging Family Support



- ❖ Counsel the family and her in-laws about the importance of family support during pregnancy.
- ❖ Make sure the family member accompanies pregnant women to her ANC visits and other counseling sessions.
- ❖ Provide supplementary nutrition to the pregnant women daily.
- ❖ Help the family in making the action plan for birth preparedness and complications.
- ❖ Inform the pregnant women and the family about the danger signs.



Family can provide support to pregnant women in following ways:

- ❖ Initially identify a family member who can readily available throughout the entire pregnancy. It can be father, in-laws, parents or even a close friend.
- ❖ The designated family member must accompany the pregnant women to her pre-natal visits.
- ❖ Identify a nearest FRU/hospital in advance for institutional delivery.
- ❖ Adequate finance and transport should be arranged beforehand.
- ❖ A blood donor should be identified for any unforeseen emergencies.
- ❖ Avoid delay in contacting medical facility when labour starts or in case of a complication.
- ❖ Make sure the pregnant women
 - Eats along with her family. She should not be the last one to eat/eat leftover.
 - Takes adequate rest during the day (2 hours) and night (8 hours).
 - Do not lift any heavy objects during pregnancy.
 - Takes IFA supplements everyday.
 - Go for regular ANC to the AWC/primary health centre.
 - Has taken two doses of Tetanus Toxoid.
 - Take medicines only when prescribed by the doctors.
 - Avail supplementary food and nutrition counseling services at the AWC every month.



Care and support by husband and mother-in-law gives emotional support and confidence in child bearing