

# ANTENATAL CARE AND BIRTH PREPAREDNESS

As soon as you know that you are pregnant, register your pregnancy with ANM or Nurse and have Mother Child Protection (MCP) Card made.



**Getting 4 Antenatal checkups are a must.**

- ✓ First ANC: As soon as you know that you are pregnant
- ✓ Second ANC: 4-6 months
- ✓ Third ANC: 7-8 months
- ✓ Fourth ANC: At 9 months

## BIRTH PREPAREDNESS



Identify hospital and ambulance



Identify blood donor



Have contact no. of ANM/ASHA/AWW/FNHW CRP



Save money



Prepare birth preparedness kit with necessary items

## SERVICES PROVIDED DURING ANC



Physical and Blood Pressure examination



Weight monitoring



TT Vaccine



IFA and Calcium



Counselling on Diet



Ultrasound

## REMEMBER

- ✓ Physical examination during 4 ANC's, provides timely information about the health of both mother and child.
- ✓ Keep the MCP card with you and ensure that every information has been filled in it after every checkup.
- ✓ Consume right amount of nutritious food during pregnancy to keep both the mother and child in good health.
- ✓ Identify hospital, ambulance and blood donor (name and contact number) to ensure safe delivery and save money for necessary expenditure.
- ✓ Keep contact details of ANM/ASHA/AWW/FNHW CRP for home delivery during emergency situation. Keep a bag ready with clean clothes, blade, thread and soap.

For more information, contact Self Help Group member of your area.