

ANTENATAL CARE AND BIRTH PREPAREDNESS

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



Getting 4 Antenatal checkups are a must.

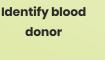
- First ANC: As soon as you know that your are pregnant
- $\langle \! \rangle$ Second ANC: 4-6 months
- \bigtriangledown Third ANC: 7-8 months
- \bigtriangledown Fourth ANC: At 9 months

BIRTH PREPAREDNESS



Identify hospital and ambulance











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

SERVICES PROVIDED DURING ANC



Physical and Blood

Pressure examination



monitorina



TT Vaccine







IFA and Calcium

Counselling on Diet

Ultrasound

REMEMBER

- Physical examination during 4 ANCs, provides timely information about the health of both mother and child.
- Keep the MCP card with you and ensure that every information $\langle \rangle$ 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.



no. of ANM/ ASHA/AWW/ **FNHW CRP**

Prepare birth preparedness kit with