

ANTENATAL CARE

TAKE PROPER ANTENATAL CARE TO ENSURE THAT BOTH MOTHER AND TO-BE-BORN BABY REMAIN HEALTHY

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



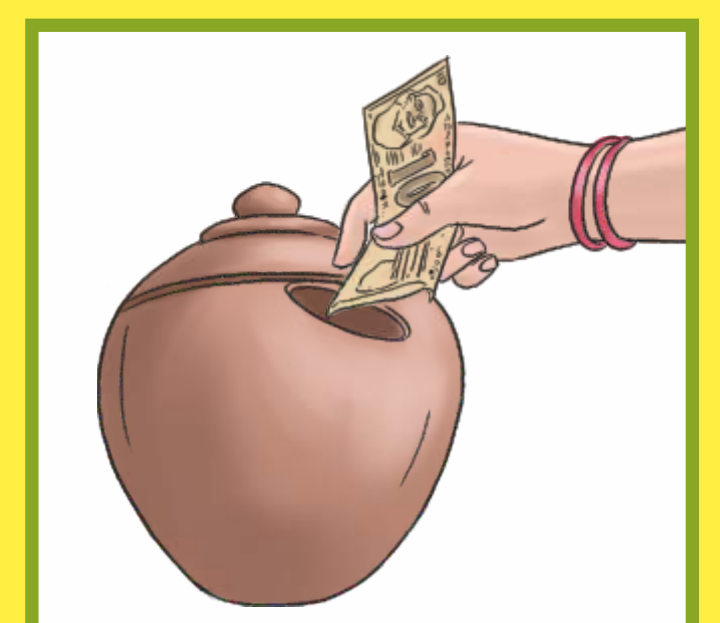
Identify hospital and ambulance



Identify blood donor



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



Save money



Prepare pregnancy kit with necessary items

SERVICES PROVIDED DURING ANC



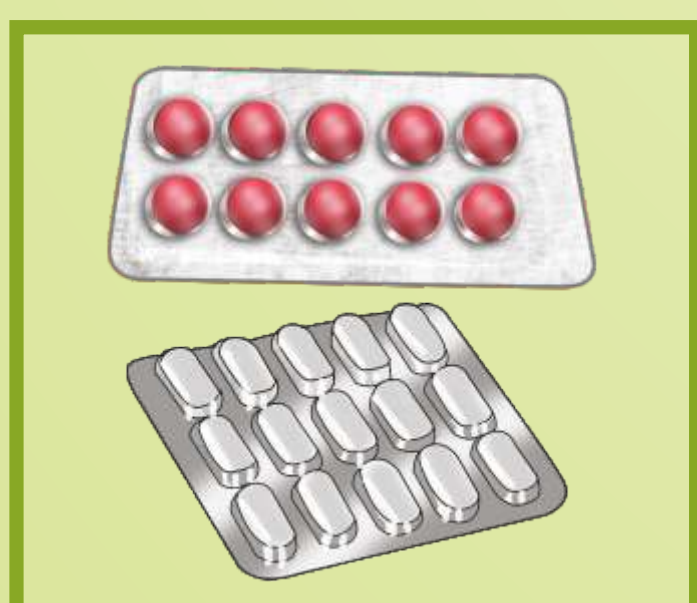
Physical and Blood Pressure examination



Weight monitoring



TT Vaccine



IFA and Calcium



Counselling on Diet



Ultrasound

ENSURE SAFE DELIVERY FOR SAFE MOTHERHOOD

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

