

# Care

## During Pregnancy

4. Diet should include fruits, vegetables and milk.
5. Ensure baby is kept warm; in winter, cover the baby's head and legs, protect the baby with warm clothing.
6. Mother must clean hands with soap after motion and after disposing the baby's stool.
7. Keep the umbilicus dry, do not apply any oil or ointment.
8. Mothers should get enough rest & sleep.

### DON'TS

1. Don't take outside food, it may cause infection.
2. Don't stop breastfeeding even if baby or mother is sick.
3. It is necessary to avail Post Natal Care or check-up after delivery.



**National Rural Health Mission (NRHM),**  
Department of Health & Family Welfare,  
Government of Nagaland.



A woman needs special care during pregnancy. To make sure she has safe pregnancy and delivery, a pregnant woman needs...

1. Nutritious food.
2. Adequate rest and emotional support.
3. Iron and Folic Acid: One tablet every day for 100 days for all women, two tablets every day for 100 days for anaemic women.
4. Regular check-up.

SCHEDULE FOR CHECK-UP	
<b>1<sup>st</sup> Visit</b>	Within 12 weeks (preferably as soon as pregnancy is suspected) for registration of pregnancy and first check-up.
<b>2<sup>nd</sup> Visit</b>	Between 14 and 26 weeks.
<b>3<sup>rd</sup> Visit</b>	Between 28 and 34 weeks.
<b>4<sup>th</sup> Visit</b>	After 36 weeks.

5. Other health checks and tests such as regular weight, blood pressure, blood test and urine test.
6. Two doses of Tetanus Toxoid vaccine.

### DO'S & DON'Ts During Pregnancy

#### DO's

1. Register pregnancy at the nearest health unit. Avail four ante-natal check-ups for blood pressure, weight, urine and blood test. Take Iron Folic Acid tablets, Tetanus Toxoid immunization.
2. Take high energy food (carbohydrates) like wheat, rice, corn, porridge, sugar and jaggery etc., and nutritious food like milk, curd, paneer, eggs, cereals, soya beans, meat, fish etc.

3. Take green leafy vegetables & fruits like tomatoes, carrot, cabbage, papaya, mango, guava, bananas. Use iodised salt.
4. Know about nearby health centres/hospitals for delivery or emergency care, if not visited already.
5. Take adequate rest.
6. Decide the place of delivery: it is best to deliver in a hospital/ health centre, if you want a delivery at home, ensure a skilled birth attendant/nurse is present.

#### DON'Ts

1. Fast should not be observed during pregnancy.
2. Heavy work should not be done.
3. Do not ignore bleeding, loss of foetal movement is dangerous. Rush to the hospital.
4. Do not smoke or drink alcohol during pregnancy.
5. Stay away from children with measles.
6. Delivery should not be done by untrained attendant: it is dangerous.
7. Delivery should not be in a dirty unhygienic place.
8. Pregnancy below 19 is not safe.

### DO'S & DON'Ts After Delivery

#### DO'S

1. Start breastfeeding immediately after birth. Feed on demand, to be given every 2-3 hours or at least 8 times a day.
2. Give your baby exclusive breastfeed for 6 months, water or other food is not required.
3. Mothers must eat more and drink plenty of water & fluids.