



Become a role model, and share the above recommendations with other husbands and male members

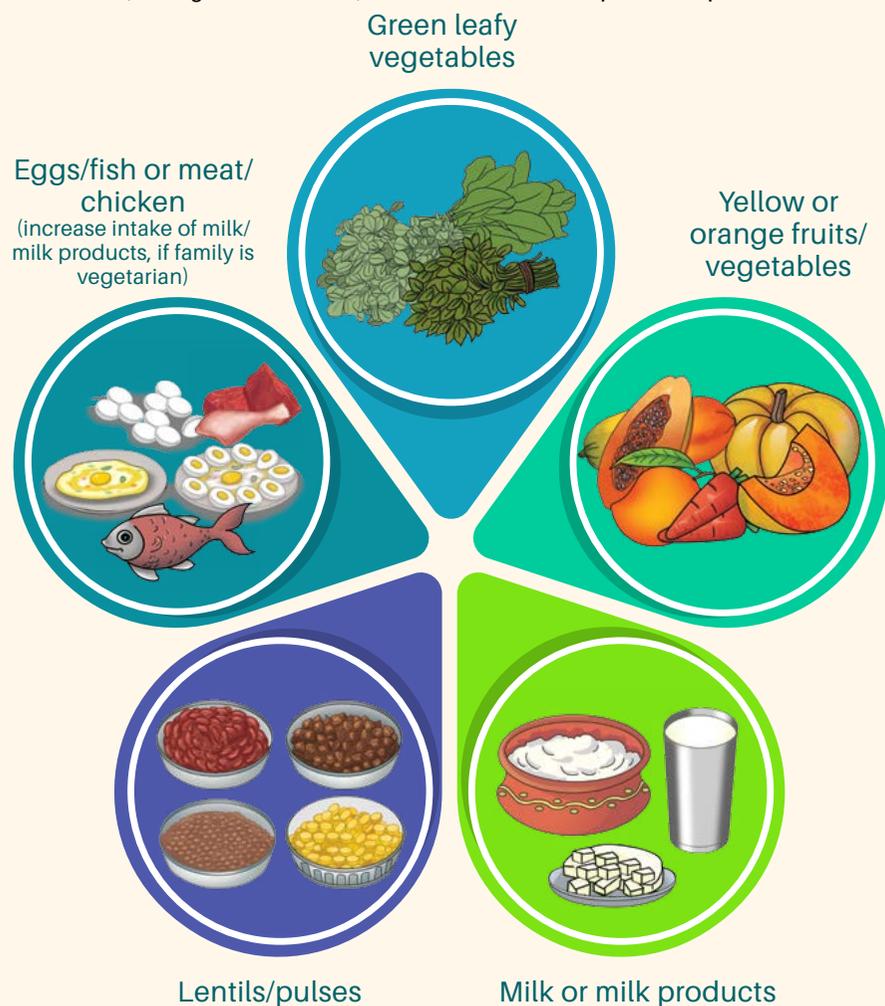
Husbands, Your care matters!

Ensuring adequate nutrition and health care of pregnant women and the unborn baby

Undernourished pregnant women give birth to small, low birth weight babies who are often born before time and are at high risk of illness and death. As a responsible husband and future father, you have a crucial role to play in ensuring the health of your pregnant wife so that she has a safe delivery and gives birth to a healthy newborn.

Here are some specific actions you can take to support the nutritional needs of your pregnant wife:

1. Ensure at least one from each of the 5 below nutrient-rich, seasonal and local food items, along with rice/roti, are available for daily consumption:



2. Motivate your wife and mother to prepare the same and encourage your wife to consume them every day along with rice or roti.
3. Remind and observe that your wife is consuming one IFA tablet every day from the fourth month of pregnancy till delivery (180 tablets). The tablet should be taken with water or 'nimbu paani' (lemon juice) before sleeping at night.
4. Ensure that your wife is consuming two calcium tablets (1 tablet after breakfast and 1 tablet after lunch) every day from the fourth month of pregnancy till delivery (360 tablets).
5. Please ensure your wife has enough IFA and Calcium supplies at home for her daily consumption. You can get it free from any government health facilities or buy it from the market.
6. Check regularly if your wife is gaining adequate weight (1.5 kg – 2 kg every month from fourth month onwards) and that she has adequate quantity of food every day, as per trimester of pregnancy.
7. Accompany your wife for regular ante-natal check-ups and remain in touch with local ASHA, ANM for more help and information.
8. Take part and share the household activities/chores so that your wife gets adequate rest.

