

## Necessary hygiene practices:



- ➔ Wash hands with soap
  - » After using toilet
  - » Every time before preparing food and eating the food
- ➔ Don't walk bare foot.
- ➔ Ensure cleanliness of food items
  - » Wash the fruits and vegetables before using it.
  - » Cover the drinking water properly.
- ➔ Do not defecate in the open. Use household toilet.

## Husband and mother-in-law's responsibilities

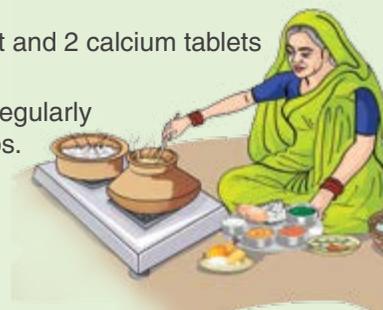
### Husband should ensure availability

- ⦿ 5 diverse, nutrient rich food with Roti/Rice for daily consumption.
- ⦿ IFA and Calcium tablets
- ⦿ Accompany her for regular check-ups, and get her weight measured and recorded in the Mother-Child Protection Card.
- ⦿ Ensure that pregnant and lactating woman washes hands with soap regularly.



### Mother-in-law to remind Daughter-in-law

- ⦿ Consume one item daily from each of 5 recommended food groups with Roti/Rice. If the family is non-vegetarian, eat eggs or meat several times a week.
- ⦿ Consume 1 IFA tablet and 2 calcium tablets daily.
- ⦿ Measure the weight regularly during ANC check ups.
- ⦿ Wash hands with soap regularly.



### How and when to use this Job ad:

This card contains necessary information about nutrition behaviours and practices for pregnant and lactating women

- ➔ Ensure adoption and practices of these behaviour for safe motherhood and optimal physical and cognitive development of the unborn child (foetus)
- ➔ Use the information given in this job aid for counselling.
- ➔ Engage husband and mother-in-law during counselling of pregnant woman
- ➔ Consultations and counselling can also be provided during V.H.S. N.D (Village Health, Sanitation and Nutrition Day), T.H.R. day, home visit or similar occasions.

### Golden rules:

- ➔ Along with chappati or rice, consume at least 5 diverse, nutrient rich food items in your daily meal
- ➔ From 4th monthly of pregnancy, consume 1 IFA tablet and 2 calcium tablets daily.
- ➔ Regular ANC check-ups and weight measurement recorded in Mother Child Protection Card.
- ➔ Consume adequate, diverse, and nutrient rich diet as per trimester during pregnancy.
- ➔ Wash hands every time before preparing and eating the food

## Nutrition for pregnant and lactating women

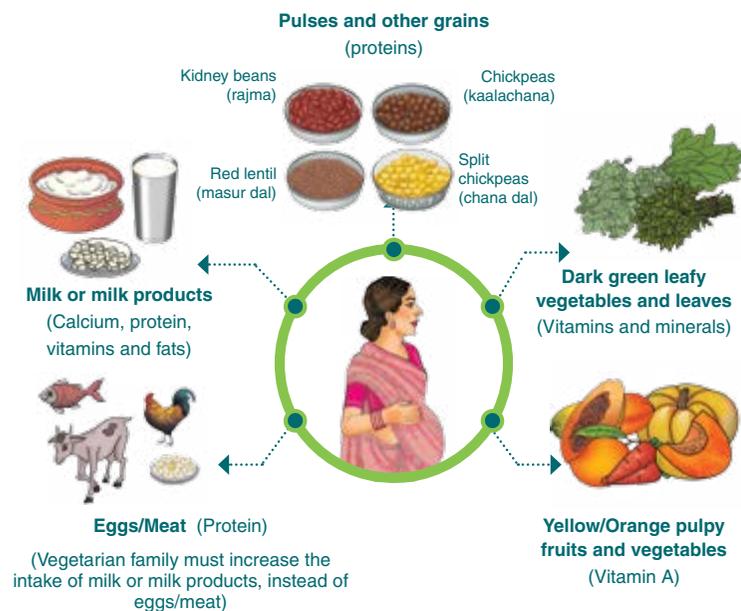
### Key points to remember



## Benefits of healthy nutrition for pregnant and lactating women



Consume 5 diverse and nutrient rich food items (Along with chappati or rice) in your daily meal



## Pregnant and lactating women should increase their food intake as per need

1<sup>st</sup> trimester (1, 2, 3 months)

Eat at least 2 full meals a day



2<sup>nd</sup> trimester (4, 5, 6 months)

Eat at least 3 full meals a day



3<sup>rd</sup> trimester (7, 8, 9 months)

Eat at least 3 full meals and 2 nutritious snacks a day



Lactating women

Eat at least 3 full meals and 3 nutritious snacks a day



## Consumption of IFA tablets

Consumption of IFA tablets reduces anemia and decreases other difficulties. It also helps in cognitive development of the unborn child



### What to do:

- ➔ From 4<sup>th</sup> month of pregnancy, consume 1 IFA tablet with water or lime juice daily before sleep in at night.
- ➔ Consume 180 tablets from the 4<sup>th</sup> month of pregnancy till delivery.
- ➔ Continue consumption of IFA tablets for 6 months after child birth.

### What not to do

- ➔ Don't take it with tea or milk.
- ➔ Don't take it with calcium tablets.
- ➔ Don't drink tea/coffee for 1 hour prior or after taking IFA tablets.

Take deworming tablet during 2<sup>nd</sup> trimester of pregnancy

Albendazole tablet

## Consumption of calcium tablets

During pregnancy or delivery decreases the chances of pre-eclampsia/eclampsia (blood pressure, haziness or unconsciousness).



### What to do:

- ➔ From the 4<sup>th</sup> month of pregnancy, consume 2 calcium tablets daily.
- ➔ Continue consumption of 2 calcium tablets daily for 6 months even after childbirth.
- ➔ Consume the first tablet after breakfast and the second after lunch.

### What not to do

- ➔ Don't take it on empty stomach.
- ➔ Don't take it with iron tablets

Pregnant woman should gain 1.5–2 kgs weight per month. 10–12 kgs weight gain during pregnancy.