



USAID
FROM THE AMERICAN PEOPLE



HEALTHY AND SAFE CHILDBIRTH

Key information for
pregnant women and
their partners



Role of a partner



The presence and support of the partner is critical for completing the journey toward happy parenthood.



Show affection.



Support healthy diet.



Accompany her for medical checkups.

HOW TO PREPARE ONESELF FOR AN EMERGENCY SITUATION?

If you see any of these signs call me (your health worker) immediately.



Muscle cramps or seizures



Excessive swelling in hands and feet



Heavy vaginal bleeding



Heart palpitations



Blurred vision



Difficulty in walking or talking



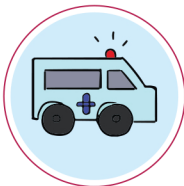
Excessive nausea or vomiting



High fever



In emergency situations, take these important actions without delay



Call 108/104 number for ambulance services.

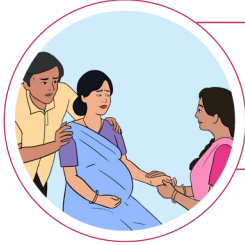


Identify and talk to the person who can accompany you to the health facility.



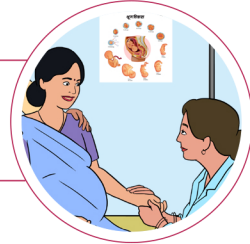
Keep important documents ready (medical reports, Aadhaar, BPL Card etc).

FOUR BASIC MANTRAS FOR A HEALTHY AND SAFE DELIVERY



1. Discuss your concerns and issues openly with your health worker.

2. Listen carefully to the advice of your health worker and ask in case of any query.



3. Be prepared for any undesirable situation right from the start.

4. Take care of yourself and make the most of all available health services.



The best interest of the mother, baby and family is served when the baby is healthy and the birth is safe.

Name of ASHA _____ Contact No. _____

Nearest Health Facility _____ Contact No. _____

Have you identified the birth companion (Yes / No)

If yes, name _____ Contact No _____

Any potential blood donor identified? (Yes / No)

If yes, name _____ Contact No _____

For more information, contact ASHA, your health worker or nearest health facility.