

PREGNANCY STAGES. TIPS AND ADVICES



FIRST SEMESTER

MONTH 2



- NO PROBLEM IN FEELING TIRED AND NAUSEOUS. 
- TELL ABOUT YOUR PREGNANCY TO A HEALTH WORKER.
- GET FREE IRON AND FOLIC-ACID TABLETS. 
- EAT ENERGY-GIVING, CALCIUM AND IRON-RICH FOOD. 
- DRINK A LOT OF OF WATER. 

FIRST CLINIC VISIT!



MONTH 3

- TAKE IRON AND FOLIC ACIDS EVERY DAY. 
- COOK FRESH MEALS. 
- WASH YOUR HANDS WITH SOAP AND KEEP THE KITCHEN CLEAN. 
- DON'T DRINK ALCOHOL. 

FIRST CHECK-UP!



GET THE TUBERCULOSIS VACCINE.



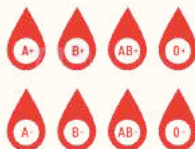


SECOND SEMESTER



MONTH 5

- IF YOU FEEL DIZZY, SIT, LIE DOWN OR TAKE FRESH AIR.
- TAKE IRON AND CALCIUM PILLS.
- FIND OUT YOUR BLOOD GROUP.
- IF YOU HAVE STRANGE SYMPTOMS (SHARP PAIN IN YOUR TUMMY, HIGH FEVER, ETC), GO TO THE CLINIC.



CONGRATS! YOU ARE HALFWAY TROUGH YOUR PREGNANCY!



MONTH 4

- TAKE A SNACK BETWEEN MEALS.
- TAKE REGULAR CHECK-UPS.
- CUT DOWN ON SMOKING .
- PREVENT FROM MOSQUITOES (INSECTICIDE-TREATED NET) .
- PREVENT CONSTIPATION.
- DRINK PLENTY OF CLEAN WATER.



MONTH 6

- TELL YOUR HEALTH WORKER IF YOUR BABY IS MOVING MUCH LESS THAN USUAL.
- TRY NOT TO STAND FOR LONG PERIODS OR SIT WITH THE LEGS CROSSED.
- IF YOU NEED TO PASS URINE, GO!
- MAKE A BREASTFEEDING PLAN.



GET AS MUCH REST AS YOU CAN!



GO FOR YOUR SECOND CLINIC VISIT.





THIRD SEMESTER



MONTH 8

• YOU MAY HAVE CONTRACTIONS.



• GET PREPARED IN CASE YOU GO INTO EARLY LABOUR (THE BABY WOULD NEED LOTS OF BREASTMILK AND WARMTH).



• DON'T PANIC IF YOU NEED AN OPERATION INSTEAD OF A NATURAL LABOUR.

• CHOOSE A TRUSTED CLINIC WHERE GIVE BIRTH.



GO TO YOUR THIRD CLINIC CHECK-UP.



**CONGRATS!
YOUR BABY IS
HERE**



MONTH 7

• DRINK BOILED MILK IF YOU HAVE HEARTBURN.



• TRY TO REST WITH YOUR FEET RAISED IF YOU HAVE SWOLLEN HANDS AND FEET.



• PINCH YOUR NOSTRILS AND LEAN FORWARD SLIGHTLY IF YOU HAVE NOSEBLEEDS.

• HAVE A DIABETES CHECK-UP.



PLAN HOW TO GET TO THE CLINIC.



MONTH 9

• GET THE THINGS YOU NEED TO CUT THE CORD SAFELY.



• FIND OUT ABOUT THE VACCINATIONS YOUR BABY WILL NEED.



• THE ONLY FOOD YOUR BABY NEEDS THE FIRST 6 MONTHS IS YOUR BREASTMILK.



• YOU MIGHT BLEED A LOT AT THE BEGINNING, BUT IT WILL GET LIGHTER.



• AFTER THE BIRTH, YOU'LL NEED TO REST, EAT WELL AND AND DO NOT MAKE EFFORTS.

