

Antenatal care & Nutrition in Pregnancy

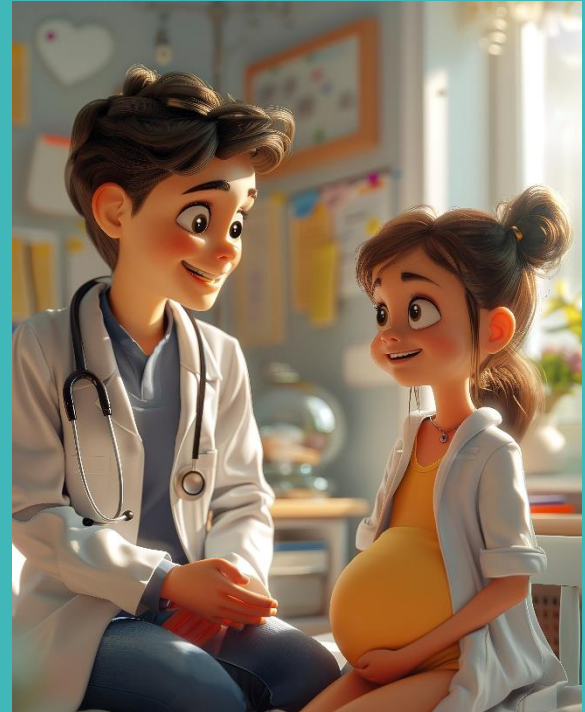
“Caring for you, Caring for baby”



- Antenatal care is the health care a woman receives during pregnancy.
- It helps mothers prepare physically, emotionally, and medically for childbirth
- Also ensures the baby grows well inside the womb

Why antenatal care?

- **Early problem detection:** Can identify issues before they become serious.
- **Education & guidance:** Mothers learn what to expect during pregnancy and how to prepare for delivery.
- **Emotional support:** Gives mothers confidence and peace of mind.
- **Safe delivery planning:** Helps families prepare for where and how the baby will be delivered.



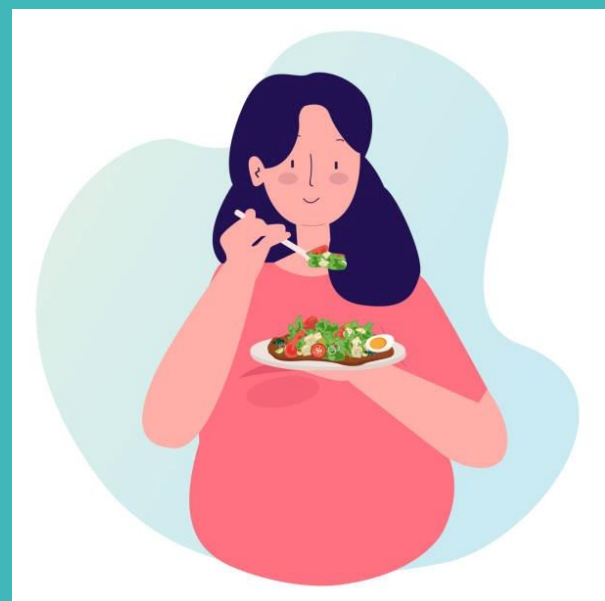
Antenatal Care (ANC)

- **Start early:** Visit clinic as soon as you know you're pregnant.
- **Regular check-ups:** At least 4 visits during pregnancy.
- **Protect health:** Get tested for blood pressure, HIV, anemia, infections.
- **Vaccinations:** Get tetanus injection to protect both mother & baby.
- **Supplements:** Take iron & folic acid tablets as advised



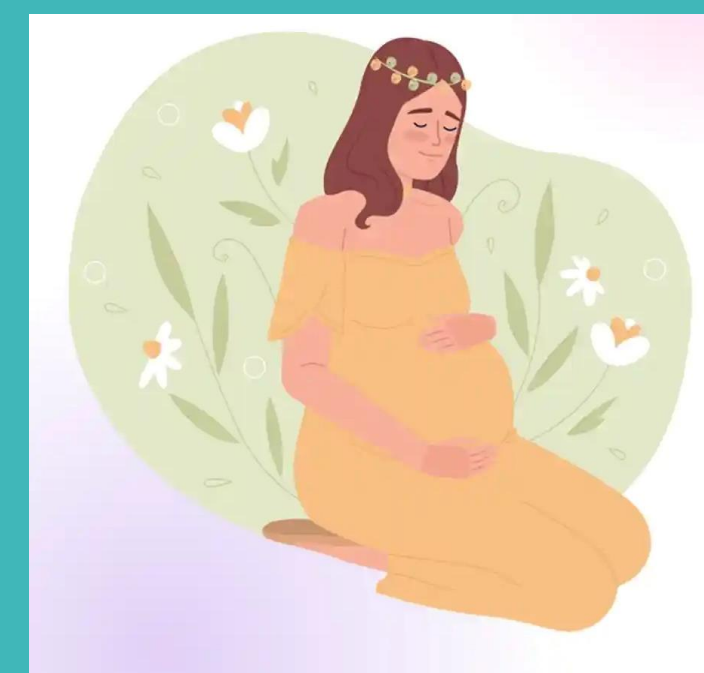
Proper nutrition in pregnancy

- Eat a balanced diet: Mix energy foods, body foods and protective foods.
- Drink enough water & milk daily.
- Avoid alcohol, smoking, and too much sugar or junk food.
- Small frequent meals help reduce nausea.
- Don't eat for two, eat for *you and your baby's health*



Warning Signs – Go to Clinic Immediately if

- Heavy bleeding
- Swelling of face/hands
- Fever or severe abdominal pain
- Severe headache or blurred vision
- Baby not moving



Early care, Safe delivery, Strong future!.