

Ma'ama Care

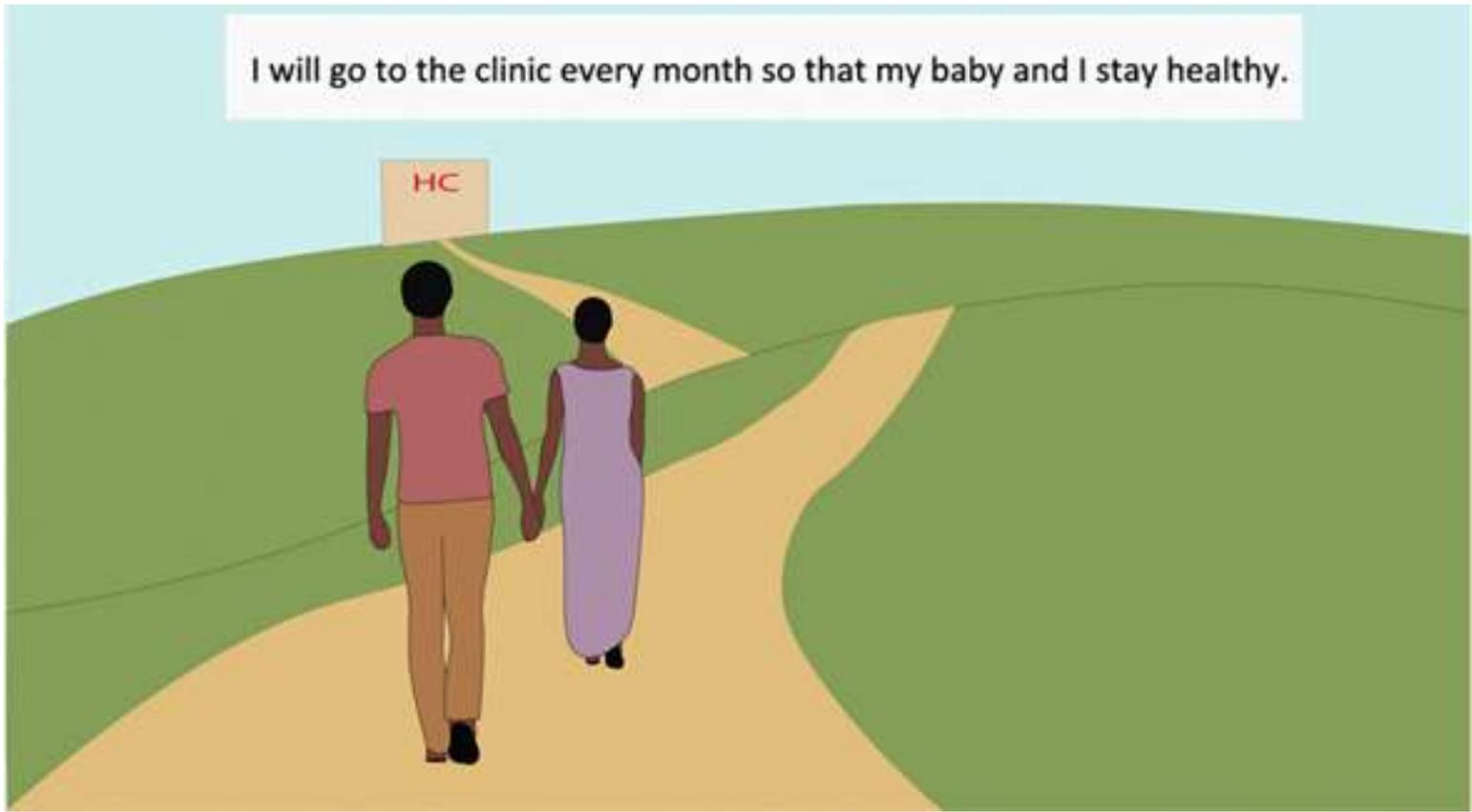


Understanding Baby Development and the Birthing Process

Module 1 -



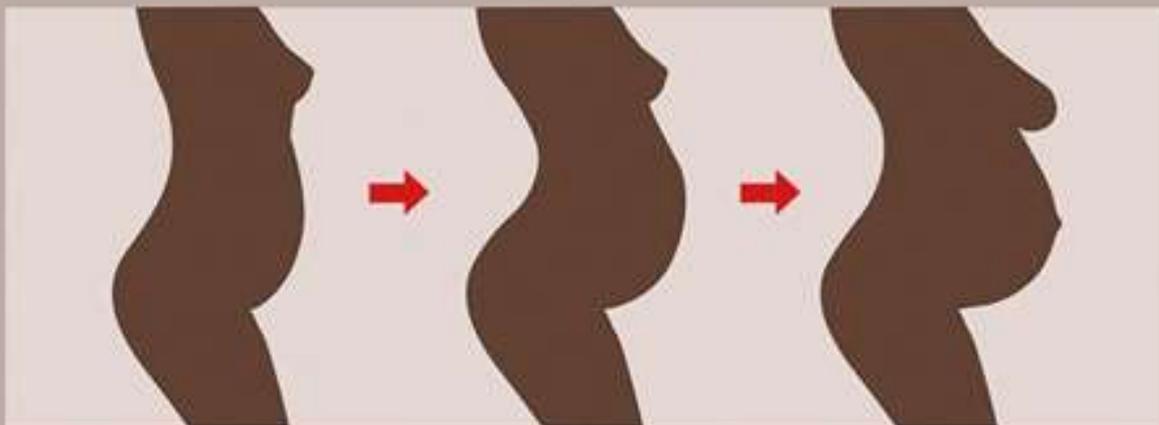
I will go to the clinic every month so that my baby and I stay healthy.



I take supplements for my baby's growth.



My body and moods will change as my baby grows. These changes are normal.



I will not risk my health or that of my baby by making bad choices.



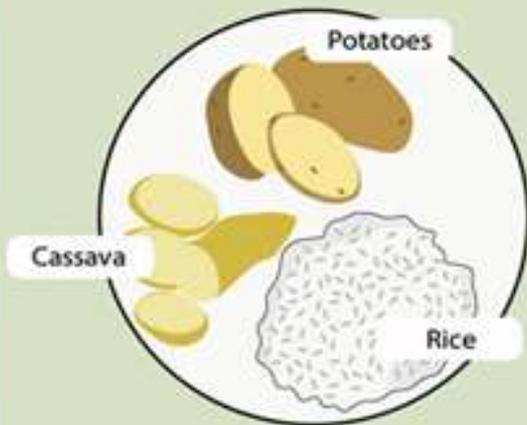
I can do this.



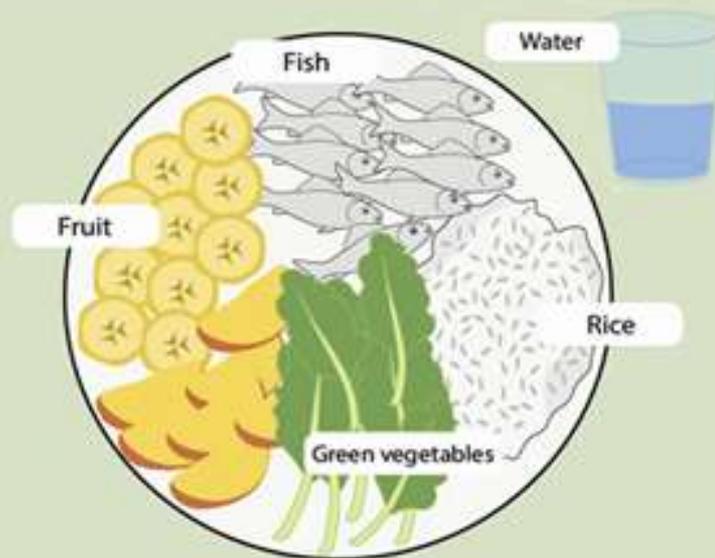
Module 2 -



These foods do not have enough nutrients for a growing baby.



When you are pregnant, it's important to eat plenty of body building foods (protein), protecting foods (fruit/vegetables) plus energy giving foods (starches) for baby's good growth.



Nutrient rich foods are everywhere. They provide iron and B Vitamins that are needed for baby's brain development.

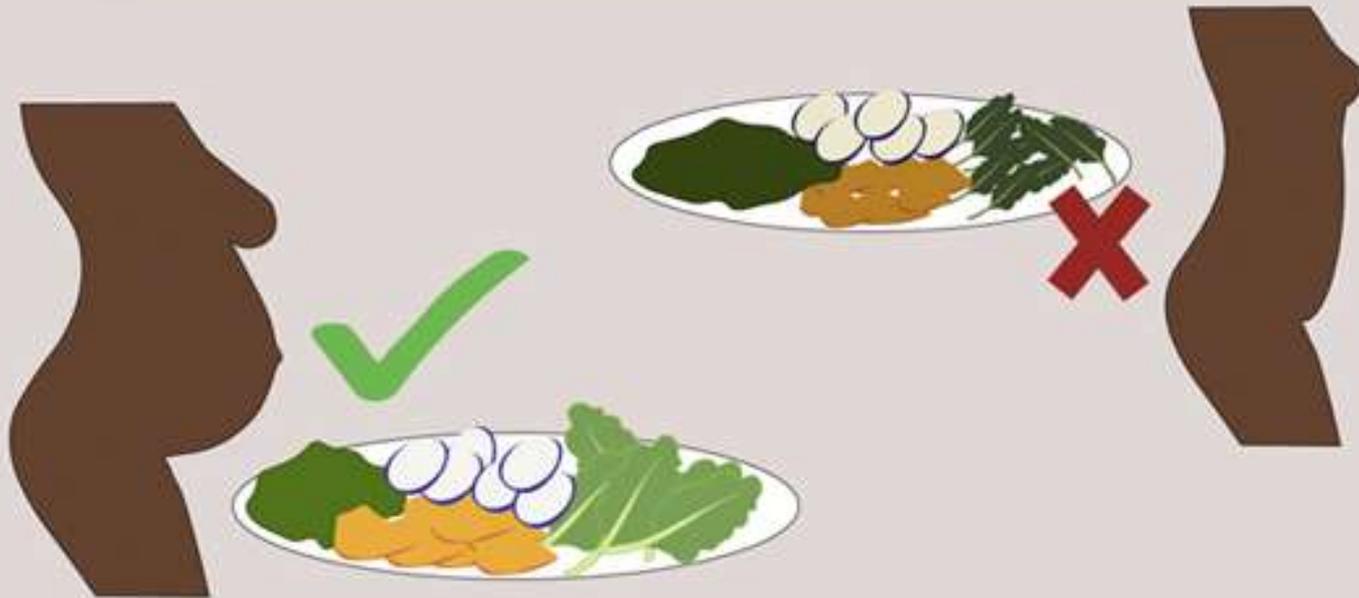


Millet

Nakati



Don't overcook vegetables as it makes them lose their nutritional value. Lightly cook vegetables for best health.



Healthy foods = healthy families.



Liquor



Herbs



Avocado



Oranges



Pineapple



Beans



Banana



Water



Millet porridge



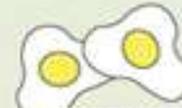
Fish



Pasteurized Milk

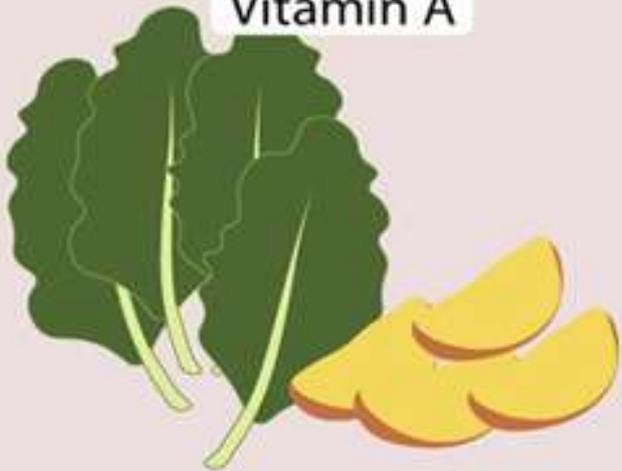


Cooked eggs



Leafy green vegetables give us energy. Colorful fruits provide Vitamin C to fight infections.

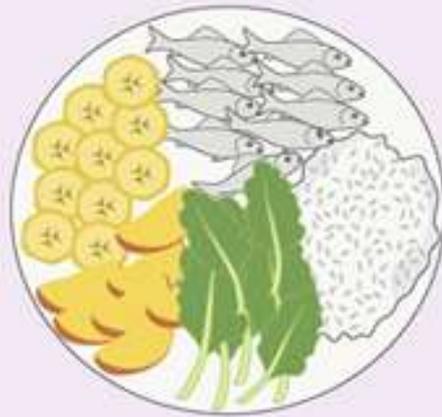
Vitamin A



Vitamin C



My baby will grow best when I choose healthy foods to eat and take my supplements daily.

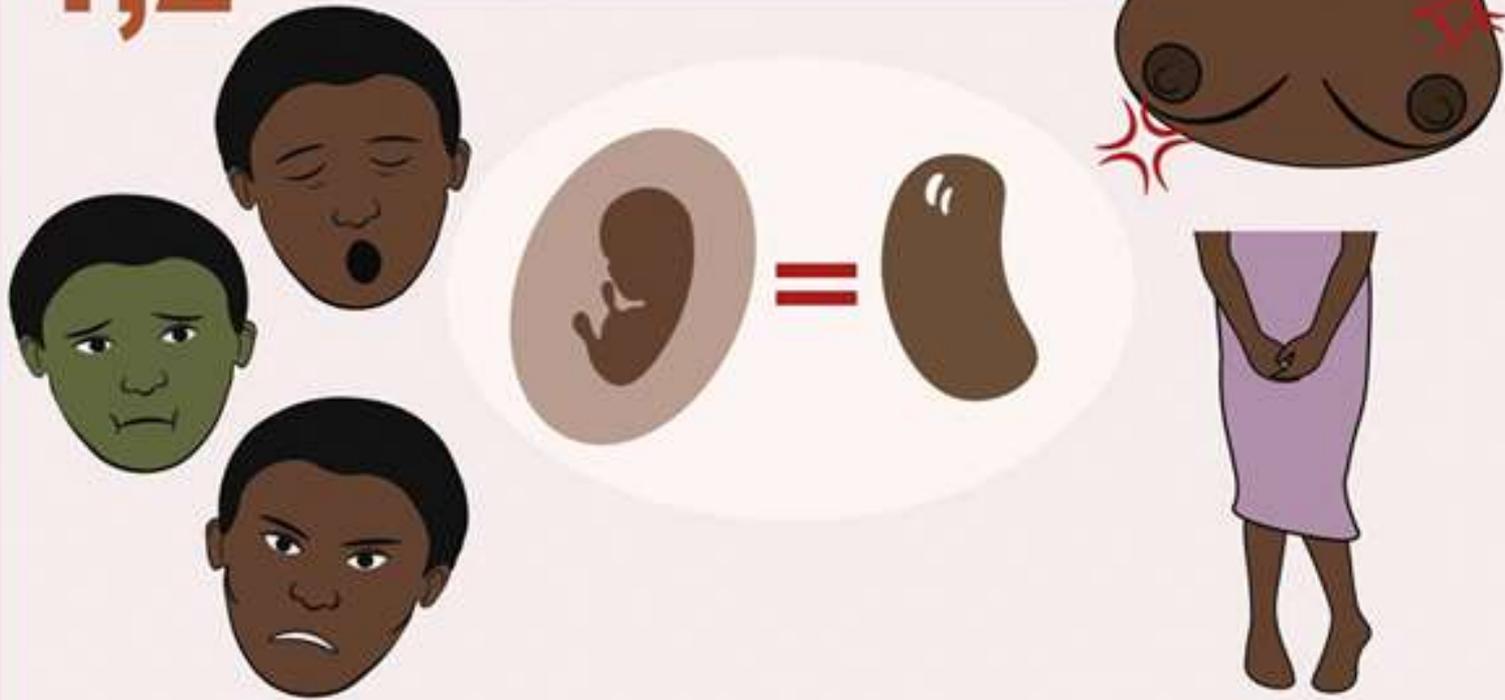


Module 3 -



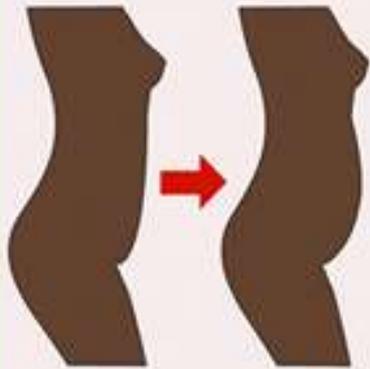
1,2

At 1-2 months, baby will be the size of a bean.



3,4

At 3-4 months I will get anti-malarial pills when I go for my monthly visit to the clinic. I can now hear my baby's heartbeat.



5,6

At 5-6 months, my baby is now active and getting bigger.
You can feel when baby kicks and moves about.



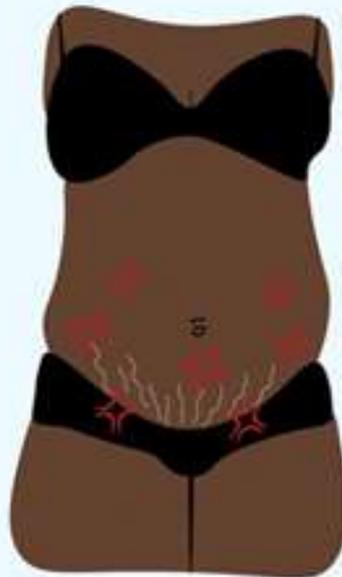
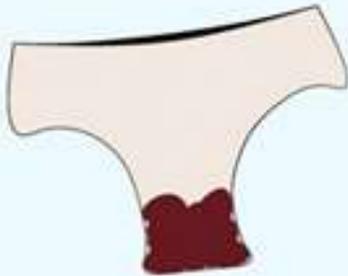
7,8

Even with my changing body, it is safe to have sex.



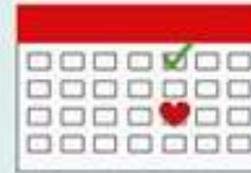
9

At 9 months, I need to go to the doctor as soon as possible if my baby stops moving, I have severe abdominal pain or any heavy bleeding.



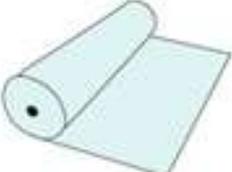
Module 4 -

Planning ahead to give birth is safer than waiting for labor to start.



It is good to have a maama kit ready.

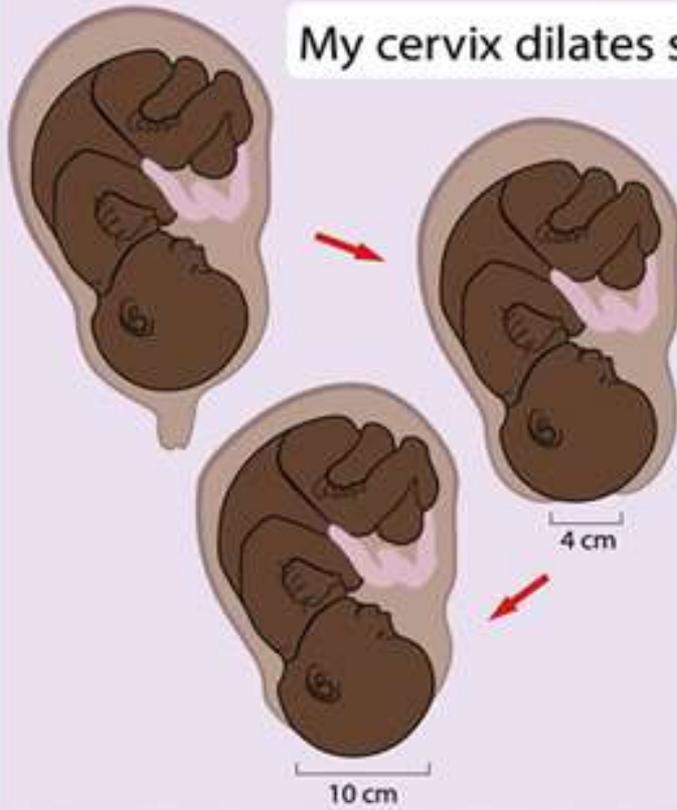


 sterile gloves	 soap	 cord ties
 cotton wool	 razor blades	 plastic sheets

Every birth is different. It is best to have baby at the clinic.



My cervix dilates so I can birth the baby.



I am powerful, I am a mother.



Module 5

After delivering, I learn that child spacing is healthiest for mom and family.



HEALTH CENTRE

Vaccines protect my family from deadly diseases like pertussis, measles, and polio.

HEALTH CENTRE



Eating healthy meals and snacks produce mom's best breast milk.



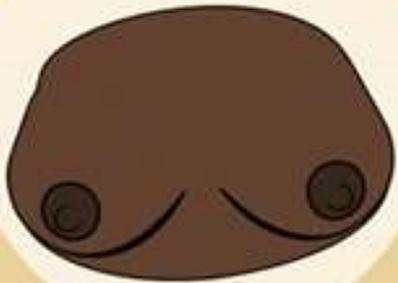
Baby drinks my milk all day. Only baby should drink my breast milk.



Babies eat more as they grow.



0-6 months



6-12 months



12-24 months



I can build a healthy family with nutritious food,
medical care, and the support of loved ones.

