

Omwana Thrive

A Neonatal Health Program for Rural Women

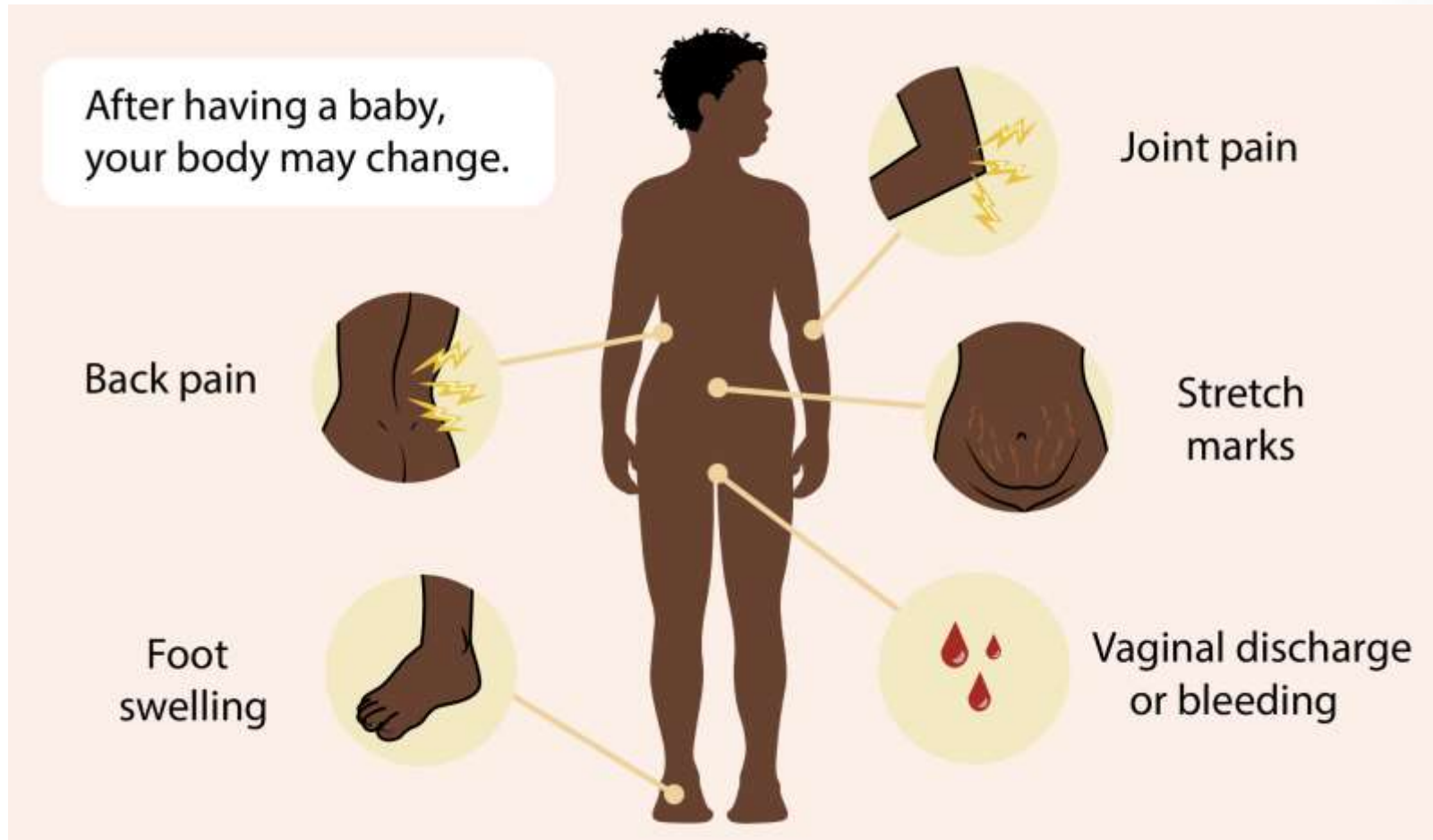


So you just had a baby!

- Congratulations!
- Even if this is not your first baby, women experience different feelings after giving birth to a new baby.
- This is completely normal.



Bodily changes



As your body heals

It is normal not to be intimate with your partner as your body heals.



Depression is perfectly normal

Sadness, anxiety, and exhaustion are symptoms of postpartum depression.



It's ok to feel overwhelmed

If you are overwhelmed, you can ask for help from family or a healthcare worker.



Find support from others

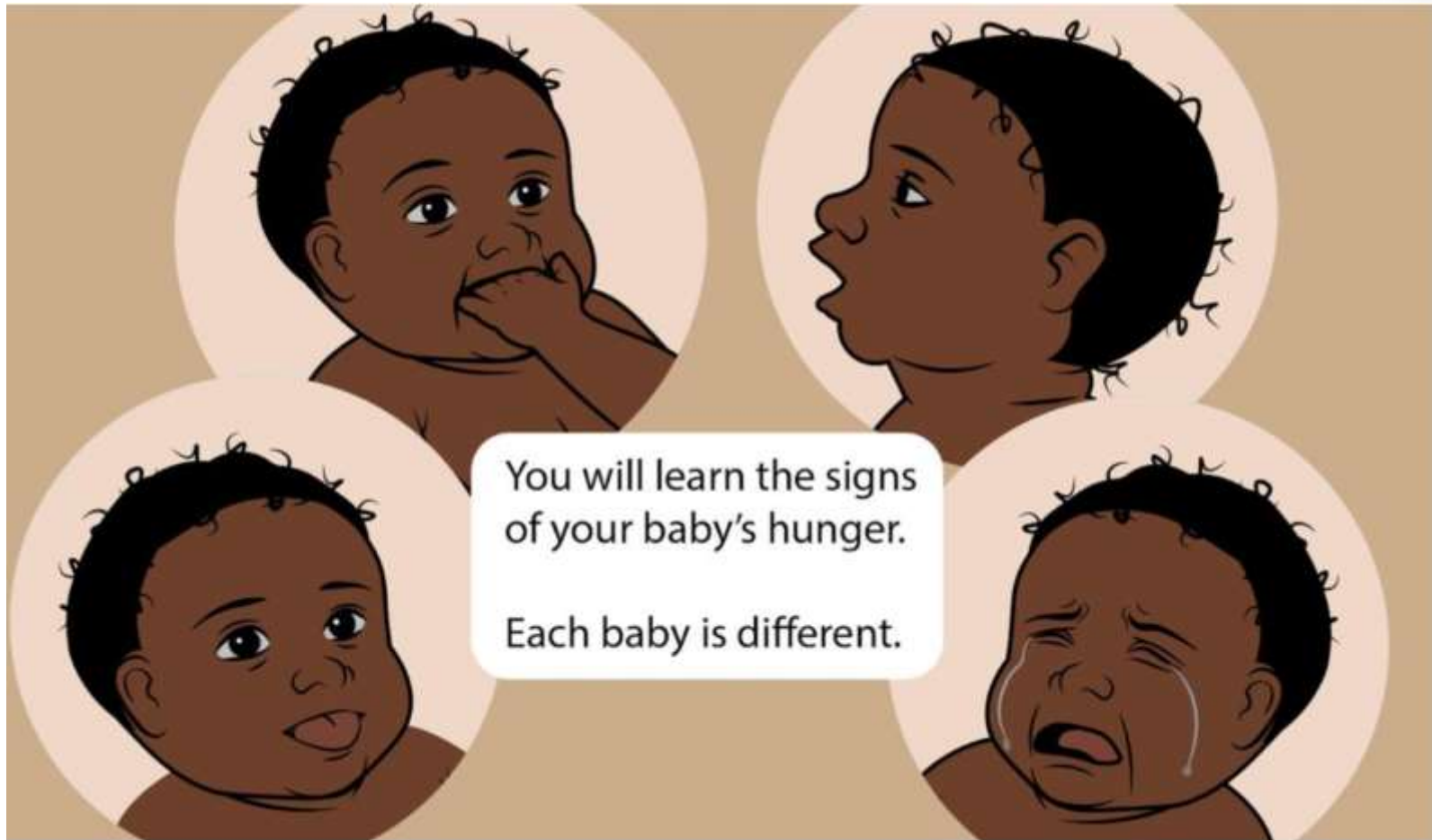


Learning about your baby

- What do you know about babies?
- How do you know when they are hungry?
- What do you feed your baby?



Babies show when they are hungry.



Every baby shows signs of hunger differently.



What do you feed a baby?

We all eat: you eat potato, goat, and plantain. Your baby does not. Your baby only takes milk from your breasts.



Your baby should only take milk from your breasts.



Do babies eat other foods?



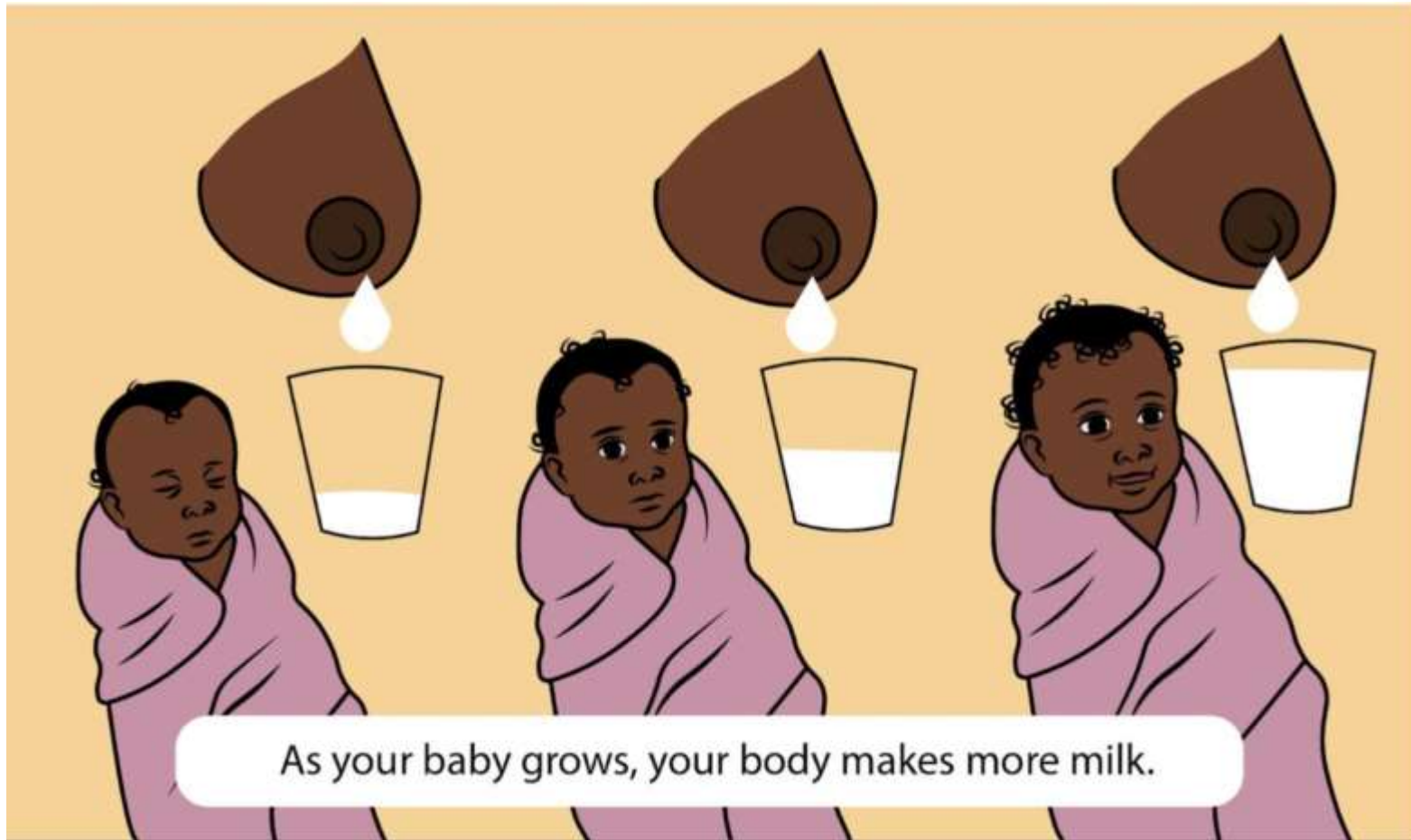
Your baby needs your milk – not your food.



Cows milk is not for babies.



As babies grow they eat more.



Your baby needs to eat often.

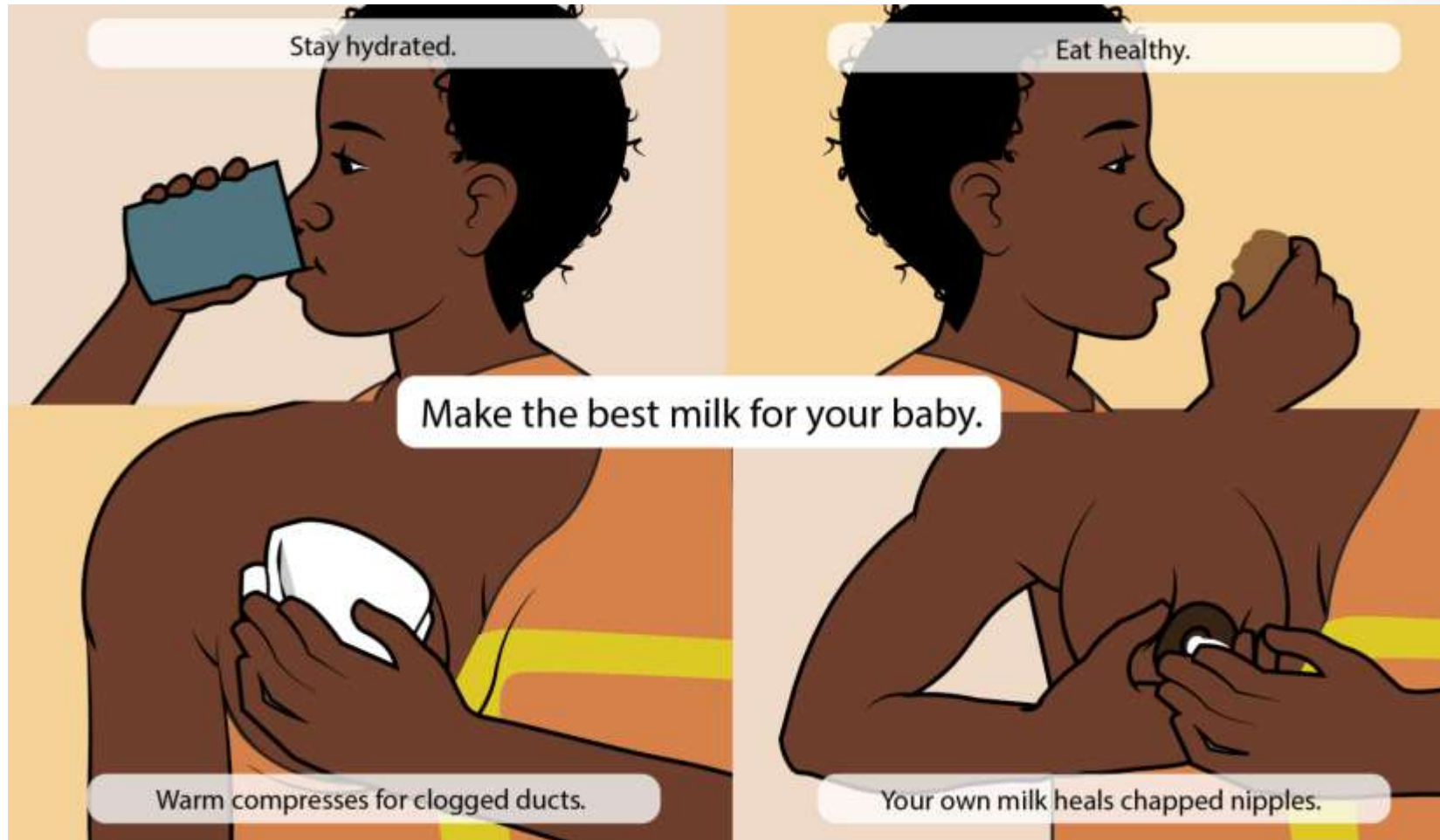
All of your milk is only made for babies.



If you give your man milk, then your baby will go hungry.



Eat healthy foods for better milk.



Keeping your baby healthy.

A healthy baby is a thriving baby.



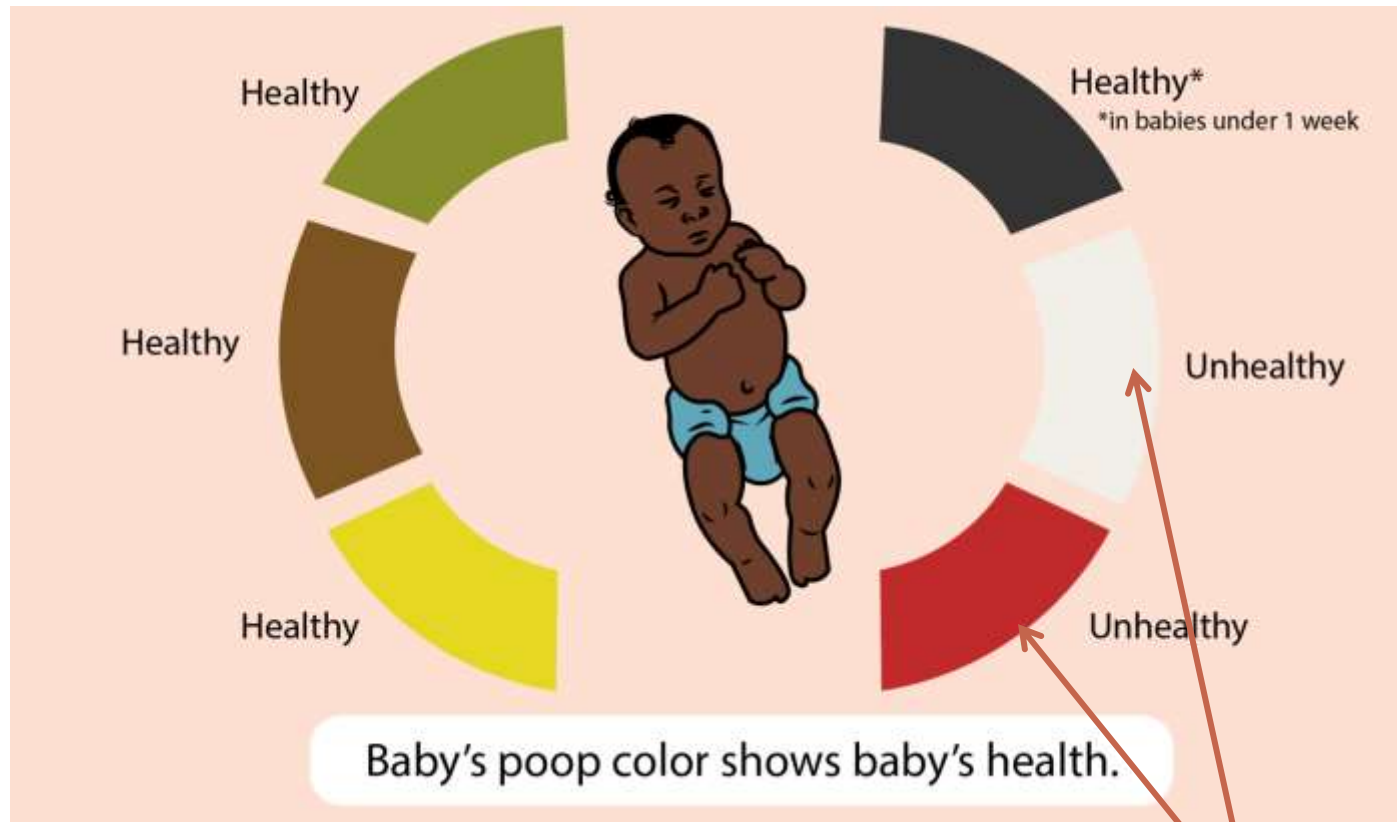
Keep your baby warm.



New baby needs your help to stay warm.
Keep baby on your skin.



How can I tell if my baby is sick?



The color of a baby's poop shows if they are unwell.



When it's time to go to the clinic.



Go to the clinic immediately if your baby has a high fever, has a hard time breathing and/or lips turn blue.



Preventing Malaria.



- A bed net will protect you and your baby from malaria.



Treating Malaria



- If your baby gets malaria, go to the clinic to get malaria medicine for you and baby.



Be safe. Vaccinate.

- Save your baby's life and vaccinate against disease.
- Check with your doctor about recommended vaccinations and their schedule.



Save lives with vaccination.

Save baby's life. Vaccinate against disease.

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Worried about HIV?

Have your baby tested for HIV.

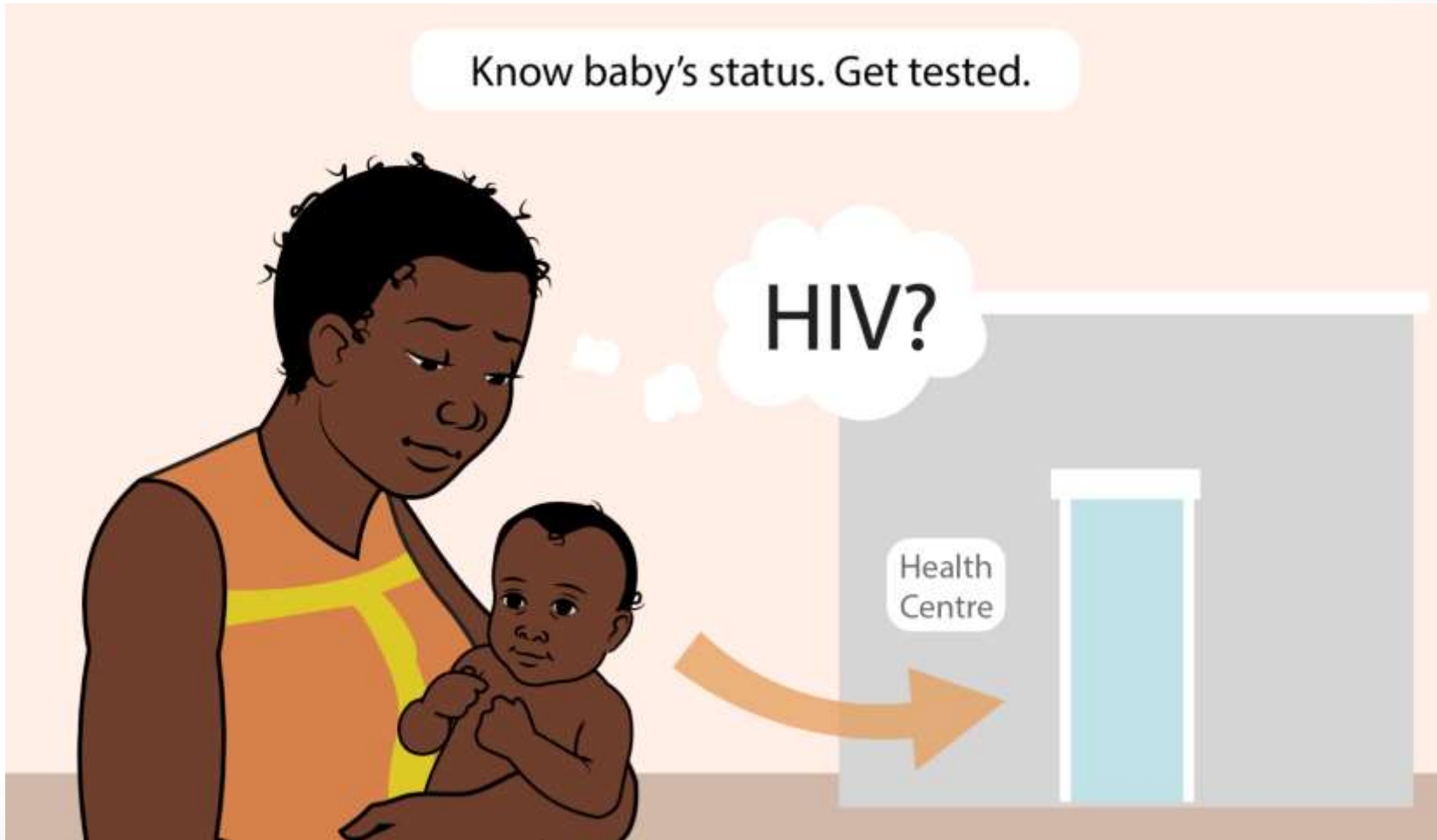


- Talk to your doctor about your concerns.
- Ask to have your baby checked for HIV.
- HIV can be treated, and best sooner than later.



Have baby tested for HIV.

Know baby's status. Get tested.

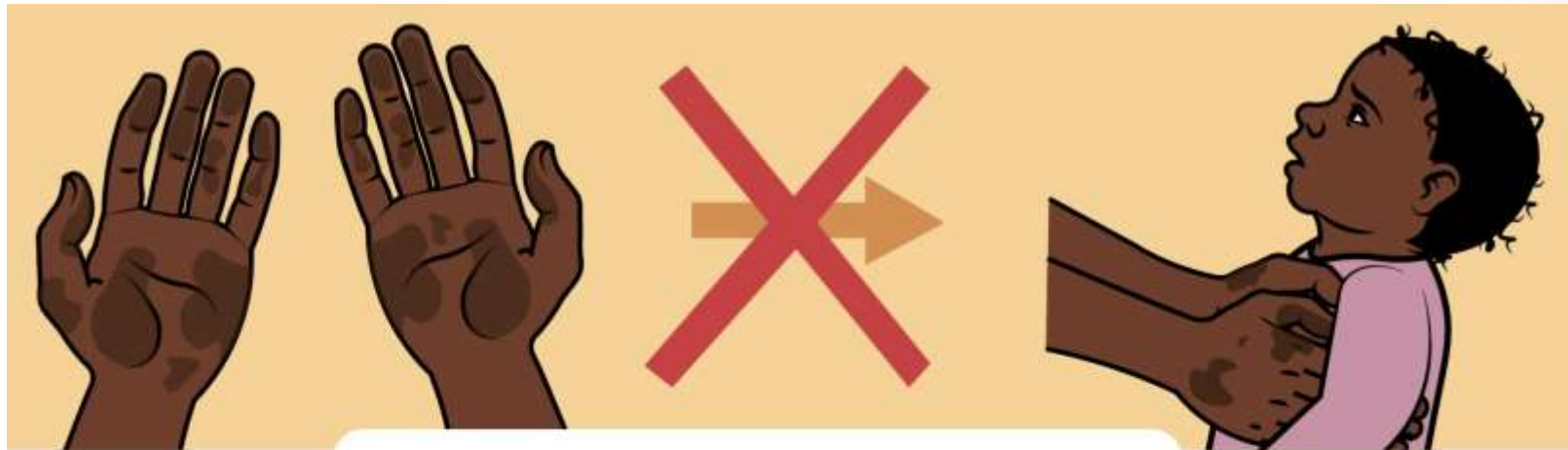


Good hygiene helps prevent disease.

- Hygiene is the practice of staying clean and washing your hands frequently to stay healthy and to prevent disease.
- **ALWAYS** wash your hands before handling your baby.



Good hygiene helps prevent disease.



When mom is clean, baby stays healthy.



Wash after working.

Mom washes hands after work to keep baby clean.



Wash hands often.

Wash your hands after the toilet to keep baby healthy.



Caring for newborn babies.



Clean babies are healthy babies

Towel Wash



Tub Bath



A clean baby is a healthy baby.



Hygiene is for everyone.

Everyone can help keep baby clean and healthy.



Enjoy your new baby!

Having a new baby is a change for everyone. Don't be afraid to ask others for help or advice.

It's perfectly normal to be nervous the first time. Just remember to relax and enjoy your little one.

Congratulations on the birth of your child!



OmwanaThrive

OmwanaThrive was developed as a collaborative effort with Santa Clara University's College of Arts & Sciences, Frugal Innovation Hub, Rose Academies and distributed through YouLearn Academies, a subsidiary of Rose Academies.

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