A manual for a pregnant

Iñaki

Microsoft

[Seleccione la fecha]



**JOY WITHOUT BORDERS – ALEGRÍA SIN FRONTERAS**

****

**GAMBO GENERAL RURAL HOSPITAL**

[](http://www.gambohospital.org/wp-content/uploads/Gambo-rotulo.png)

**A manual for a mother**

**I am a Pregnant**

**TABLE OF CONTENTS**

FIRST TRIMESTER

1. **Month 2**
   * 1. **Week 5**
     2. **Week 6**
     3. **Week 7**
     4. **Week 8**
2. **Month 3**
   * 1. **Week 9**
     2. **Week 10**
     3. **Week 11**
     4. **Week 12**
     5. **Week 13**

SECOND TRIMESTER

1. **Month 4**
   * 1. **Week 14**
     2. **Week 15**
     3. **Week 16**
     4. **Week 17**
2. **Month 5**
   * 1. **Week 18**
     2. **Week 19**
     3. **Week 20**
     4. **Week 21**
3. **Month 6**
   * 1. **Week 22**
     2. **Week 23**
     3. **Week 24**
     4. **Week 25**
     5. **Week 26**

THIRD TRIMESTER

1. **Month 7**
   * 1. **Week 27**
     2. **Week 28**
     3. **Week 29**
     4. **Week 30**
2. **Month 8**
   * 1. **Week 31**
     2. **Week 32**
     3. **Week 33**
     4. **Week 34**
3. **Month 9**
   * 1. **Week 35**
     2. **Week 36**
     3. **Week 37**
     4. **Week 38**
     5. **Week 39**

# First Trimester

Healthy Pregnancy Advice

Welcome! You just found out you are pregnant, congratulations! Below you will find healthy pregnancy advice and tips according to the month and week of your pregnancy, starting from week 5. Have a healthy pregnancy

# Month 2

# Week 5

* You might be feeling tired and nauseous. Try having some ginger, mint or lemon tea, and rest if you can.
* You might want to keep your pregnancy a secret. But the best thing you can do is talk to a health worker. She will be your friend on your journey to motherhood; she will keep your secret and answer your questions. Some women fear that by talking about their pregnancy, the baby will have problems. This is not so. By telling your health worker as soon as you've missed a period, your baby is less likely to have problems.
* Regular clinic visits in pregnancy help detect problems before they happen. Find out where your nearest clinic is. Even though you are perfectly healthy, you should have at least four clinic visits during pregnancy to make sure you and your baby are well.
* You can get iron and folic-acid tablets there. Take these every day for you and your baby's health. You can get them for free at the clinic.
* Talk to your family about why you need to go to the clinic regularly during pregnancy. Ask them for help with transport.

**If you want to do one good thing for your baby this week, tell your health worker your happy secret.**

# Week 6

* Your baby is now the size of a lentil. He already has tiny hands and feet and his heart is beating.
* Slight bleeding is very common in early pregnancy. You may worry that it's a sign of a miscarriage. But there can be many reasons for bleeding. Some women have bleeding when they would usually have their period. Or it may mean that your baby is attaching himself to your womb. Rest for a while if you can.
* Go to the clinic if the bleeding is heavy, or if it comes with stomach pain. You need to go to the clinic immediately if you cannot lift your arm above your shoulder or if there is a pain in your shoulder.
* If you are worried about your pregnancy, talk to your health worker. She'll be happy to answer your questions.

**If you want to do one good thing for your baby this week, take a moment to marvel at the baby your body is creating.**

# Week 7

Your baby's heart and brain are forming. Her hands and feet are developing inside you. Eating well is very important now. Try to eat a variety of foods including:

* Energy-giving foods such as rice, wheat, and oats.
* Body-building foods such as meat, eggs and lentils.
* Protective foods such as vegetables and fruits. These help reduce the risk of your baby being born with a problem.
* Calcium-rich foods such as milk, yoghurt and soya, which will help your baby to grow strong bones.
* Iron-rich foods such as meat, leafy green vegetables, lentils, beans, spinach and eggs. Getting enough iron will help you be less tired and your baby will thrive. Have some fresh fruit or juice with your meal to help your body absorb the iron.

**You also need iodine, which is in iodized salt. It helps your baby's brain to develop. The clinic will give you iron and folic-acid pills for free.**

**If you want to do one good thing for your baby this week, talk to your family about the foods you need to eat.**

# Week 8

* His fingers and toes are growing, and his bones are developing.
* You may find that you're constantly feeling sick, and may even vomit. This is very common. An empty stomach can make the sickness worse. Try to have small but frequent meals. Try to eat nourishing food. It's important you drink lots of water.
* Friends and family might offer remedies or tonics. A good rule is to check with your health worker before taking any medicines. She will be able to tell you which medicine is safe for you and your growing baby.
* It will soon be time for your first clinic visit. You may need help from your family to get to the clinic, so talk to them now. At the clinic, the health worker will weigh you, check your blood pressure and test your urine.

**If you want to do one good thing for your baby this week, make plans to get to the clinic for your first visit in two weeks' time.**

# Month 3

# Week 9

Inside you, your baby is now about the size of a grape. Even though he is small he relies on you to help him grow. Take iron and folic acid tablets every day. You can get them free at the clinic.

Bad or stale food can make you ill. Try to cook fresh meals every day. Store food in a cool, dry place.

* Cook all meat and chicken well, until it has no pink bits.
* Cook eggs well, until they are firm. Boil milk to kill any germs.
* Do not eat food from stalls. It can have germs. Instead, take a snack and clean water with you when you go out.
* Wash your hands with soap before you prepare meals, after using the toilet and after handling animals.
* Wash all dishes and cooking areas with soapy water to get rid of any food remains.
* If you have sores or cuts on your hands, keep them clean and covered with a clean cloth.
* Keep animals away from the kitchen. Animals can spread germs and make you sick.

**If you want to do one good thing for your baby this week, keep your kitchen clean.**

# Week 10

* Your baby is now the size of a small date. He has fingernails and hair, and is swallowing and kicking.
* Have you made your first visit to the clinic? Go this week, if you haven’t, even if you are feeling well. At the clinic your health worker will give you iron and folic acid tablets to take every day. These will help keep you and your baby well.
* You may also be given a dose of the Tetanus vaccine. Tetanus is a serious disease which can kill. Giving birth puts you and your baby at risk of getting tetanus. It can be prevented by the Tetanus vaccine. Your health worker may recommend a second vaccination at your next visit for more complete protection. Vaccines don't work as a cure but they do protect you from disease. So make sure you get your tetanus vaccine.
* Take some food and water with you to the clinic so you can eat something while you wait. You may want to ask a friend to come with you for company.

**If you want to do one good thing for your baby this week, go to the clinic for your first check-up.**

# Week 11

* Your baby is now about the size of your thumb. Even though she is very small, she will be kicking and stretching! But you won't feel it yet.
* You will need at least four check-ups during your pregnancy. Regular check-ups at the clinic will reassure you that your baby is growing well.
* At the clinic your health worker will take some blood for testing. These tests will help to keep both you and your baby safe.
* One test will be to measure the amount of iron in your blood. Your body needs plenty of iron. It keeps you strong, and helps your baby grow inside you. If you have low iron levels, you may feel weak and breathless. You will need to take an iron pill every day. You can get them from the clinic.
* The clinic may offer for sexually transmitted infections like syphilis and HIV. Be sure to accept the test and to return to learn the results. Knowing about any infections you may have will make sure you get you the right treatment early.

**If you want to do one good thing for your baby this week, go to the clinic for your first check-up.**

# Week 12

* Your baby is about the size of a lime! He can close his fingers and curl his toes now. Drinking alcohol is bad for you and your baby. It could make your baby weak and ill. Don't drink alcohol in pregnancy.
* Tuberculosis can harm you and your baby. If you are living with HIV, you are more likely to get TB. It spreads through the air when people cough and sneeze. If you have a cough, fever, feel exhausted and breathless, or have lost weight, go to the clinic.
* People with TB should cover their mouths and noses while coughing or sneezing, and wash their hands afterwards. After taking medication for two days, they will no longer give the disease to other people.
* If you think you may have been infected with TB, get yourself tested. TB is curable if it is found early, treated quickly, and if all the medicine is taken. It takes at least six months to kill TB. You may feel better sooner, but you need to finish all the medication.

**If you want to do one good thing for your baby this week, talk to your family about getting tested for TB.**

# Week 13

Your baby will be developing the sucking muscles in her mouth now. This is to help her get ready to suckle your milk when she is born.

Here are three simple ways that will keep both you and your baby healthy.

1. One: eat well. Try to make each meal contain some fruits and vegetables. You should also get some protein from meat or fish, or lentils, peas or beans. Ask your family if you can buy these things from the market. Explain that they will help you grow your baby. Also drink lots of clean water and avoid alcohol.
2. Two: go to the clinic. Regular check-ups with a health worker will help spot any problems early. You will then be able to get treatment and keep your baby safe. If you haven't made your first clinic visit yet, go this week.
3. Three: take iron and folic acid pills if your health worker gives them to you. These pills will help you to get enough iron and folic acid so that your baby can grow well. The iron pills might make your stools dark, but this is normal.

**If you want to do one good thing for your baby this week, discuss with your health worker how to have a healthy pregnancy.**

# Second Trimester

Welcome! You are in your second trimester, congratulations! Below you will find healthy pregnancy advice and tips according to the month and week of your pregnangcy, starting from week 14. Have a healthy pregnancy!

# Month 4

# Week 14

* Inside you, your baby is about the size of a lemon, and is covered with thin, fuzzy hair. He can suck his thumb, which is good practice for breastfeeding once he is born.
* Many women begin to feel less sick now and get hungry instead. Eat fruit, vegetables, and meat or lentils, peas, and beans. Ask your family if you can buy more of these foods. You need an extra mouthful of food with each meal. You may also need a small snack between meals.
* Many pregnant women crave non-foods such as soil. It’s a common symptom of pregnancy. Eating soil or other non-foods can be harmful to you and your baby. Soil can cause constipation or give you worms. Try not to eat these non-foods. Talk to your health worker. She may be able to help. There is no need to feel ashamed or embarrassed.
* Craving non-foods may mean you need iron. Take the iron and folic acid pills your health worker gave you.

If you want to do one good thing for your baby this week, explain to your family that you need more food to grow a healthy baby.

# Week 15

* Inside you, your baby will fit in the palm of your hand. He even has tiny fingernails and eye lashes. If you haven't been for your first check up at the clinic, make sure you go this week. Regular check-ups with a health worker will help spot any problems early. You will then be able to get treatment and keep your baby safe.
* Smoking or breathing in cigarette smoke whilst carrying your baby is harmful. It can cause your baby to be born weak and unhealthy. You can help prevent this.
* If you smoke, start cutting down or quit. It will be hard, but it is definitely worth it for your baby. Start by cutting down small amounts every day. If you are finding it really hard to cut down, talk to your health worker.
* Household smoke can also be harmful. If your house is smoky, let in as much fresh air as possible. Open lots of windows and doors. This will help. Explain to other people what effect their smoking will have on your baby.
* Alcohol can also harm your baby. It can affect her growth. It's best not to have any alcohol. This will keep your baby safe and healthy.

**If you want to do one good thing for your baby this week, cut down on smoking and drinking alcohol.**

# Week 16

* Your baby is now the size of a pear. He may have found his first toy - the umbilical cord! After the birth, you need to keep the cord stump clean.
* Mosquitoes can cause illnesses like malaria and dengue fever. They can make you very ill. You may become anaemic, which makes you short of breath and weak. It can also cause problems for your baby inside you.
* Protect yourself from mosquitoes by sleeping under an insecticide-treated bed net. If there’s a hole in the net, stitch a small piece over it. Keep a spare net, just in case one gets damaged. If it’s hot and stuffy, open the windows to let the air in. The net will keep you protected from mosquitoes.
* Mosquitoes live in stagnant water, rotting leaves and damp areas. Check there are none of these around your home. Ask your family to get rid of any of the places where mosquitoes live.
* Mosquitoes are attracted to dark colours. Wear light-coloured clothing, especially if you go out in the evening. Stop mosquitoes getting to your skin by wearing long sleeves and full-length clothes. A mosquito repellent on your skin will help keep mosquitoes away. Use an indoor spray in the house as well.
* The clinic may give you medicine to take to help prevent malaria.

**If you want to do one good thing for your baby this week, make sure you use an insecticide-treated net to sleep under.**

# Week 17

* Your baby is now the size of a small mango. The umbilical cord which brings food and oxygen to your baby is getting thicker.
* Constipation is common in pregnancy. It affects many pregnant women. Your growing womb presses on your belly, and can slow the food going down. It's usually just uncomfortable.
* Constipation can sometimes lead to piles. Piles are small swellings that develop around the anus. They may itch and bleed when you go to the toilet.
* There are several things you can do to prevent constipation and piles:
  + Drink plenty of clean water every day.
  + Eat cereal foods and plenty of fruit and vegetables.
* If you need to go to the toilet, go! Not going when you need to can make piles feel worse.
* If nothing seems to help, or if you notice bleeding, speak to your health worker.

**If you want to do one good thing for your baby this week, drink plenty of clean, safe water every day.**

# Month 5

# Week 18

* Your baby is nearly as big as a capsicum. He can kick and roll over inside you. He will listen to your heartbeat now.
* Dizziness is common during pregnancy. You might get dizzy if you haven't eaten for a while, or if you get hot. Standing up quickly could make you dizzy, too.
* If you feel dizzy, sit or lie down. If you're in a stuffy room, go outside. The fresh air will help. Take some snacks with you when you go out. Always carry a bottle of clean water, and wear a sun hat. Try to stay indoors if it's hot.
* Dizziness can be a sign of anaemia. Anaemia is caused by not having enough iron in your blood. Anaemia can make you feel weak and tired, too. You can get iron by eating red meat and green leafy vegetables. Make sure to take your Iron pills. They will help you feel less tired. Take them every day. Always keep a good stock of pills. Get more at the clinic before they run out.

**If you want to do one good thing for your baby this week, ask at the clinic about iron pills.**

# Week 19

* Inside your womb, your baby is the size of a small melon. She keeps busy, stretching her arms and legs. Her heart and brain are well developed. She has all her major organs now - the heart, liver and kidneys. She's even started developing taste buds on her tongue! Make a plan with your family to put your new baby to the breast in the first hour. Your creamy first milk will protect her from illness.
* During your pregnancy, you will have various tests at the clinic. Some tests check for infection. Others will check your blood levels. Your health worker will also check that your body has enough iron. Make sure you have these tests done. They will help protect your baby. It will soon be time to go to the clinic for these tests.
* Sometimes there are complications during birth. Some women lose a lot of blood and need a blood transfusion. That’s why it's important to know your blood group.
* Once you know your blood group, talk to your relatives and friends. Ask them to find out their blood group at the clinic. If they have the same blood group as you, ask them if they can donate blood if you need it. Get their names and contact information. This may be useful in the future.

**If you want to do one good thing for your baby this week, find out your blood group the next time you go to the clinic.**

# Week 20

Congratulations! You are halfway through your pregnancy! Your baby is now the size of a banana. Your womb is full of water which protects your baby from bumps and lets him move around.

* It's exciting when you first feel your baby move! If this is your first pregnancy, you may not be sure what the movements are at first. They feel like gentle butterflies fluttering in your belly.
* In the next few weeks, your baby's movements will get stronger and more regular. Your baby won't move all the time. Like you, sometimes he'll just want to rest and sleep.
* You can get used to recognizing the movements. Remember his daily routine, when he is awake and when he goes to sleep. Tell your health worker if you notice a change in his routine.
* If you haven't felt your baby move yet, speak to your health worker. She will be able to check that everything is well.
* Make sure to have lots of calcium-rich foods like milk, yoghurt, dark green leafy vegetables. Calcium helps to prevent problems later on in pregnancy.
* You may need to start taking calcium pills daily to prevent problems later on in pregnancy. Take one every day, but don’t take them together with your iron pills. If you take your iron pill in the morning, take the calcium pill in the evening.

**If you want to do one good thing for your baby this week, take a moment to sit down and feel your baby move inside you.**

# Week 21

Your baby can hear your heartbeat and other noises from inside your body. He can hear your voice as well, so talk and sing to him.

Here are some signs you and your family should look out for during pregnancy. If you see any of these signs, go to the clinic.

* + A sharp pain in your tummy: this could be a stomach bug or food poisoning.
  + A high fever: you may have an infection.
  + Any bleeding: it may be a sign of a pregnancy that hasn't developed properly or of a miscarriage
  + If you're suddenly thirsty and have not been passing water: it could be a sign of dehydration or diabetes.
  + If it hurts or burns when you pass urine: it could be a urine infection.
  + If you feel breathless all the time: it could be that you are short of iron.
  + Vomiting could also mean you are ill. If you vomit several times a day, you may get dehydrated and weak.

**If you want to do one good thing for your baby this week, discuss these signs with your family. Ask them to take you to the clinic if you have any of these signs.**

# Month 6

# Week 22

* Your baby can turn over as well as kick. This is a good sign. Tell your health worker if you notice your baby is moving much less than usual.
* As your baby grows inside you, he will need more food. Slowly increase the amount of food you eat as your stomach grows. Have an extra mouthful of food with each meal.
* As your baby grows, she will start to press on your bladder. This will make you want to pass urine more often, perhaps disturbing your sleep. Try not to drink anything for an hour before you go to bed. This may help. Drink plenty of water throughout the day, though.
* You may also have leg cramps. Your leg muscles are carrying the increasing weight of your baby. This can make your legs ache or feel very tired. If you're woken by a cramp, try to stretch the muscle. Straighten your leg and flex your ankles and toes. You can also try massaging the cramped muscle. Try not to stand for long periods or sit with your legs crossed. This may help.
* Sleeping on your left side, with a cushion between your knees, can help you get comfortable at night.

**If you want to do one good thing for your baby this week, follow these tips to get as much rest as you can.**

# Week 23

Your baby now has definite times of sleeping and waking. He may wake you with his kicks. Go to the clinic if the kicks slow down or stop.

The weight of your growing baby makes you need to pass urine more often. If you find that it is painful when you pass urine, you might have an infection. This can give you a high temperature, or make you suddenly feel hot and cold. Other signs of infection are blood in your urine, feeling nauseous, and shaking. Sex might be painful, too.

Getting treated is very important. If left untreated, the germs can give you a kidney infection.

* + You can also help prevent urine infections.
  + After going to the toilet, always wipe from 'front' to 'back'.
  + If you need to pass urine, go! Don't hold it in.
  + Always pass urine after sex, if you can, to get rid of any germs.
  + Drink lots of clean, boiled water. This will help wash out infections.

**If you want to do one good thing for your baby this week, be sure to drink plenty of safe water.**

# Week 24

* This week your baby's sense of taste is developing, ready to enjoy your milk!
* It is not too early to start thinking about breastfeeding. Breastfeeding is the best thing you can do for your baby, as it helps protect her from illness. Your baby needs only breastmilk and nothing else, not even water for the first six months. Your breastmilk will make your baby grow strong. It doesn't cost anything, and is a lovely way to bond with your baby.
* Talk to your family now to make a breastfeeding plan. Let your partner and family know that you want to put your baby to the breast in the first hour.
* If you are living with HIV you can talk to your health worker about how you can breastfeed without passing HIV to your baby. She will guide you.
* Talk to your family about the importance of visiting the clinic regularly during your pregnancy.
* Each visit, the health worker will check to make sure you and your baby are well.
* Continue taking your iron and folic acid pills every day. They will keep you and your baby strong. The iron pills may make your stools a darker colour than normal. This isn't a problem.

**If you want to do one good thing for your baby this week, go for your second clinic visit, even if you feel well.**

# Week 25

Your baby is about the size of a ridge gourd. He is also getting heavier because he is gaining fat that helps keep him warm when he is born.

With your baby growing fast, you need to make sure that you are eating enough.

* Try eating a couple of extra mouthfuls at every meal. Explain to your family that you need to make sure that you get enough to eat to feed your growing baby.
* Eating a variety of foods will help your baby grow strong.
* Eat foods that will help your baby grow, like fish, meat, lentils, beans and peas.

You will also need to eat plenty of iron to keep you and your baby strong. You can get iron from meat, fish, lentils, peas, beans and dark, leafy vegetables.

A burning sensation at the top of your stomach is heartburn. Spicy and oily foods can make it worse. A glass of milk may help soothe it.

If you feel breathless, tired or dizzy, you may be short of iron. Pale hands, eyelids or tongue are signs of severe anaemia. If you notice these symptoms, go to the clinic.

**If you want to do one good thing for your baby this week, explain to your family that you need to eat two extra mouthfuls with every meal.**

# Week 26

Your baby is about the size of a pineapple. He is practising moving the muscles in his chest, so he will be ready to breathe at birth.

You may be thinking about where to have your baby. Here are three reasons why it's best to choose a clinic or a hospital birth or a birth with a skilled attendant.

1. First: a clinic is a clean place to have your baby. When you go into labour, you become open to infection, and so does your baby. If you can't have your baby at a clinic, have a skilled birth attendant with you.
2. Second: having your baby in a clinic or a hospital or with an attendant will help if problems occur. They can be spotted early and treated.
3. Finally: being in a clinic or with a skilled attendant means that if something does go wrong, there will be someone there to keep you and your baby safe.

**If you want to do one good thing for your baby this week, choose to have your baby in a clinic or with a skilled birth attendant.**

# Third Trimester

Welcome! You are in your third trimester, congratulations! Below you will find healthy pregnancy advice and tips according to the month and week of your pregnangcy, starting from week 27. Have a healthy pregnancy!

# Month 7

# Week 27

* Your baby is the size of a cauliflower. You may be able to tell when your baby is awake or asleep by his movements. If he's not as active as he usually is, tell your health worker.
* You may be having some discomforts now.
* Heartburn is caused by your baby pressing on your stomach. Your family may suggest a herbal remedy, but herbs can harm your baby. Try drinking some cool boiled milk to soothe the burning.
* Slightly swollen hands and feet are caused by the extra blood in your body. Try to rest with your feet raised. If you have sudden swelling and headaches, go to the clinic. You may have very high blood pressure which is dangerous for you and your baby. You can help prevent this by drinking boiled milk and eating figs, beans and vegetables.
* Nosebleeds are common in pregnancy. If you have a nosebleed, pinch your nostrils and lean forward slightly. Keep pinching until the bleed has stopped.
* If any of these discomforts continue, or if you get bleeding, headaches or a pain down one side of your stomach, go to the clinic.

**If you want to do one good thing for your baby this week, follow these tips to make your pregnancy more comfortable.**

# Week 28

Your baby may move around more a lot more when you undress. It shows she's responding to changes in light and sound and that she's alert.

* During pregnancy, some women get diabetes, even if they haven't had it before.
* Diabetes means your body can't control its sugar levels. Signs of diabetes can be hard to spot, but you may feel more tired than usual and be very thirsty. You may have blurred vision and need to pass urine frequently. If you spot any of these signs, tell your health worker. She may give you a test at your next clinic visit.
* You are more likely to get diabetes if you are overweight or other people in your family have diabetes. Eating well, exercising, and stopping smoking will help prevent it.

**If you want to do one good thing for your baby this week, talk to your health worker about checking for diabetes.**

# Week 29

* Your baby is the same size as a large breadfruit. You may feel him reacting to light and sound. He may wriggle when you sing to him.
* Your pelvis joints are opening up to make space for your baby to be born.
* Have you got swollen hands and feet? The weight of your baby presses on your blood vessels and pushes water down to your feet and ankles. This causes them to swell.
* The swelling will probably go after the birth.
* However, if you <em>suddenly</em> get swelling, with a headache or blurred vision, go to the clinic quickly. It may be that your blood pressure is very high, and you could have a fit.

Your health worker will be able to measure your blood pressure and give treatment to prevent fits.

**If you want to do one good thing for your baby this week, talk to your family about these signs so they can take you to the clinic immediately if needed.**

# Week 30

Your baby's arrival is getting closer. It is time to make plans.

* The clinic is the safest place to have your baby. Talk with your family about out how long it will take to get there. Find out the fastest way to get there. Make sure you have ambulance and taxi numbers ready, and enough balance on your phone for an emergency.
* Decide who you will have with you when you give birth. Choose someone you trust.
* If you are not having your baby at a clinic, it is vital to have a skilled attendant. Make sure your family knows how to contact the attendant. Your attendant may have a birth kit. It will contain a plastic sheet, gloves, clean string and tools for cutting your baby's cord. If you cannot get a birth kit, find a clean sheet to have your baby on and two cloths, one to dry your baby and one to wrap her in. Have a clean, sharp knife or a clean pair of scissors ready. Your attendant must wash her hands and you must wash between your legs. Get plenty of clean, boiled water and soap ready.

**If you want to do one good thing for your baby this week, plan how you will get to the clinic.**

# Month 8

# Week 31

* If you could take a peek inside, you would see if you have a boy or girl, as the genitals have now developed.
* You may be wondering how to know when you are in labour.
* When you start labour, you may see a jelly-like discharge. This can happen a day or two before labour, but you may not notice it.
* For most women, the main sign is contractions. Labour contractions are regular and painful. At first, they may feel like mild tummy cramps or low backache. As your labour goes on, the contractions will come faster and harder.
* Sometimes the first sign of labour is the breaking of waters. Your baby has been sitting in a bag of fluid. If the bag breaks when labour starts, there could be a trickle or a gush.
* The water will be almost clear with a yellow tinge. It may be blood-stained. Once your waters have broken, you are open to infection. Fetch your attendant or head to the clinic.

**If you want to do one good thing for your baby this week, talk to your family about signs of labour.**

# Week 32

* Your womb is warm and cozy. It is warmer than the weather outside, even if it is hot. This means your newborn can get cold easily. Your newborn will be wet when born, so dry him off and lay him on your bare chest. Your body will keep him warm. Hold him firmly. Lay a clean, warm blanket over both of you. Put a small hat or cloth on him. Babies lose lots of heat through their heads.
* Holding your baby close to your body will make breastfeeding easy.
* The first thick and creamy milk is called colostrum. It is creamy with goodness. Feed this precious gift to him straight away to give him the best start in life.
* It is especially created as baby’s first food. It is perfect for your newborn. Feeding him honey or ghee is not necessary and can harm your baby.
* Breastfeeding immediately will help you to deliver the afterbirth and reduce bleeding. It is best to put your baby to your breast within the first hour of life.

**If you want to do one good thing for your baby this week, go to your third clinic check-up.**

# Week 33

* Your baby may settle head down now, the best position to be born! You may find it harder to walk. It's time to slow down.
* Your baby is protected inside your womb in a bag of fluid. If the bag of waters your baby is in breaks, go to the clinic. Your baby is at risk of infection.
* The amount of fluid varies. It may be only a slight trickle, or it may be a large gush.
* If it's a small trickle, make sure it's not your urine leaking. Wear a sanitary pad or a clean cloth to absorb it. It can be quite a shock if it's a gush of fluid. You may need to use a towel to absorb the water.

**If you want to do one good thing for your baby this week, check your plans for getting to the clinic or fetching your attendant.**

# Week 34

* Your baby wakes and sleeps now and can hear the sounds around him. Sing to him and he will know the song when he is born.
* Most babies are born in the ninth month. But some babies are born earlier, especially if they are twins. If your baby arrives early, she will need lots of breastmilk and warmth. The first milk you make is very thick, creamy and full of goodness. Give your baby this precious gift to help prevent illness.
* Some early babies may not be strong enough to feed at the breast. If this happens, feed her by expressing your milk into a sterilised cup instead. Hold her on your lap, and put a drop of milk on her tongue. Gently tilt the cup so that it touches her lower lip and a little milk enters her mouth. Your baby will learn to lap the milk.
* Secure your baby, without clothing except a nappy, against your bare chest using a cloth. This will keep her warm and comfort her and help her grow. Put a hat on her, too. If you want to do one good thing for your baby this week, make preparations in case you go into early labour.

# Week 35

* By now, you should have decided where you want to have your baby and have arranged transport. Make sure you know the fastest route.
* Most women give birth naturally, but sometimes it is safer if they have an operation.
* Some operations are needed because the baby's passage out of the womb becomes blocked.
* Others are needed because the baby is not lying head-down.
* If you're having twins or more, you may also need an operation.
* Sometimes the labour is long and slow, or there is heavy bleeding and an operation becomes necessary.
* Whatever the reason, if you have been asked to have an operation, don't panic. There is a good reason why you need it. It is the safest option for both you and your baby at the time.
* Just make sure to go to a clinic where you trust the staff.

If you want to do one good thing for your baby this week, choose a trusted clinic where you can give birth.

# Month 9

# Week 36

* Make sure you go to the clinic this week for another check-up. If you are having your baby in a clinic, the staff will have everything you need at the birth. But if you are having the baby at home, make sure you, or your trained birth attendant, are prepared.
* Have at least two cloths ready. You will need one to dry your baby and a clean cloth to wrap him in to keep him warm. Try not to swaddle him too tightly or cover his face. This might suffocate him.
* Have boiled water and soap ready. Whoever cuts the cord needs to wash their hands first. This will help prevent infection.
* Get a sharp tool such as a new razor blade, scissors or a knife.
* Cut two pieces of string about the length of your hand.

**If you want to do one good thing for your baby this week, get the things you need to cut the cord safely. Next week, we will tell you how to cut the cord and care for it.**

# Week 37

* It is very important to take care of the baby's cord and to keep it clean to prevent infections which can kill a new baby.
* The birth attendant should boil the sharp tool for ten minutes and the string for three minutes to clean them, just before you use them.
* Have water and soap so whoever cuts the cord can wash their hands very carefully.
* Wait until the cord stops pulsing. Then, tie the two pieces of string round the cord. One tie should be about the length of your hand away from your baby's stomach. The other, about three fingers away from the first tie. Cut the cord in between the two ties.
* Keep the baby's cord stump clean and dry until it drops off. The cord will heal gradually and drop off in about a week. It will look quite black and odd but that is part of the healing.
* If the cord stump is red, bleeding or smelly, take your baby to the clinic.
* For the first six hours of your baby's life, clean only the cord. The rest of your baby does not need to be bathed. Bathing your baby too soon could make her sick and cold. Try to keep your baby away from direct sunlight. The sun may be too strong for him.

**If you want to do one good thing for your baby this week, make sure whoever helps with the birth knows how to care for the cord.**

# Week 38

* Your baby is curled up inside you all ready to be born. Your baby will not be strong enough to fight illnesses by herself. She needs all the protection she can get. Vaccinations protect babies from illnesses that can kill.
* Vaccinations can fight germs if they enter your baby's body. Vaccinations do not cure her once she gets the illnesses. So it's important to get your baby vaccinated at the right time.
* Getting protection sometimes requires several doses of vaccine. Your baby needs to take all the doses at the right times for the best protection. He will get some of his first vaccines straight after birth.
* We will remind you when to get these vaccines. A health worker will also tell you when your baby needs them.

**If you want to do one good thing for your baby this week, talk to a health worker about the vaccinations your baby will need.**

# Week 39

* The big day is almost here. It won't be long before you can cuddle your baby.
* The only food your baby needs is your breastmilk. Your milk is full of goodness and protects her from some diseases.
* Your body knows exactly how to care for your new baby. As she grows, the milk you make will change to suit her. As long as you breastfeed your baby often enough, your body will also make the right amount of milk. This means that your baby will always have what she needs.
* Feed her the first milk you make which is thick and creamy. It will give your baby protection and strength. Feeding her honey or ghee is bad for her and a waste of your special milk.
* Your baby will need nothing else apart from breastmilk for the first six months. Water can make your baby sick but your breastmilk is safe.
* Breastfeeding will also help you recover after the birth. It can help stop heavy bleeding. Feeding your baby only breastmilk will also stop you becoming pregnant too quickly.
* Your breastmilk contains all the water your baby needs. You don't need to give water separately. Water can make your baby sick. Your breastmilk is safe.

**If you want to do one good thing for your baby this week, tell your family that you want to exclusively breastfeed for the first six months.**

# Week 40

* As soon as your baby is born, he needs to be examined by the health worker. The health worker will also give your baby his first vaccines.
* Take your baby to the clinic if you see yellow eyes, or yellow colouring on the palms of his hands or soles of his feet;
* Or if he is refusing to feed or sucking poorly;
* Or wheezing, grunting, or breathing quickly.
* Take your baby to the clinic if he is vomiting after every feed for more than a day, or has a swollen stomach;
* Or if his cord stump is red or smelly;
* Or if the baby has a fit, or is lethargic, or has bluish skin or nails.
* Go to the clinic if the baby is wheezing, grunting, or breathing quickly.
* A baby who suddenly feels cold or very hot to the touch may be ill. Place your hand on his tummy, hands and feet. They should all be warm, not too hot or cold. If they are, take him to the clinic.
* Also go to the clinic if he won't stop crying or if his cry sounds unusual.

**If you want to do one good thing for your baby this week, talk to a health worker and family about signs of illness.**

# Week 41

* Your baby is waiting for labour to start as well! Make sure you have everything ready.
* After birth, your womb will shrink back to its normal size. You might feel some cramping pains. You will also lose some blood.
* Breastfeeding your baby will help to shrink your womb and reduce blood flow. Having your baby with trained attendants at a clinic will also help prevent heavy blood loss.
* The bleeding can last for a few weeks. It will look like a heavy period. It should reduce slowly. You might bleed a lot at the beginning, but it will slowly get lighter. It will be a bright red colour and then change to a browner or lighter colour. Change the pads or rags you are using to soak up the blood every 4-6 hours or more frequently if bleeding is heavy. Remember to wash the used pads properly or dispose them safely.
* Go to the clinic:
  + if you soak more than 2-3 pads in 20-30 minutes, or if your bleeding increases rather than decreases;
  + if your bleeding continues to be heavy for over four days;
  + if your bleeding suddenly becomes very heavy, and you pass lots of large blood clots;
  + if your bleeding has a bad smell;
  + or if you feel faint or dizzy;

After the birth, you will need to rest and recover. This will help to prevent heavy bleeding. The bleeding should stop in about a month.

**If you want to do one good thing for your baby this week, prepare for the days after your baby's arrival.**

# Week 42

* If your baby is still not here by next week, visit the clinic. Being pregnant for too long can cause problems.
* After the birth, your body needs time to heal. You may feel tired and sore, but every day things will improve. As your body recovers, there are three things you can do to help speed up healing:
  1. One: rest. This is very important. Try not to do any physical labour. Ask family members to help with household chores.
  2. Two: breastfeed your baby as often as he wants and for as long as he wants. Breastfeeding will help your baby grow strong, and it will also help to reduce bleeding and make your womb shrink back to its normal size.
  3. Three: eat well. Try to have meals with lots of fruits, vegetables and meat or lentils. This will encourage healing and help you make plenty of milk for your baby.

Make sure you drink plenty of clean water, too. Breastfeeding is thirsty work! You may need to continue taking iron pills for 3 months after the birth of your baby.

**If you want to do one good thing for your baby this week, talk to your family about why you need to breastfeed, rest and eat well.**