



Counselor Fact Sheet

Safe Motherhood

Six Steps to Safe Motherhood

1. Use a modern family planning method.
2. Access antenatal care as soon as you know you are pregnant.
3. Go for antenatal care at least 4 times during pregnancy.
4. Create a birth plan.
5. Deliver at a health facility.
6. Attend post delivery care.

Post Natal Care should include:

- **Rest:** The woman should take rest and limit her activities until fully recovered at around six weeks. It is important for the woman not to lift heavy loads until she has fully recovered.
- **Nutrition:** The woman should continue eating variety of foods regularly, to help with recovery and producing breast milk.
- **Fluids:** Taking plenty of fluids also helps in producing milk for the baby.
- **Sexual Activity:** Sexual activities should be delayed until a woman feels fully recovered and comfortable. Even when sexual activities resume, the couple should take measures to prevent conception by using a family planning method of their choice after receiving counselling by a health care provider.
- **Cleanliness:** Cleanliness is very important for preventing infections.
- **Breast Care:** The mother should wash breasts before each feed and feed the child on both breasts. Any feeling of hardness of the breast, a lump in the breast, redness, tenderness or hotness or cracked or bleeding nipples should be reported to the health provider.

More important safe motherhood tips:

- Eating enough and good nutritious food.
- Ensuring good personal hygiene.
- Taking care to avoid malaria infection by sleeping under an Insecticide Treated Mosquito net (ITN) and attending antenatal care early take malaria prevention medicine. Both of these actions will help protect you and your unborn baby from malaria.
- Seeking testing and treatment for Sexually transmitted infections including HIV.

Creating a Birth Plan

Answer the following questions with the support of your partner and family to prepare for the safe delivery of your baby:

- When will the baby be born?
- Where are you planning to have your baby?
- How will you get there?



