



Counselor Fact Sheet

Safe Motherhood - FAQs

Question	Answer
When should I start attending antenatal clinics?	As soon as you know you are pregnant.
Why is it important to attend antenatal clinics?	ANC is an important part of making sure you have a healthy pregnancy from beginning to end. During ANC you will receive different tests to make sure you and the baby are healthy. This includes testing your sugar, blood pressure, possible HIV or malaria infection, baby position, etc. All these are healthy normal tests. This is also the best time to identify any danger signs.
I could be HIV positive and I am expecting. What do I need to do?	Visit your nearest clinic to get an HIV test. It is important to know your HIV status during pregnancy so that you can receive the necessary treatment if you are HIV positive. You can be HIV positive and still have an HIV negative baby if you follow the necessary treatment.
Are there any foods that I should not be eating during pregnancy?	There are no restrictions as to what types of foods you can eat during pregnancy. However, eating a healthy balanced diet is very important for your health and that of the baby. Eat a variety of locally available foods like vegetables, fruits, eggs, meats and milk products.
Do I just go to clinic on the dates prescribed to me for ANC?	Pregnancy can be accompanied by illnesses. Seek medical attention whenever you feel unwell regardless of when your next ANC appointment is.
I hear the first milk looks dirty. What should I do after delivery to prevent my baby from being contaminated by it?	The first milk from your breasts is known as Colostrum and is yellowish in color. It is not dirty but in fact is the most nutritious food your baby can have. Colostrum provides your baby with all the necessary antibodies to protect it from infections.





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My baby refuses to breastfeed, what do I do?

Breastfeeding can be difficult at first for many babies. Seek medical advice from a nurse on how to get your baby to start breastfeeding. If the baby has been breastfeeding normally, then there could be a health problem. Take your baby for a check up by a nurse.

