

## **Material: Counseling Cards to be used by ANM/AWW**

### **Basic Messages**

#### **1) Early Registration**

##### **Message:**

- As soon as you know you are pregnant, register at the Anganwadi Center and get the mother and child health card.
- Come along with your husband to get the mother and child health card.

**Discussion Point:** *At the Anganwadi Centre get your check up, take the iron tablets, along with all the necessary information for pre-pregnancy check up and for delivery services*

#### **2) Take Home Ration Card**

##### **Message**

- The take home ration is only for you and the baby (inside your womb) therefore only you should eat it.

##### **Discussion Point**

- ◆ This ration has been made in a manner that it contains additional energy and nutrients required for the growth and development of the child inside your womb and for your good health during pregnancy.
- ◆ The ration has the nutrients necessary for the growth of your baby.
- ◆ The child within your womb will only get what you are eating. So you must not share this ration with anybody else in the family.

#### **3) Maternal Nutrition:**

##### **Message**

Eat daily green leafy vegetable and take extra food during pregnancy

##### **Discussion Point**

- ◆ For better and healthy blood, green leafy vegetables are good for your health. Consume palak, amaranths and fenugreek more often and in large quantity. During pregnancy, an extra snack should be eaten every day. This can be in the form food prepared at home e.g. an egg / ragi roti / a potato or sweet potato which can be roasted in the morning when the fire is hot. (add local food after testing here)
- ◆ During pregnancy, the baby growing inside you gets its food only from you, so if you are healthy then your baby will also be healthy.

#### **4) IFA Tablets**

##### **Message**

Take one IFA tablet everyday after a meal for at least 100 days from the 4<sup>th</sup> month of pregnancy.

##### **Discussion Point**

- ◆ It is good for the child growing in side you. Child will be healthy and more intelligent and would have lesser chances of sickness.
- ◆ IFA will save you from pale blood and tiredness
- ◆ You will get strength and not feel weak.
- ◆ As some women complain of loss of appetite during pregnancy, these tablets will help in increasing the appetite.
- ◆ Black stool is normal and not harmful. Side effects like nausea disappears on continuing with tablets and not to worry about it, but to avoid it only it should be taken after meals.

#### **5) Deworming**

##### **Message:**

Take one course of deworming medicine from ANM/AWW after four months of pregnancy

##### **Discussion Point**

There are worms in the body which take away your food and blood.

To remove these from the body these medicines are required

You need to take full course of this medicine once during pregnancy. For protecting your health, it is advisable that you take the course after four months of pregnancy.

#### **6) Fever – Sickness**

##### **Message:**

If you develop fever, it can be malaria. Get your self examined by doctor. To prevent getting malaria, sleep under a mosquito net

##### **Discussion Point**

During pregnancy if you develop malaria, it can be treated if detected early. But if not detected it can lead to severe anemia and other complications that are harmful to your body. So you need to get yourself examined for blood and get the treatment if you have malaria.

If you sleep under mosquito net, you will not develop malaria and with medicines applied to mosquitonet, mosquito sitting on the net will die that will further prevent malaria.