All in one

Antenatal, postnatal and child health book

Act Now!

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ABOUT THIS BOOK

This book contains important information to improve the health of your family. It has information on the health of the mother, the health of the child and what you can do to protect yourself, your partner and your baby from HIV and AIDS. Read the contents page at the beginning to see what is inside the book. The book is written in simple language to help readers:

- Understand the messages easily
- Take action to improve their own health and the health of family members
- Discuss the messages at home and in the community with other people

Each page has a set of related messages and can be used on its own. Two or more pages may also be used together, depending on the need.

HOW TO USE THE BOOK

The book will be given to pregnant and breastfeeding mothers at antenatal and child health clinics for use at the clinic, at home and in the community. Read the words in the pink band on top of the page to get the category of people the messages on the page apply to.

At the clinic

- Mothers should carry this book every time they go to the clinic.
- Health workers should use the different pages of the book to discuss messages with mothers. For example before a health worker gives the mother folic acid tablets, he/she should open the page with folic acid (page 5) and discuss with the mother the messages on that page.
- Health workers should encourage mothers to refer to the messages in the book when they are at home.
- Health workers should encourage mothers to discuss the messages in the book with their partners, children, other family members and in the community.

At home

- Read the different messages in the book with your spouse and other family members, and discuss what you can do in your home to follow the advice given.
- Use the book to explain to your spouse and other family members the service given to you at the clinic that day.
- Use the book to start health discussions at home.

In the community

- Discuss the different topics in the book with your friends and relatives. Encourage friends and relatives to follow the advice in the book.

Section I

CARE DURING PREGNANCY

Are you Pregnant?

The health of your baby depends on your health

- Start going to the antenatal clinic as soon as you know that you are pregnant
- Eat enough food of different kinds to remain healthy and be sure that your baby grows and develops well
- Go to the antenatal clinic every month until you give birth
- Make extra visits to the clinic if a health worker advises you to do so

Counselling and HIV testing

Go for counselling and HIV testing to know whether you have HIV or not. Testing will give you the information you need to protect yourself, your partner and your baby from HIV. Ask your partner to go for counselling and HIV testing also.

During testing, the counsellor will:

- Give you the information you need about HIV and AIDS
- Discuss with you what you can do to live a longer life, whether you have HIV or not

Results of the HIV test will:

- Open doors to the services you need
- Give you a chance to change to behaviours which can protect you, your baby and your partner from HIV

Share your HIV test results with your partner and relatives. This will help your partner and relatives to give you the support you need.

At antenatal clinic

At the antenatal clinic, health workers give advice to help you and your baby to remain healthy. Health workers also:

- Examine and treat you for diseases and complications that you may have
- Advise you on how to care for yourself and avoid complications during pregnancy
- Tell you how your baby is lying in the womb and give you the help and advice that you may need
- Give you medicines to protect you and your baby from common illnesses
- Give you medicines to help your baby to grow and develop well in the womb

Take folic acid tablets

Take folic acid tablets to protect you from common diseases and help the baby to grow and develop well.

- Start taking folic acid as soon as you decide to get pregnant
- Continue taking folic acid daily until you give birth
- Folic acid tablets:
  - ❑ Protect the baby from abnormalities
  - ❑ Help the baby's spinal cord to develop well
  - ❑ Ensure that the mother has enough blood

Take iron tablets

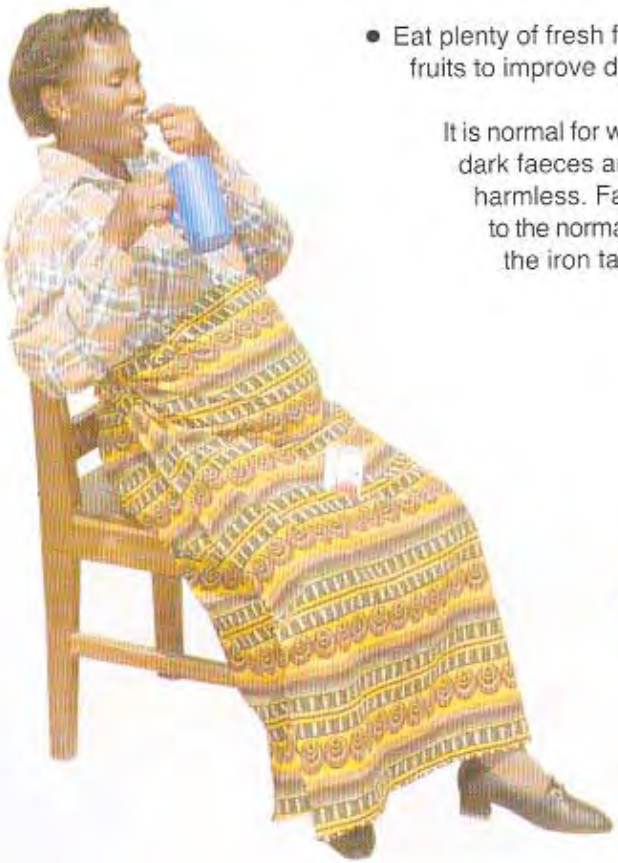
Take iron tablets daily until you give birth. Iron tablets help a woman to have enough blood.

Iron tablets increase blood in the body and reduce anaemia.

Some women on iron tablets may get nausea (feeling of dizziness), constipation or diarrhoea. This is normal and harmless. To avoid these problems:

- Take iron tablets with food to reduce dizziness
- Drink plenty of water and other liquids
- Eat plenty of fresh fruits, vegetables and dried fruits to improve digestion

It is normal for women on iron tablets to have dark faeces and dark urine. This colour is harmless. Faeces and urine will go back to the normal colour when you stop taking the iron tablets.



Take malaria tablets

Take malaria tablets to protect you against malaria. Take the tablets according to the instructions of a health worker.

Sleep under a mosquito net treated with insecticides. The net protects you from mosquitoes which cause malaria. A mosquito net with insecticides kills mosquitoes which come in contact with it.

- Malaria weakens your body's immunity
- Malaria can make a pregnant woman to have less blood in the body
- Malaria can cause a woman to give birth to a small baby with low weight

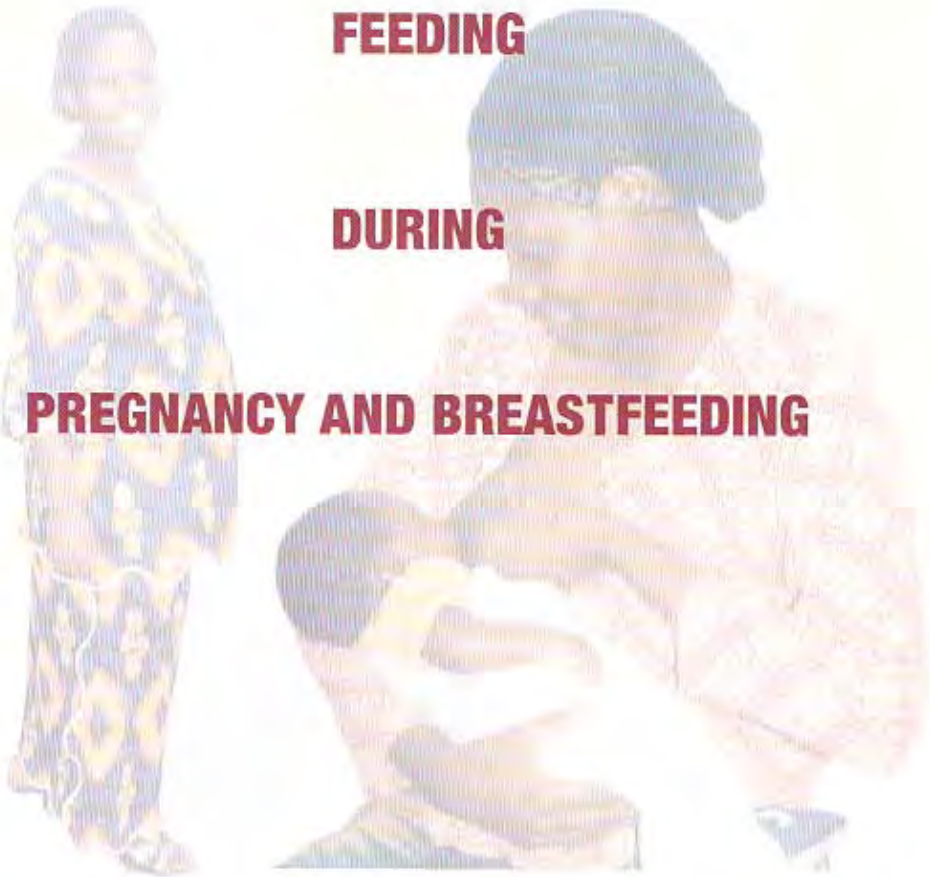
Where to deliver

Deliver at a health facility under the care of a trained health worker. If you cannot reach the clinic, get a health worker or a trained birth attendant to help you.

A trained person will:

- Know when complications are coming and act to save your life and the life of the baby
- Clean up the baby quickly so that the baby does not lie in blood for a long time. Lying in blood increases the chances of getting infected with diseases, including HIV
- Cut the cord properly, using a clean razor blade to avoid infection
- Keep the baby warm
- Help the mother to start breastfeeding the baby within one hour after birth
- Give the mother a vitamin A tablet at delivery to protect her from diseases

Section II



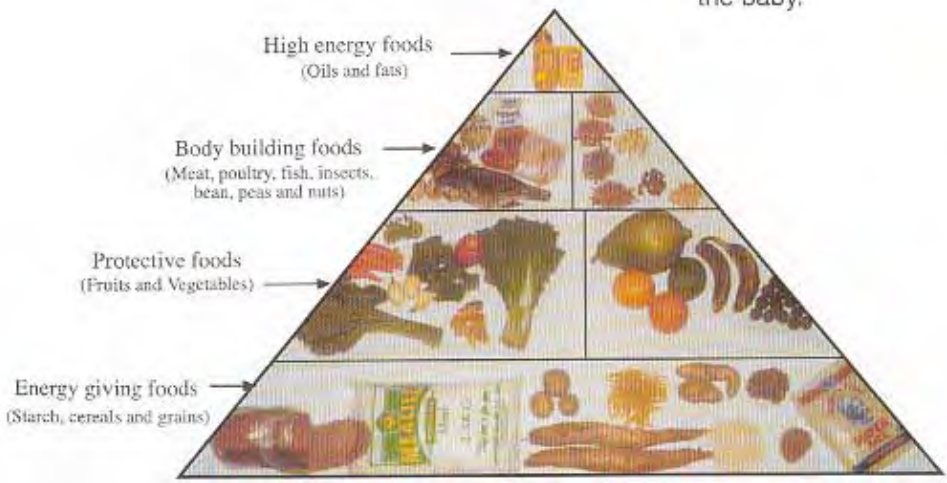
FEEDING DURING PREGNANCY AND BREASTFEEDING

Feeding during pregnancy and breastfeeding

Pregnancy and breastfeeding take up much energy from the mother. So a mother should eat more food during pregnancy and breastfeeding to remain in good health and have enough energy.

Eat at least three full meals everyday during pregnancy and breastfeeding.

- Eat mixed foods with:
  - ❑ Energy giving foods
  - ❑ Protective foods
  - ❑ Body building foods
  - ❑ High energy foods
- Drink a lot of water or other fluids
- Eat something small between meals every day
- Avoid alcohol and smoking . Alcohol and smoking can harm the health of the baby.



Vitamin A

Take a vitamin A tablet within 28 days of delivery to protect you from diseases. Make sure that your baby takes a vitamin A tablet at 6 months.

Eat foods rich in vitamin A everyday, especially during breastfeeding.

Vitamin A:

- Protects the body from diseases
- Makes the baby even more healthy

The pictures below show foods rich in Vitamin A

Red, yellow and orange coloured fruits and vegetables like carrots, mangoes and paw paw

Dark green leafy vegetables like spinach, bondwe, kalembula, kanunka

Liver, egg yolk, full cream milk, small fish (kapenta)

Foods strengthened (fortified) with Vitamin A like some oils, sugar and butter. Some fortified foods are marked with this logo

Use salt with iodine all the time

Use salt with iodine (iodated salt) all the time.

Iodine:

- Is important for the growth and development of the baby
- Is important for the development of the baby's brain
- Protects the mother from goitre.

Section III

FEEDING BABIES

OF

HIV NEGATIVE MOTHERS

AND

MOTHERS WHO HAVE NOT TAKEN THE HIV TEST

Put the baby on the breast soon after birth

Put the baby on the breast as soon after birth as possible. Make sure that the baby begins to breastfeed within the first hour after birth.

- ❑ Babies can breastfeed immediately after they are born
- ❑ Delaying to put the baby on the breast can make it difficult for the baby to breastfeed later
- ❑ Breastfeeding the baby soon after birth helps the placenta to come out

- Make sure that the baby feeds on the first yellowish milk.The yellowish first milk is perfect food for the growth and development of the baby. It:
  - ❑ Protects the baby from common diseases
  - ❑ Helps to bring out the black faeces which give the baby stomach pain during the first few days after birth

Black faeces can make the baby's body to become yellow. Put the baby on the breast soon after birth to make sure that the black faeces come out.

Breastfeed the baby whenever the baby wants

Breastfeed the baby whenever the baby wants to breastfeed, day and night.

- Breastfeed many times to increase milk production
- If the baby sleeps for longer hours, wake up the baby to breastfeed
- If you have to leave your baby with someone else, express and leave behind breast milk to be given to the baby. Throw away breast milk which has stayed more than 8 hours outside the fridge
- Breast feed the baby at least 8-12 times in a day

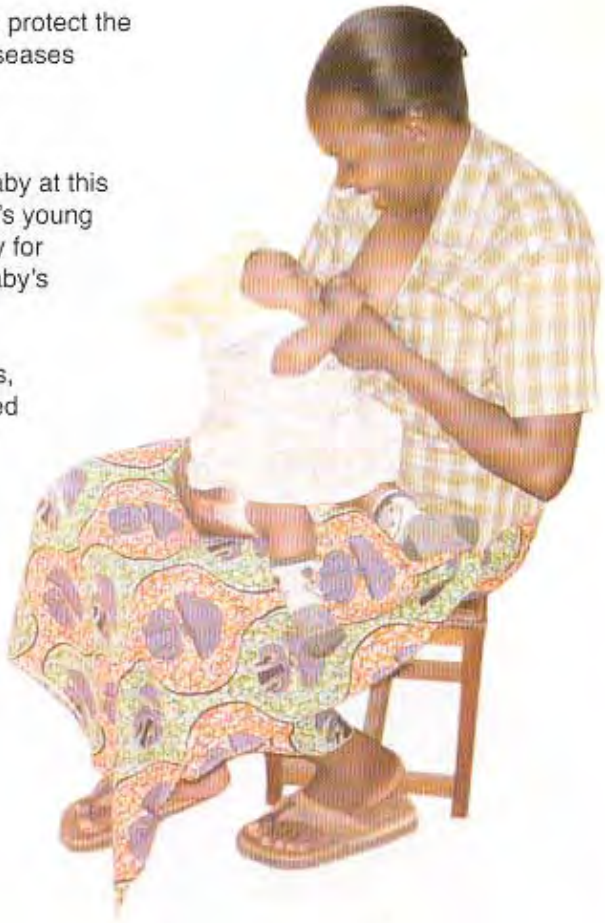
Feeding the baby during the first 6 months

For the first 6 months, breastfeed the baby without giving anything else, not even water.

Breast milk is the perfect, natural food made especially for the growth and development of the baby. It:

- ❑ Contains all the food and water that the baby needs
- ❑ Has substances which protect the baby from common diseases
- ❑ Is readily available

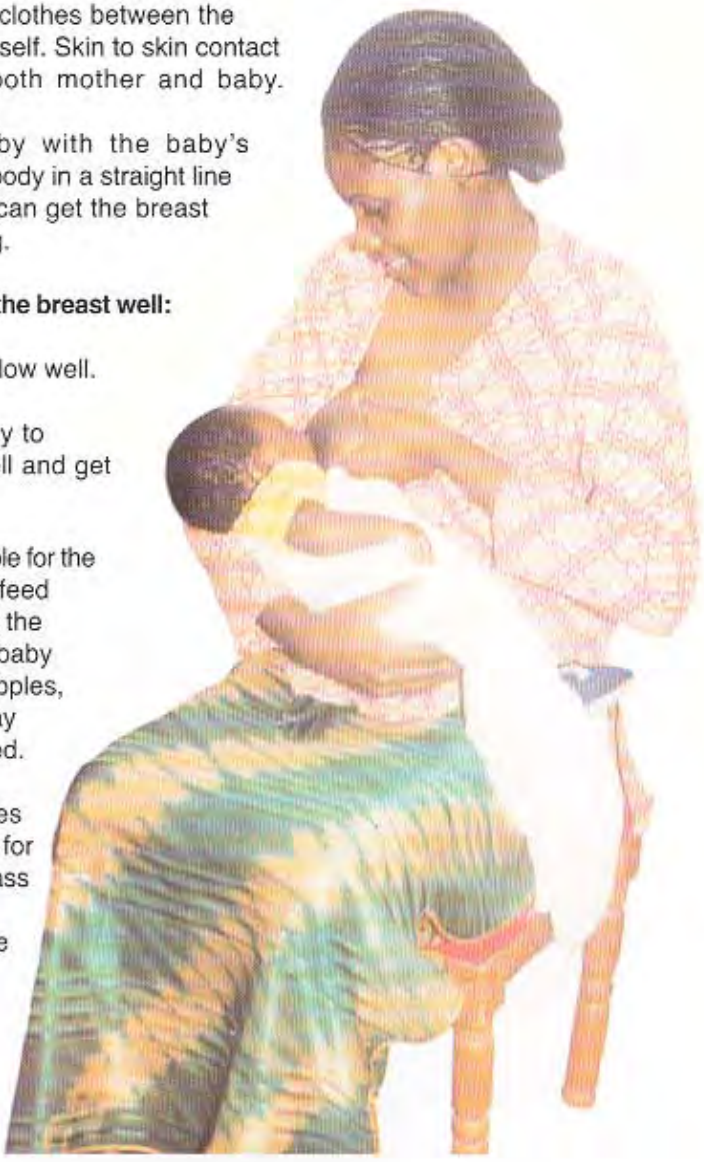
- Other foods given to the baby at this age may damage the baby's young intestines and make it easy for infections to get into the baby's blood
- If the baby eats other foods, the baby may not breastfeed enough
- If the baby does not breastfeed many times a day, the mother may not make enough milk



Put the baby on the breast well

Put the baby on the breast well

- ❑ Sit in a comfortable position.
- ❑ Put few or no clothes between the baby and yourself. Skin to skin contact is good for both mother and baby.
- ❑ Hold the baby with the baby's stomach and body in a straight line and the baby can get the breast without turning.



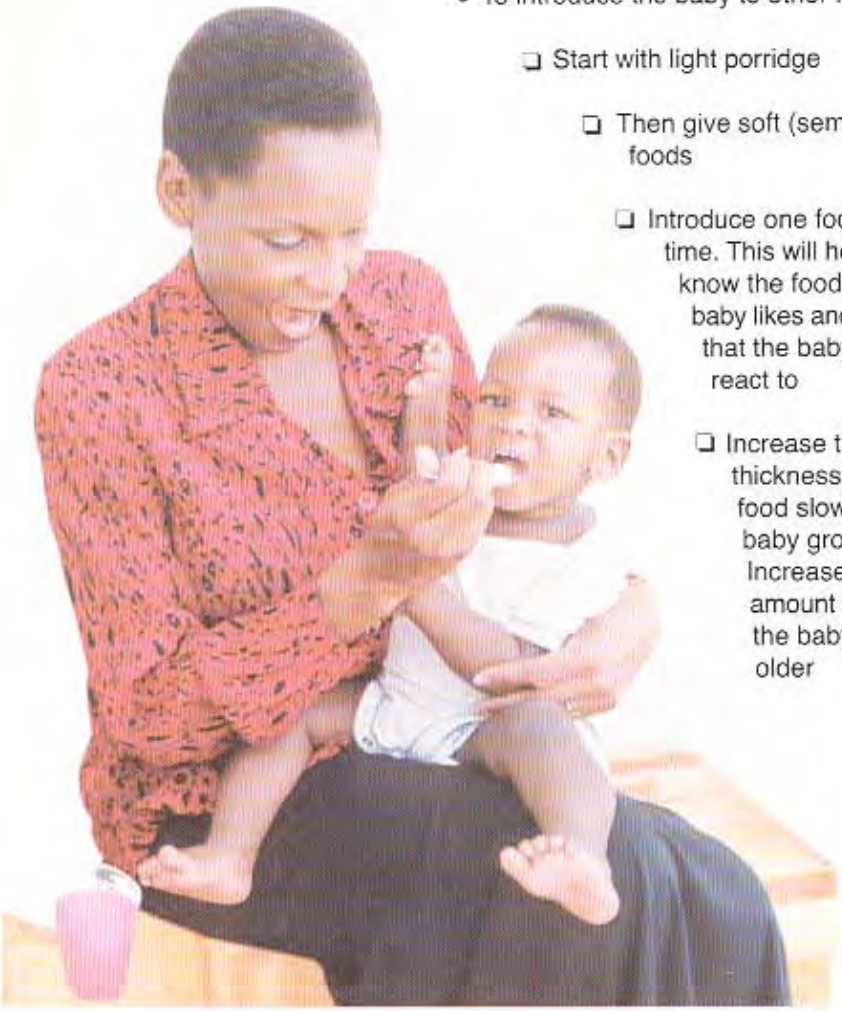
Putting the baby on the breast well:

- ❑ Helps milk to flow well.
- ❑ Helps the baby to breastfeed well and get enough milk.
- ❑ Makes it possible for the baby to breastfeed without pulling the nipples. If the baby pulls on the nipples, the nipples may crack and bleed. Cracked or bleeding nipples make it easier for infections to pass between the mother and the baby.

Feeding the baby between 6 and 12 months

After 6 months, start giving the baby other foods. Continue breastfeeding the baby.

- Breast milk is still the most important part of the baby's diet even after 6 months
- Continue to breastfeed the baby until the baby is 2 years or older
- Breastfeed the baby first, then give other foods.



- To introduce the baby to other foods:
  - ❑ Start with light porridge
  - ❑ Then give soft (semi-solid) foods
  - ❑ Introduce one food at a time. This will help you to know the food that the baby likes and the food that the baby may react to
  - ❑ Increase the thickness of the food slowly as the baby grows older. Increase the amount of food as the baby grows older

Give the baby food on his or her own plate.

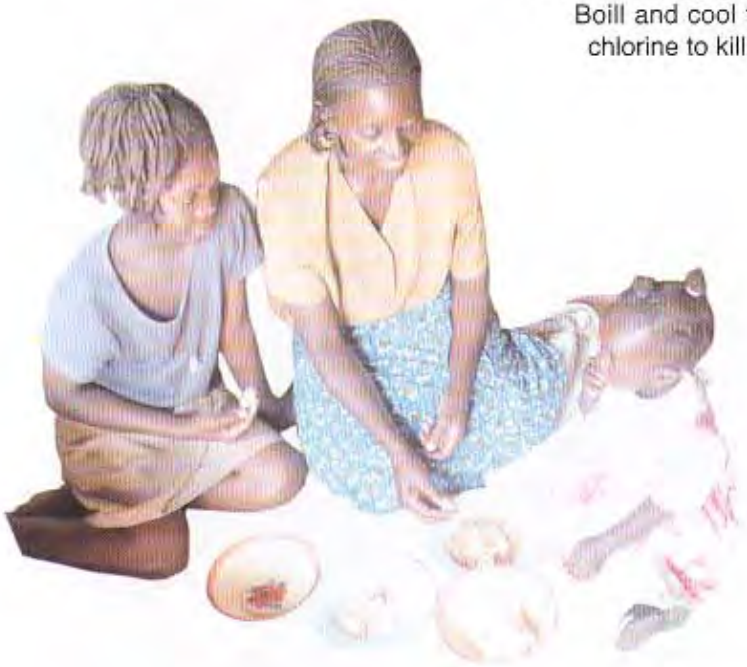
- Feed the baby or sit next to the baby and help the baby to eat. Do not force the baby to eat. Feeding the baby this way:
  - ❑ Helps the baby to eat enough food
  - ❑ Helps the mother or person looking after the baby to know how much the baby has eaten
- Breastfeed the baby first then give other foods
- Give the baby food which is thick enough to stay on a spoon without dropping

Feeding the baby between 12 and 24 months

Between 12 and 24 months, give the baby food eaten by adults in the family.

The food may include nshima with green vegetable, beans, fish, pounded kapenta, meat, or caterpillars. Add a bit of oil to the food.

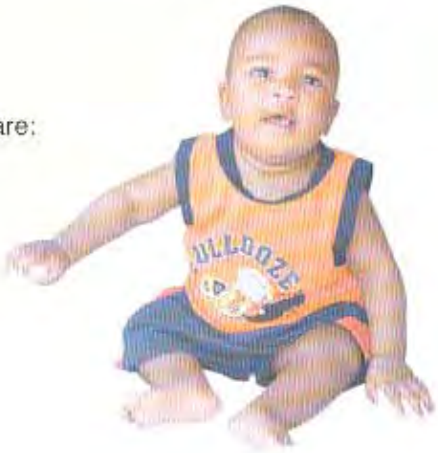
- Breastfeed the baby first, then give other foods
- Breastfeed the baby as much as the baby will breastfeed
- Between meals, give the baby small feeds, such as fruits without skin, fruit juice without seeds, beans without skin, mashed cassava, sweet potatoes with groundnuts and sugar, milk, munkoyo, mashed pumpkins, thick porridge with sugar, pounded groundnuts, caterpillars, or fish.
- After feeding, give the baby water. Boill and cool the water or add chlorine to kill germs.



Give the baby foods that are easy to chew and digest

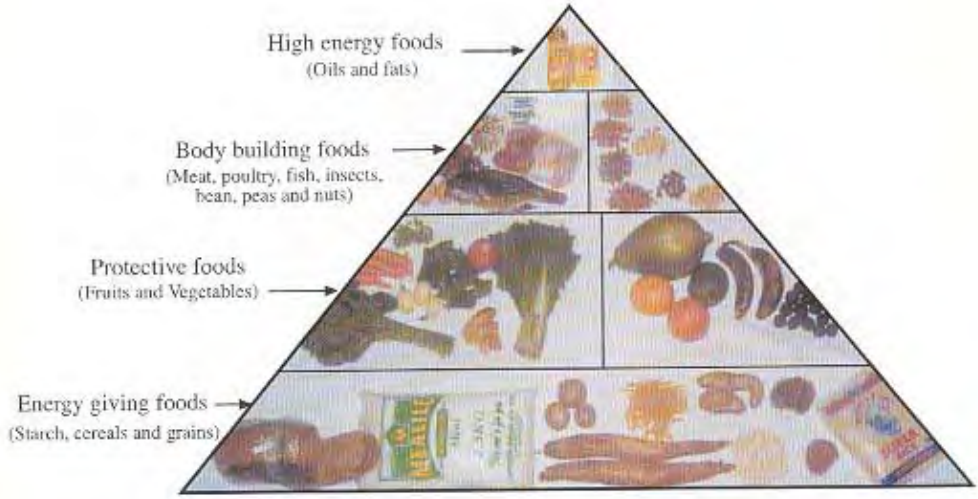
Give the baby foods from different food groups. Mix foods from the four food groups:

- ❑ Energy giving foods.
- ❑ Protective foods.
- ❑ Body building foods.
- ❑ High energy foods.



Select foods which the baby likes and are:

- ❑ Easy to chew and digest.
- ❑ Locally available.
- ❑ Easy to prepare.
- ❑ Clean and safe.

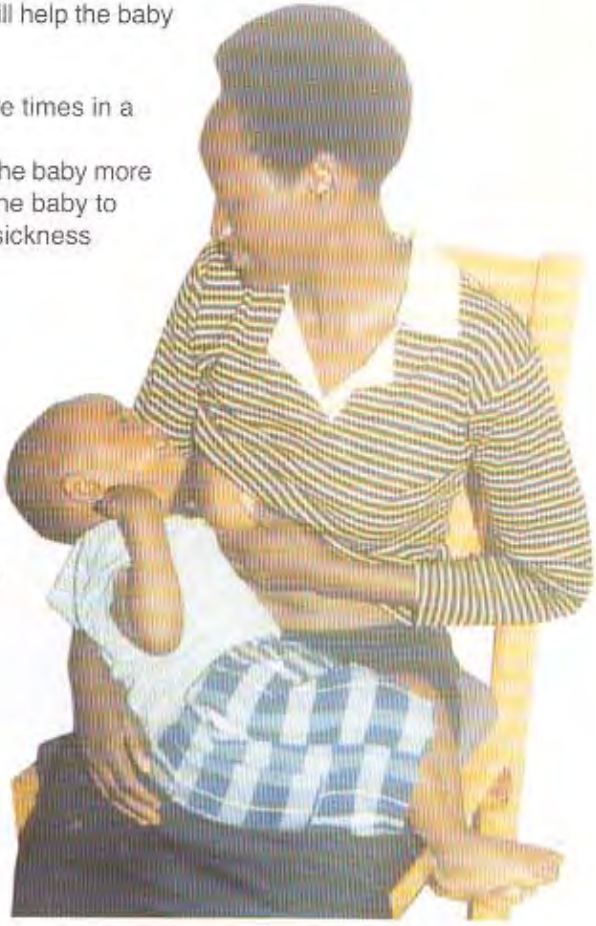


Feeding a sick baby

Continue to breastfeed the baby when the baby is sick.

Breast milk has substances which protect the baby from diseases and help the baby to recover when sick.

- If the baby is too sick to breastfeed, express breast milk and feed the baby by cup
- Give the sick baby the food the baby likes
- Prepare the food in a way that will help the baby to eat well
- Give small amounts of food more times in a day
- When the baby gets better, give the baby more food than usual. This will help the baby to get back the weight lost during sickness
- Feed the baby more often
- If the baby has diarrhoea:
  - ❑ continue to breastfeed the baby
  - ❑ Give the baby oral re-hydration salts (ORS). ORS gives back to the body the water lost through diarrhoea
- Take the baby to the nearest clinic for treatment if:
  - ❑ The baby has sores in the mouth
  - ❑ Sickness continues for more than one day



Feed the baby by cup

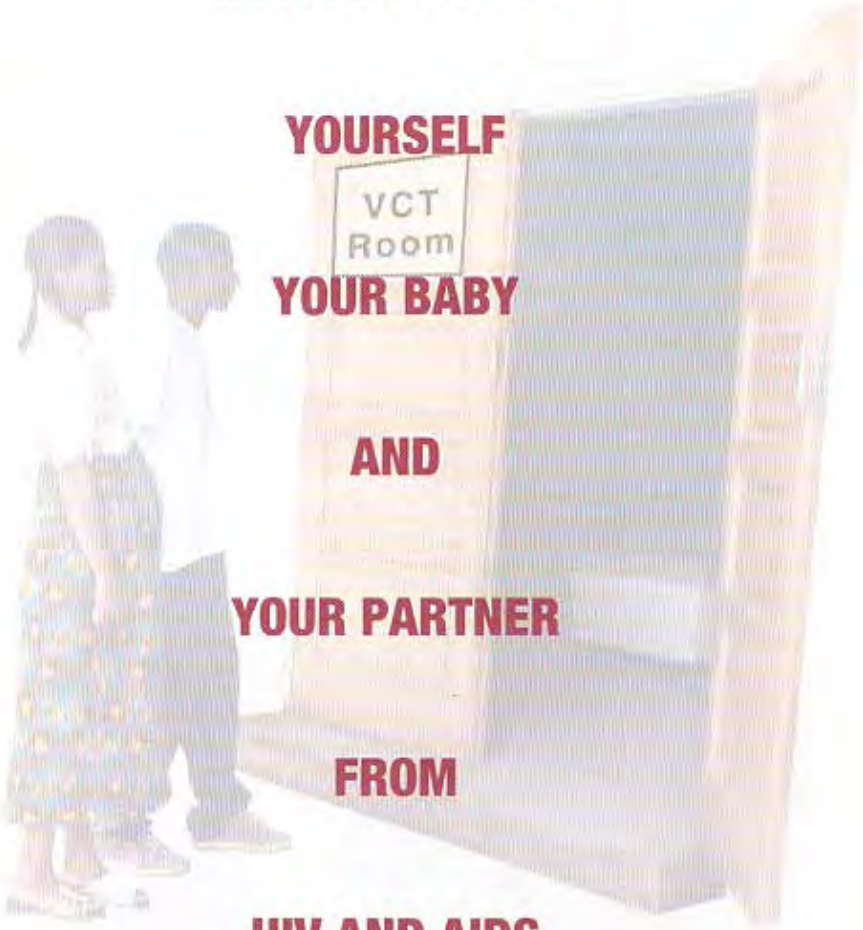
Feed the baby by cup

Feeding bottles have curves which make it difficult to clean. The curves can carry germs. Germs can make the baby have diarrhoea and other diseases. Do not use feeding bottles to feed babies.

Section IV

HOW TO PROTECT

YOURSELF



YOUR BABY

AND

YOUR PARTNER

FROM

HIV AND AIDS

Protect yourself, your partner and your baby from HIV with A-B-C

1. **Abstain from sex**

2. **Be faithful to one uninfected partner who is also faithful to you**

3. **Use Condoms every time you have sex**

Condoms:

- Protect you, your partner and your baby from infections, including HIV infection.
- Protect you from getting more HIV if you are already infected. Getting more infection increases the amount of HIV in your body and speeds up progress to full blown AIDS.

Mother-to-child transmission of HIV

HIV can pass from an infected mother to her baby during pregnancy, labour and delivery or breastfeeding.

30-40% of babies born to HIV positive mothers get infected with HIV.

If 100 HIV positive women get pregnant, deliver and breastfeed their babies for 2 years:

- About 63 of the babies may not be infected with HIV
- About 7 babies may be infected during pregnancy
- About 15 babies may be infected during labour and delivery
- About 15 babies may be infected during breastfeeding.

The chances of a new born baby getting HIV from an HIV positive mother increase when the mother:

- Has full-blown AIDS
- Has a lot of HIV in her body (high viral load)
- Gets new or more HIV when she is pregnant or breastfeeding
- Has many sex partners
- Does not eat well and her body is weak
- Has an untreated Sexually Transmitted Infection (STI).

Protecting your baby from HIV during pregnancy

Protect your baby from HIV infection during pregnancy by doing the following:

- Discuss with your partner and go for HIV testing with him before you become pregnant. If one of you has HIV, seek advice of a health worker or counsellor.
- Discuss with your partner whether to have a baby or not
- Start going to the antenatal clinic as soon as you know that you are pregnant
- Go for HIV counselling and testing during pregnancy
- Ask your partner to go for HIV counselling and testing also

If you or your partner has HIV, discuss with your health worker and your partner what you can do to protect your baby from HIV

- Have sex with only one partner

- Use condoms every time you have sex.
- Join a group, which can help you to get more information about HIV and AIDS and support you to protect your baby from HIV.

Protecting your baby from HIV during labour and delivery

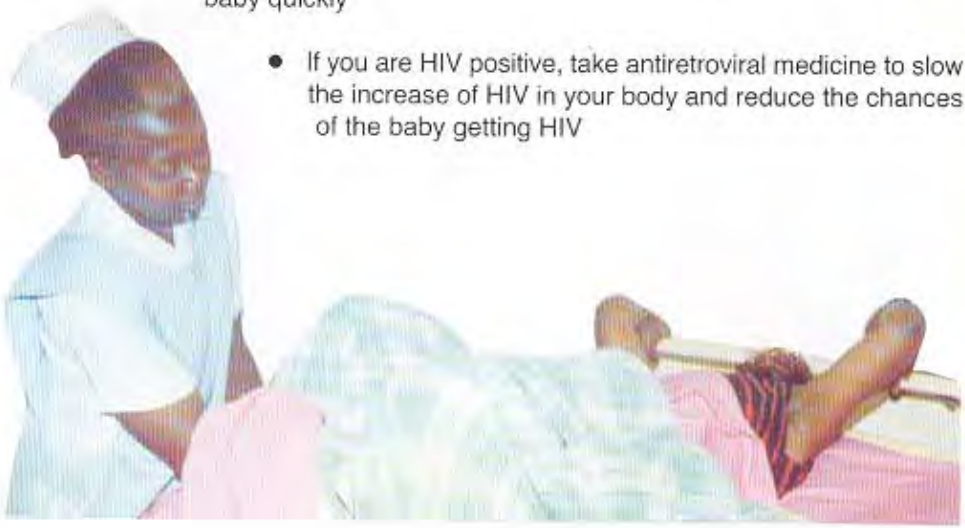
Babies of HIV positive mothers get infected with HIV more often during labour and delivery. HIV passes through the small cuts and wounds, which occur on the mother and baby as the baby gets born.

The mother and baby get more cuts:

- ❑ When labour is delayed
- ❑ When labour takes a long time
- ❑ When there are many examinations of the vagina
- ❑ When a mother delivers under the care of a person who is not trained

To protect your baby from HIV during labour and delivery:

- Deliver under the care of a trained health worker
- Avoid early pushing. Early pushing can cause the bag of waters to break early and make cuts in the birth passage and on the baby
- Get a trained birth attendant or a trained family member to support you during labour and delivery
- If you deliver at home, the person supporting you should wipe the baby quickly
- If you are HIV positive, take antiretroviral medicine to slow the increase of HIV in your body and reduce the chances of the baby getting HIV



Protecting your baby from HIV during breastfeeding

To protect your baby from HIV if you are HIV positive:

- Use a condom every time you have sex during pregnancy and breastfeeding.
- Discuss with your partner and your health worker or counsellor how you can feed your baby in a way that protects the baby from HIV.

Feed your baby in one of the following ways to protect the baby from HIV:

Choice 1: Breastfeed the baby for the first 6 months without giving the baby any other food. Do not give even water. Other foods damage the inside of the baby's intestines and make it easier for HIV to get into the baby's blood.

Choice 2: Express and heat breast milk to kill germs then give the milk to the baby.

Choice 3: Breastfeed the baby for less than 6 months without giving any other food.

Choice 4: Get an HIV negative woman to breast the baby instead of the real mother.

Choice 5: From birth, give the baby other foods (such as formula or cow's milk) only. If you choose this method, do not breastfeed the baby at all. Do not give the baby breast milk.

Choose a feeding method that:

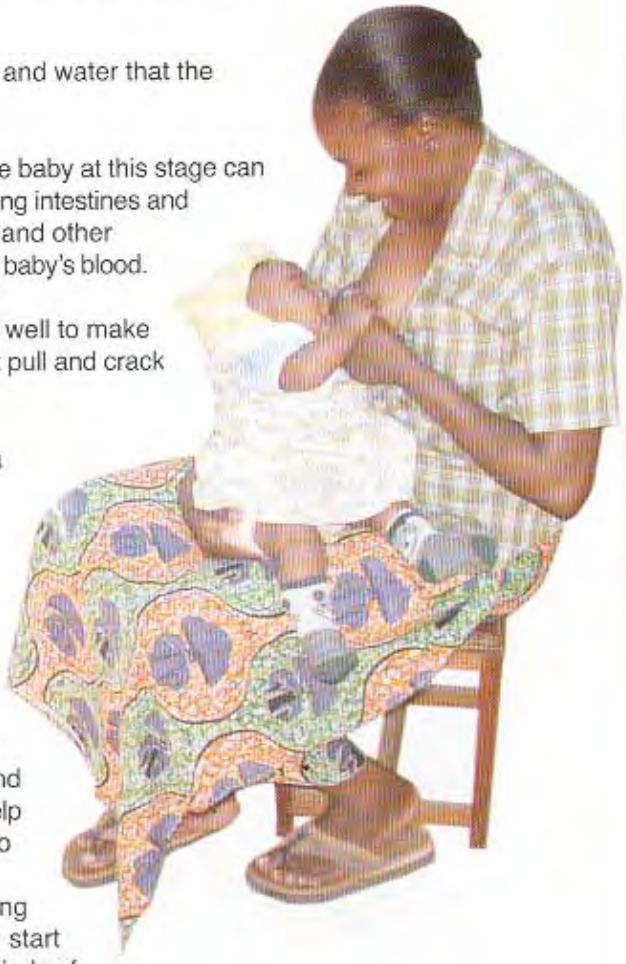
- Is acceptable to the family
- The family can provide all the time for at least 6 months
- The family can prepare in a clean and safe way.

Stick to the one feeding method that you choose. Mixing breast milk with other foods increases the chances of HIV infection.

Choice 1: Breastfeed in a way that will protect your baby from HIV

Breastfeed the baby for the first 6 months without giving the baby any other food, not even water.

- ❑ Breast milk is the perfect food made especially for the growth and development of the baby
- ❑ It contains all the food and water that the baby needs
- ❑ Other foods given to the baby at this stage can damage the baby's young intestines and make it easier for HIV and other infections to get into the baby's blood.



- Put the baby on the breast well to make sure that the baby does not pull and crack the nipples.
- If you are going away for a long period, express milk and leave it behind to be given to the baby.
- Just before six months:
  - ❑ Breastfeed the baby part of the time and at other times express breast milk and give by cup. This will help the baby to get used to feeding by cup.
  - ❑ Then stop breastfeeding completely before you start giving the baby other kinds of milk, formula or foods.

Choice 2: Express and heat milk to kill HIV

Make breast milk even safer for your baby by first heating the breast milk before you give to the baby. Heat kills germs, including HIV, and makes breast milk safe.

- Express breast milk and put in a metal cup
- Stand the metal cup with milk in water and heat the water until it boils
- Cool the milk by putting the container with the milk in cold water
- Give the baby the cooled milk by cup

Ask your health worker or counsellor for more information on heating breast milk.

Choice 3: Breastfeed the baby for less than 6 months

Give the baby breast milk for less than 6 months without giving any other food.

Other foods given to the baby at this age can damage the baby's young intestines and make it easier for HIV and other infections to get into the baby's blood.

Give other foods **only** when you have completely stopped breastfeeding.

Choice 4: Get an HIV negative woman to breastfeed your baby

Any woman can breastfeed the baby of another woman. A woman who breastfeeds another woman's baby is called a *wet nurse*. Most women can start producing milk if they put a baby on the breast often.

- Find a woman who is willing to breastfeed your baby
- Ask the woman to go for counselling and HIV testing to know her HIV status. Only an HIV negative woman should breastfeed the baby of another woman.
- First, test the baby for HIV. It is possible for a baby infected with HIV to infect an HIV negative wet mother.
- A wet nurse should use condoms every time she has sex to avoid possible infection.

Choice 5: Give the baby other foods only

Give the baby other foods only. Do not breastfeed or give the baby breastmilk. Giving other foods and breastfeeding at the same time increases the chances of mother-to-child transmission of HIV.

- Choose the food which:
  - ❑ Is acceptable to the family
  - ❑ The family can provide all the time for at least 6 months
  - ❑ The family can prepare in a clean and safe way
- If you choose not to breastfeed, start the baby on milk or baby foods with milk in them
  - ❑ If you choose baby food from the shop, prepare the food according to the instructions on the container
  - ❑ If you use milk from home (cow's or other milk), ask the health worker or counsellor how to prepare it well for a small baby
  - ❑ Give the baby the milk or baby food for the first six months

- After six months, give the baby other foods also
  - ❑ Start with soft porridge. Then give soft food.
  - ❑ Increase the thickness of the food as the baby grows older
  - ❑ Cook the food until it is fully cooked
  - ❑ Mash the food to make it easier for the baby to eat and digest
  - ❑ Make the food in safe, clean water
- Feed the baby using a clean cup
- Make only enough food for one feed. Throw away what the baby cannot finish. Left over food can go bad and make the baby sick.

Men can do much to stop the spread of HIV and AIDS

Men can do much to stop the spread of HIV and AIDS.

- Men who care:
  - ❑ Stick to one sex partner
  - ❑ Use a condom to avoid getting HIV or infecting other people
  - ❑ Go for counselling and HIV testing to know if they have HIV or not
  - ❑ Encourage their sex partners to go for counselling and HIV testing
  - ❑ Discuss with their sex partner and family members, and act to avoid HIV infection
  - ❑ Encourage friends to Act and avoid the spread of HIV.
- Discuss and act to stop the spread of HIV and AIDS:
  - ❑ In the family.
  - ❑ Among friends.
  - ❑ In the community.
- Work with family members, neighbours and community members to:
  - ❑ Prevent the spread of HIV.
  - ❑ Care for the sick.

How to live a longer life with HIV

You can live a long, productive life with HIV if you live positively. Many people have lived for 15 or more years with HIV. To live a longer life with HIV:

- Discuss with your counsellor, or health worker, how you can live a longer life with HIV
- Accept your situation positively
- Tell your sex partner and family members that you have HIV
- Discuss with family members what they can do to help you live a longer life. If you find it difficult to discuss with family members, ask your health worker or counsellor to help you start
- Encourage your partner to go for counselling and HIV testing also
- Avoid sex or use a condom every time you have sex
- Eat different kinds of food found at home to improve your health
- Continue doing your work and daily activities as usual
- Stop or reduce beer drinking and cigarette smoking
- Go for treatment quickly whenever you get sick
- Do exercises to keep your body fit
- Join a group which can give you support
- Find time to rest

AED
Academy for Educational Development

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