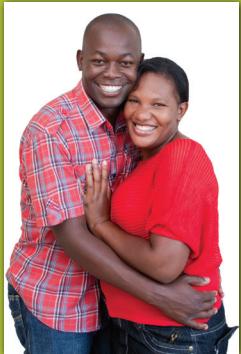


Congratulations!



**A guide for newly married couples
for a healthy and happy family**

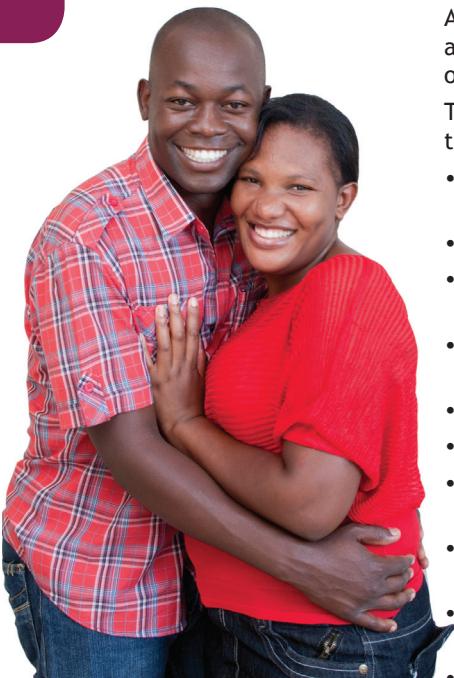


Topics

| | |
|---|----|
| About to wed | 2 |
| Just wedded | 3 |
| Healthy body and mind | 4 |
| Planning your family | 5 |
| Pregnancy | 6 |
| Child birth | 9 |
| Caring for a mother and a new born baby | 10 |
| Lists for follow-up of a mother and a child | 11 |



About to Wed



A happy marriage starts with a good friendship, trust and caring about each other. Anna and Joe love each other very much and want to get married.

They speak to each other openly about important things before getting married:

- What is each one's dream of a good marriage and future together?
- What interests do Anna and Joe share?
- What are their plans for work and career after marriage?
- What will they spend their money on? How will they save?
- How do they feel about religion?
- What values are important to them?
- Who are their friends, family members and work colleagues that are important to each of them?
- Are there any illnesses or medical issues in each other's families?
- How many children would they like to have and when?
- How will they both stay healthy for each other?

Healthy steps towards a healthy marriage



Anna and Joe decide to get an HIV test together and discuss their results with each other. They promise

to be faithful to each other and keep their marriage strong!

They also talk about medical male circumcision for Joe that can have many health benefits for both of them including reducing the risk of contracting HIV.





After all the planning and waiting, the big day finally comes! Anna and Joe are now married. Congratulations to them! Now the fun and the hard work begins. Here are some ways they keep their marriage STRONG!

- They always talk to each other with respect, honesty and courtesy. This requires practice and patience but they try their best.
- Joe shows his love for Anna by telling her so and doing small and big things for her - sharing in the household tasks, planning fun things to do together etc. She does the same.
- They make time to do things they enjoy together.
- They support each other in their work, interests and beliefs.
- They keep their bodies fit and healthy for each other by eating well, exercising and keeping their minds calm.
- Joe and Anna are proud of their small home and like to keep it clean and neat. They make sure there is plenty of sunshine and fresh air always.

Healthy Body and Mind – Eating Right

For Anna and Joe to stay healthy, they need some food from all of these groups daily:



- 1. Staples:** They mostly provide energy . They also may help in body growth. These are foods like sorghum, millet, maize, starchy roots (cassava, potato) and starchy fruits (banana).
- 2. Animal foods:** These provide timichere ta mthupi (vitamins and minerals) for proper body growth. These are foods like meat, eggs, milk products, fish, edible caterpillars, mice and insects.
- 3. Vegetables:** They contain timichere ta mthupi, water and also fiber that is necessary for proper digestion. These foods include bonongwe, chisoso, khwanya, mnkhwani, kholowa, rape, mpiru, kamganje, carrot, egg plants, pumpkin, tomato.
- 4. Fats:** They mainly provide oils for proper growth. Examples include oil seeds (soybeans, groundnuts), avocado pear, cooking oil, milk and milk products.
- 5. Fruits:** Mostly they provide energy. They also provide timichere ta mthupi and water for infection prevention and proper growth. For instance oranges, lemons, tangerines, bananas, pine apples, paw paws, mangoes, masau, bwemba, malambe, masuku, peaches, apples, guava, water melons.
- 6. Legumes and Nuts:** These mainly help in body building and also provide energy. For example ground nuts, soya beans, beans, peas, cowpeas, ground beans (nzama) and pigeon peas. Soya beans and nuts also contain a lot of fats which help in proper growth.



Healthy Body and Mind

Alcohol Use/ Abuse Avoid alcoholic drinks or drink responsibly

Joe and Anna like to watch football, dance to music, laugh and enjoy with their friends. Sometimes they enjoy a beer or two. But they know their limit. Too much of anything can lead to problems. In the case of alcohol it is very much true. Avoiding completely or limiting the use of alcohol to a sensible level will help Joe and Anna NOT take dangerous risks.



Planning Your Family

How many children do they both want? How soon? How far apart? What dreams do they have for their children?



Joe and Anna want to spend a little time getting to know each other as a married couple. They do not want to have children immediately. They want to wait a little while. Even though Joe's uncle and Anna's aunt are pressuring the two to give them a grandchild, Joe supports Anna in their decision to wait a little.

They have decided to practice family planning because:

- They want to have their first child only when they are ready.
- A smaller family will be easier to take care of because they will have enough money and time to bring them up and care for them
- Pregnancies that are too close together are not good for Anna's health - she can become weak, anaemic, and fall ill often because her body will not be strong.
- Family planning will help them decide how many children they want to have, how many years between each child, so Anna can rest, and when they want to stop.

They decide to visit the nearest health center where the health provider can help them choose a safe and effective family planning method that is best for them.

Ready to Start a Family

After practicing family planning for some time, Anna and Joe are now ready to have a baby, they go to the clinic to speak to a health worker.

The health worker advises them that Anna should take a few tests before trying to get pregnant. Blood Test: A blood test will check -HIV status

-Anemia General Test: This will check conditions that affect pregnancy, delivery and general health like weight, height, physical condition e.t.c. If everything is fine,

the health worker will help Anna and Joe stop the family planning method they are using. In a few weeks or months after stopping the method (depending on the method) Anna should be able to get pregnant.



Pregnancy

Anna and Joe are delighted to find out they are going to be parents! This is the start of a new chapter in their lives. They want to do the best they can for Anna's health and their baby.



1. Anna will continue **eating nutritious foods** from the six food groups. She knows that the healthy growth of the baby's body and brain starts at conception. Not eating well can lead to stunting of the baby which cannot be corrected later. Joe helps her make sure she has the foods she needs to eat well.
2. As soon as she thinks she is pregnant, Anna and Joe plan a **visit to the antenatal clinic**.
3. They want to **prepare well for delivery**.
4. They want to learn the important **danger signs in pregnancy** and be prepared.
5. Anna and Joe have heard that malaria can be dangerous to pregnant women and their unborn babies. They want to know how **to prevent malaria in pregnancy**.

Antenatal Visits to the Clinic



Anna and Joe visit clinic for antenatal care:

- As soon as she knows she is pregnant- During the first 3 months.
- Between the 5th and 6th month (20 - 24 weeks)
- Between the 7th and 8th month (28 - 32 weeks)
- At the beginning of the 9th month (at 36 weeks)

During these visits Anna receives:

- Immunization for the mother
- Nutritional supplementation, especially iron folic acid tablets to keep her blood strong
- HIV Testing; and
- General checkup of her health and the baby's

Anna and Joe listen well to the advice they are given so that they can remind each other of all the important things they hear and what they have to do for a healthy pregnancy and safe delivery.

Prevent Malaria Malaria is very dangerous for anyone but especially for pregnant women.



- Joe reminds Anna they have to always sleep in a Long Lasting Insecticide Treated Net (LLIN) every night.
- Anna and Joe go to the facility where they will give Anna some Malaria prevention medicine at least three times during her pregnancy.



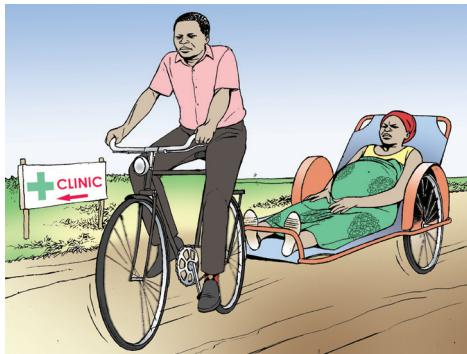
Knowing Danger Signs of Pregnancy

If Anna feels any of these signs they should go to the health centre immediately

- Getting easily tired and out of breath.
- Looking pale.
- Feet, arms or face are swollen or puffy.
- Having a fever, severe headache, blurred vision or persistent vomiting.
- Spotting or bleeding from private parts.
- Convulsions or fits.
- Severe burning during urination.
- Severe cramping of the uterus area.
- The baby (fetus) stops moving.



Preparing for Delivery



- Anna and Joe ask the health provider when the delivery date will be.
- They put some money aside in case of emergency.
- With the list given by the health centre, they buy all necessary materials that will be needed during and after birth.
- Joe has already thought about how they will get to the clinic when Anna goes into labour. They need a reliable means of transport, and he has arranged that in advance. This will help them start off quickly to the clinic as soon as labour starts or if there is an emergency.
- They discuss who should take Anna to the

clinic if Joe is not around when Anna starts her labour and they make a back up plan.

- They have already chosen the clinic where they want Anna to deliver the baby. They know they want to have the baby delivered at a health facility because in every pregnancy there can be complications during labour. In a health facility they can help with that and save the life of the mother and the baby.
- If the facility they had chosen was far, they would have prepared to go and stay at the waiting home at the health facility at least two weeks before their expected days of delivery.

Just Delivered!

Anna and Joe planned to have their baby at the clinic. If for some reason the baby was born at home, they will make sure they take the baby to the clinic before the end of the day.



Emergency Symptoms in the Mother After Delivery

- Increased bleeding from the private parts
- Convulsions or fits
- Vomiting or diarrhea
- Severe pain or abdominal aches
- Bloody or foul smelling of vaginal secretions
- Severe chest pain or difficulty in breathing
- Loss of consciousness
- Swelling or redness of breasts or legs
- Leakage of urine or stools from vagina
- Pain or severe burning during urination
- Severe headaches

Caring for the Newborn Baby

The first month of a baby's life is very delicate and extra care has to be taken to avoid sickness

Things for Anna and Joe have to remember

- Ensure Anna receives a vitamin A supplement immediately after delivery or within 8 weeks
- Go to the clinic within 12 hours if the child was born at home
- Keep newborn baby's eyes clean. Put nothing in them except eye drops if prescribed by the doctor.
- Take the baby back to the health facility within 7 days after delivery for check-up and ensure he/she receives all prescribed immunizations
- Choose a family planning methods as soon as the baby is born
- Continue to periodically go for HIV Testing. It is a first step towards preventing mother to child transmission
- Consider doing medical circumcision if the child is male
- Always keep the baby warm by covering him/her with warm cloths. The head should always be covered.



Anna and the baby should feed well

- Anna starts breastfeeding the baby during the first 30 minutes after delivery.
- If breast milk delays to come out, she should continue putting the baby to the breast.
- Anna feeds her baby with only breast milk for the first 6 months. Breast milk is complete water and food for the baby.
- She helps her baby breastfeed by holding him/her correctly to the breast. She consults a health worker who counsels her



on how to hold the baby when breastfeeding.

- As a breastfeeding mother, Anna should eat two small extra meals each day, prepared from at least 4 of the 6 food groups and drink a lot of fluids, especially water.



Caring for the Child as She/He Grows



Joe and Anna enjoy watching their baby grow up. Here are some things they should make sure they do to keep their child healthy and growing well.

- The child should receive Vitamin A supplements at 6 months; and thereafter every 6 months until 5 years.
- If salt is needed in preparing the child's food, always use iodized salt.
- Continue observing vaccination dates
- Make sure the child gets regularly de-wormed

Protecting the child and family from diseases

- They ensure they and their child sleep under a Long Lasting Insecticide Treated Net (LLIN) every day, all year round. This protects them from malaria
- They prevent diarrhea by washing hands with soap
- Before breastfeeding
- Before preparing meals,
- Before eating
- After visiting the toilet, and
- After changing the baby's nappies.
- Food that has been sitting open and cold can upset the stomach. They cover leftover food and heat it over the fire before eating again.
- They prepare their child's food fresh at the time they want to feed him/her

Knowing Danger Signs for a child

If Anna sees the following signs, she should immediately go to the health center:

- Difficult or rapid breathing.
- High temperature
- Watery stool three times a day
- Severe or continuous vomiting
- Continuous sleep
- Convulsions

Vaccinations

All babies need vaccinations to protect them against diseases. It is important to take all of them at the right times. Do NOT stop after taking a few of them.

One stick is weak and can break but many sticks together are strong and difficult to break. In the same way, Anna and Joe's baby needs all the vaccines from the first week to the 9th month to protect him/her.



| Timing | Vaccinations |
|------------------------------------|---------------------------------------|
| First week after Birth | BCG Polio 0 |
| At 6 weeks | Polio 1 Penta 1 PVC 1 Rota 1 |
| One month later (four weeks later) | Polio 2 Penta 2 PVC 2 |
| One month later (four weeks later) | Polio 3 Penta 3 PVC 3 Rota 2 |
| At 9 months | Measles |



Five Visits

.....
These vaccines will protect your child against diseases like TB, polio, tetanus, pneumonia, meningitis, diarrhoea, measles and other infections

IMPORTANT TELEPHONE NUMBERS

| Name | Phone Number |
|------|--------------|
| | |
| | |



Have a happy and
healthy family life
together



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