# Take Action for Mother and Baby Health

- Take care of your baby by giving positive attention and appropriate stimulation with toys, songs, poems and playing together. Before pregnancy, ensure your diet contains a range of fresh food. See your doctor for a health check and to receive appropriate nutrition advice and supplements before becoming pregnant.

- Mothers-to-be: eat well, rest and visit your doctor frequently to check on the progress of your pregnancy as well as your health.

- Mothers-to-be: ensure the doctor checks your weight, blood pressure, urine and blood regularly during your pregnancy.

- See a doctor immediately if you are bleeding during your pregnancy.

- See a doctor immediately if your baby's movement decreases over several days during pregnancy.

- Giving birth in a hospital is best.

- If giving birth in a hospital is absolutely impossible, give birth in a location where trained staff can provide emergency medical help if necessary.

- See a doctor immediately if you have fresh bleeding after you deliver your baby.

- A doctor or nurse must check your baby before you leave the hospital after delivery.

- After you and your baby leave the hospital after delivery, a doctor or nurse must see your baby at least once again in the next few days.

- See a doctor if your newborn baby is excessively sleepy, twitching or shaking, or has a weak suck at the breast.

- Breastmilk is the best food for babies. It protects your baby against disease not only during infancy, but for the rest of his or her life.

- Frequent breastfeeding almost always yields increased production of breastmilk. An insufficient supply of breast milk is extremely rare.

- Breastfeed your baby exclusively for six months. Giving formula, other liquids or food can reduce the flow of breastmilk and the benefits it gives.

- **After six months, continuing to breastfeed your baby for at least the first two years of life is best.**

- **You can begin feeding your baby healthy semi-solid or solid food from six months. During the first year of your baby's life, see a doctor to check your baby's health at least four times.**

- **During the second year of your baby's life, see a doctor to check your baby's health at least two times.**

- **From the time your child is three years old onward, see a doctor to check your child's health at least once a year.**