

ANC can prevent things you can't yet see or feel.

Early and regular ANC visits, even if you are feeling well, can help manage symptoms such as excessive vomiting, high blood pressure, anemia or pelvic infections.



ABDOMINAL CHECK-UP

A thorough examination of your abdomen to assess the growth and well-being of your baby.



WEIGHT MONITORING

Keeping track of your weight to ensure healthy weight gain during pregnancy.



BLOOD TEST

Tests conducted to check levels of hemoglobin (Hb) to track and detect presence of anaemia, screen for HIV, and detect syphilis



URINE ANALYSIS

Analyzing your urine to identify the presence of albumin and sugar, which can indicate potential health risks.



BLOOD PRESSURE EVALUATION

Monitoring blood pressure to detect and manage high blood pressure, which can be harmful during pregnancy.

WHY WILL I GO TO ANC?

Use this box to write or draw your personal motivation for going to ANC.

ID _____

Tip: During your ANC visit in trimester one, discuss with your health provider about how you are feeling and possible daily supplements like folic acid and fersolate that you can take to help with the pregnancy.

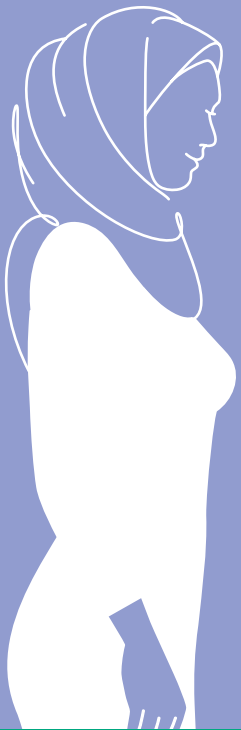


ANTENATAL CARE CHECKUPS

FIRST TRIMESTER

Your pregnancy has started.
It needs your care and love to grow into a healthy baby.





THE FOETUS IS SMALLER THAN A GRAIN OF **RICE**

MONTH 1

STEPS I CAN TAKE TO STAY HEALTHY



YOUR BABY IS THE SIZE OF A **KIDNEY BEAN**

MONTH 2

1ST ANC VISIT

| | |
|---|-------------------------------|
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YOUR BABY IS THE SIZE OF A **LEMON**

MONTH 3

STEPS MY HUSBAND CAN TAKE

HINT: FILL THIS OUT TOGETHER WITH YOUR HUSBAND.

Your foetus is small and fragile. It needs the right conditions to grow into a healthy baby.

For all women, even those who feel healthy, regular ANC visits reduce the likelihood of stillbirth and early child death. Furthermore, ANC visits can help monitor the baby's growth, avoid a miscarriage and help with symptoms such as excessive vomiting, high blood pressure, anaemia or pelvic infections.



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WHY WILL I GO TO ANC?

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ID

Tip: By the 2nd trimester you should have stabilized and feel better. Discuss with your health worker during ANC visits in trimester 2 any changes you noticed with your body, how you feel when you take your supplements and any complications you are experiencing.



ANTENATAL CARE CHECKUPS

SECOND TRIMESTER

Your baby is growing.
You can help ensure it has all it needs to be healthy.



YOUR BABY IS THE SIZE OF AN AVOCADO

MONTH 4



YOUR BABY IS THE SIZE OF A BANANA

MONTH 5



YOUR BABY IS THE SIZE OF A MAIZE COB

MONTH 6

2ND ANC VISIT

DD/MM/YYYY



3RD ANC VISIT

DD/MM/YYYY



4TH ANC VISIT

DD/MM/YYYY



Your body is preparing your baby to come out in the world, it needs you to stay healthy. Ensure all is in place for the baby's safe arrival.

Regular ANC visits will help understand when your baby is ready for the world, ensure it's correctly positioned and avoid risks of low/high birth weight. This can help better prepare for your baby's arrival and ensure it is safe and healthy.



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WHY WILL I GO TO ANC?

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ID _____

Tip: During your ANC visits in trimester three, discuss with your health provider how you feel, the effects of the supplement drugs and get counselling on any issues you are facing and the type of support you need.

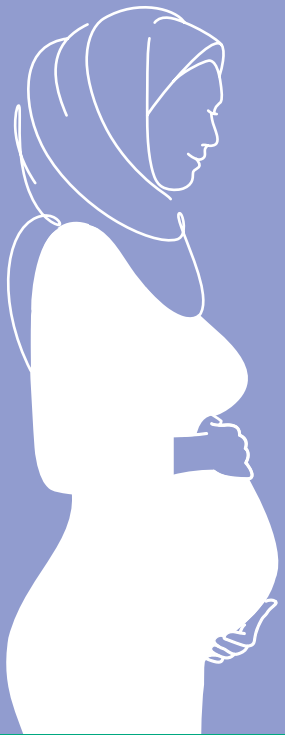


ANTENATAL CARE CHECKUPS

THIRD TRIMESTER

Your baby is approaching birth. Monitor it closely and take extra care of your health.





YOUR BABY IS THE SIZE OF AN **CUCUMBER**

MONTH 7

5TH ANC VISIT

DD/MM/YYYY

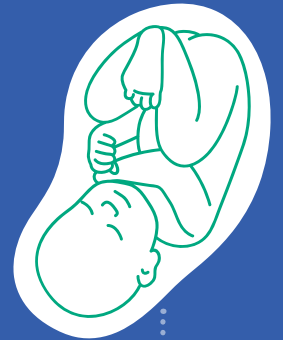


YOUR BABY IS THE SIZE OF A **CABBAGE**

MONTH 8

6TH ANC VISIT

DD/MM/YYYY



YOUR BABY IS THE SIZE OF A **PUMPKIN**

MONTH 9

7TH ANC VISIT

DD/MM/YYYY



After the baby's birth, it's still important to visit the clinic.

Regular post natal clinic visits / child welfare clinic is as important as ANC to ensure you secure your health and that of your baby. At this stage, your health is as important as that of the baby. Ensuring that you are healthy and have all the support you need will highly impact how well the baby develops.

WHY WILL I GO FOR FOLLOW UP VISIT?

Use this box to write or draw your personal motivation for a follow up visit.

ID _____

Tip: During postnatal visits, discuss with your health provider how you can prevent pregnancy coming too soon before you are ready and any thing that is going on with your body e.g bleeding, discharges, itching, pain, etc.



IMMUNIZATION

Stimulating the Baby's immune system through vaccines to provide protection against specific diseases.



FAMILY PLANNING

Deciding and taking action on the space / gap in between pregnancies, typically through the use of contraception and other reproductive health services.



POSTNATAL CARE CHECKUP

POST NATAL

Your baby has been born and needs a healthy mum to grow strong and develop.



It is recommended that you **allow your body to rest and fully recover** (for about 24 months) before another pregnancy.

Your baby's development depends on the nutrient you pass on to it through exclusive breastfeeding. **It is important you eat well and remain healthy.**

MONTH 10, AND BEYOND

IMMUNIZATION

DD/MM/YYYY



FAMILY PLANNING

DD/MM/YYYY



STEPS I CAN TAKE TO STAY HEALTHY

STEPS MY HUSBAND CAN TAKE

HINT: FILL THIS OUT TOGETHER WITH YOUR HUSBAND.