



#careduringpregnancy

This includes the first 270 days from conception to birth. Quality healthcare and adequate nutrition during pregnancy is important for the health and wellbeing of mother and child.



Health:

- Pregnant women must go for at least eight ante natal check ups (ANC).
- Pregnant mothers should know the danger signs of pregnancy and make plans to deliver in a health center.
- Provided pregnant women complete all ANC check-ups, she will receive six (6) tranches of Conditional Cash Transfer (CCT) as financial support from the Government to ensure a safe and healthy mother and child.

Nutrition:

- It is important to eat adequate nutritious foods like fruits, vegetables, meat, egg, milk and cereals during pregnancy for brain development of the child and health of the mother.



Love & Care:

- Family members should provide love and support to women during pregnancy. It helps to stimulate brain development of the child and bonding within the family.

Together let us ensure that every mother and child get adequate nutrition, quality health services and care during the first 1000 days.

