

NNM  
Logo



# Preparation during pregnancy for newborn care and family planning



Ministry of Women & Child Development  
Government of India, 2018

21





# Quiz

1. Where should a newborn baby be placed before cutting the cord?

**Ans:** Immediately after the birth of the baby and before cutting the cord, the baby should be wiped dry and then placed naked directly on the skin of the mother's chest/abdomen. The baby and mother together can then be covered with a dry cloth. This ensures that the baby gets adequate warmth from the body of the mother during the period immediately after birth. This is the period during which the baby is most vulnerable to become cold (hypothermic) if she is not kept adequately warm. This practice should be followed for all normal deliveries.

2. What should be applied to the cord stump after cutting the cord?

**Ans:** Nothing should be applied to the cord stump after the umbilical cord has been cut off. It should be left to dry. Similarly, nothing should be applied to the cord until it dries up and falls off after about a week after birth. Even after the cord falls off, nothing should be applied to umbilicus even if it appears wet. We give this strict message to mothers so that they do not apply harmful substances such as cow dung or anything else, even by mistake. Applying unclean substances like cow dung can cause severe infections in the baby, which may even lead to the baby's death.

3. What is the best time to start breastfeeding after birth?

**Ans:** Breastfeeding should be started as soon as possible after giving birth, preferably within an hour. If it is an institutional delivery, breastfeeding should be started before leaving the labor room. The earlier the baby starts suckling at the breast, the faster the breast milk is produced. Breast milk protects the baby from infections, and the baby who is breastfed early gets this protection early. Such babies also experience fewer problems with breastfeeding. They are also likely to be given only breastfeeding, and parents are likely to avoid giving other harmful liquids.

4. What is the earliest that a woman can get pregnant again after delivery?

**Ans:** The earliest a woman can get pregnant again after a delivery is about six weeks or one and a half months. Becoming pregnant at six weeks is not common, but it can happen. It is difficult to say which woman will become pregnant early. It is safer for all women to use a contraceptive to avoid another pregnancy too soon.



Display the card. Say that we will start with a quiz today.



Encourage all participant to respond. For each question, give them enough time.

Use the text on the right to answer questions with explanations.



10 Minute

M21

Preparation during pregnancy  
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F1

# Quiz



- Where should a newborn baby be placed before cutting the cord?
- What should be applied to the cord stump after cutting the cord?
- What is the best time to start breastfeeding after birth?
- When is the earliest that a woman can get pregnant again after delivery?





# Why is it important to ensure immediate newborn care after delivery, and planning next pregnancy?

## Tell the participants:

Today, we will discuss two important actions that need to be taken at birth or sometime soon after birth: they are “immediate care of the newborn”, and “what to do to avoid another immediate pregnancy”.

Display the card and ask the participants to read the questions written in front one by one. For each question give them enough time to respond.

## Ask additional questions as needed:

### Ask before question number 1:

- What do we mean when we say- 'immediate newborn care at birth'?

### Ask before question number 2:

- What can happen if the contraception is neglected?
- How can pregnancy be prevented?
- Do we know any examples of what happened when someone had an unintended pregnancy?

Encourage the participants to share their experiences. Make use of the points mentioned on the right side to explain them about “why immediate newborn care is important and what can happen if contraception is neglected”?

## What can happen if immediate new born care is neglected?

Once the baby is born and has cried, immediate newborn care includes three main actions:

- ensuring clean handling of the baby and particularly of the umbilical cord,
- ensuring that the baby is kept warm and
- providing immediate and exclusive breastfeeding.

The main purpose of these actions is to prevent serious infections in the baby, which is one of the biggest causes of death among neonates. Babies who do not get adequate care immediately after birth are more likely to suffer severe infections and death. There are other benefits as well.

- Immediate newborn care is also the best opportunity to identify babies who need more care.
- Babies who are born too soon or too small need special care to survive. The earlier such 'weak' babies are identified, the faster we can provide extra care. We have learned about this in previous modules.

## What can happen if the contraception is neglected?

**A woman can become pregnant anytime after 6 weeks of delivery** – it is difficult to say when she may get pregnant again. If the couple don't plan to use contraception to prevent another pregnancy early, they may end up having an unplanned pregnancy. An early and unwanted pregnancy can lead to a lot of problems:

- It will affect the breastfeeding and care of the previous child. The previous child may suffer from malnutrition or more frequent illnesses.
- It will affect the health of the mother who has not yet recovered from the previous pregnancy, and in turn will affect the development of the child in the womb – the child of the second pregnancy may be born too soon or too small.
- Parents may want an abortion and an improperly conducted abortion may cause complications or even death of the mother.
- Why reach such a situation when unwanted pregnancy can be avoided using contraception!





# Why is it important to ensure immediate newborn care after delivery, and planning next pregnancy?



- What can go wrong if a newborn baby is not provided immediate newborn care?
- What can go wrong if a mother faces unplanned pregnancy shortly after the delivery?





# What preparation can we do during pregnancy to ensure immediate newborn care at birth?

## Tell the participants

We have learned that if immediate newborn care is neglected soon after birth then we will lose the opportunity to save many babies in our villages. Now let us discuss what we can do to ensure immediate newborn care at home.



## Display the card.

Ask the participants to read the points, and respond to the questions asked on the card. Let there be a discussion.

Use the points given on right side to facilitate the discussion.

The preparation for essential newborn care should start from the time the mother gets pregnant, and more vigorously in the third trimester, when she seriously starts planning for the delivery.

We are aware that we should make at least two home visits during the last trimester.

During the first home visit, we should enquire about how the mother intends to take care of her baby immediately after birth and:

- Who in the family is likely to be with the mother during delivery? Who is likely to take care of the baby in the first hour when the mother is still recovering from labor?
- Has the family prepared for the 'five cleans'?
- Do they have enough clothes to keep the baby warm?
- When does she plan to start breastfeeding? Is the family planning to give the child any pre-lacteals? What was done when the previous child was born?
- Is the family planning to apply anything to the cord after it is cut off? What did they do in the case of the previous delivery?

After understanding what they plan to do, we can advise the family on correct practices, in case the plan includes anything which may be harmful to the baby.

During the second visit, we can confirm if they are prepared to provide correct care to the baby at birth. We can also let them know that if the delivery happens at home for any reason, they should let us know quickly, so that we can be present at the time of birth and assist the family.

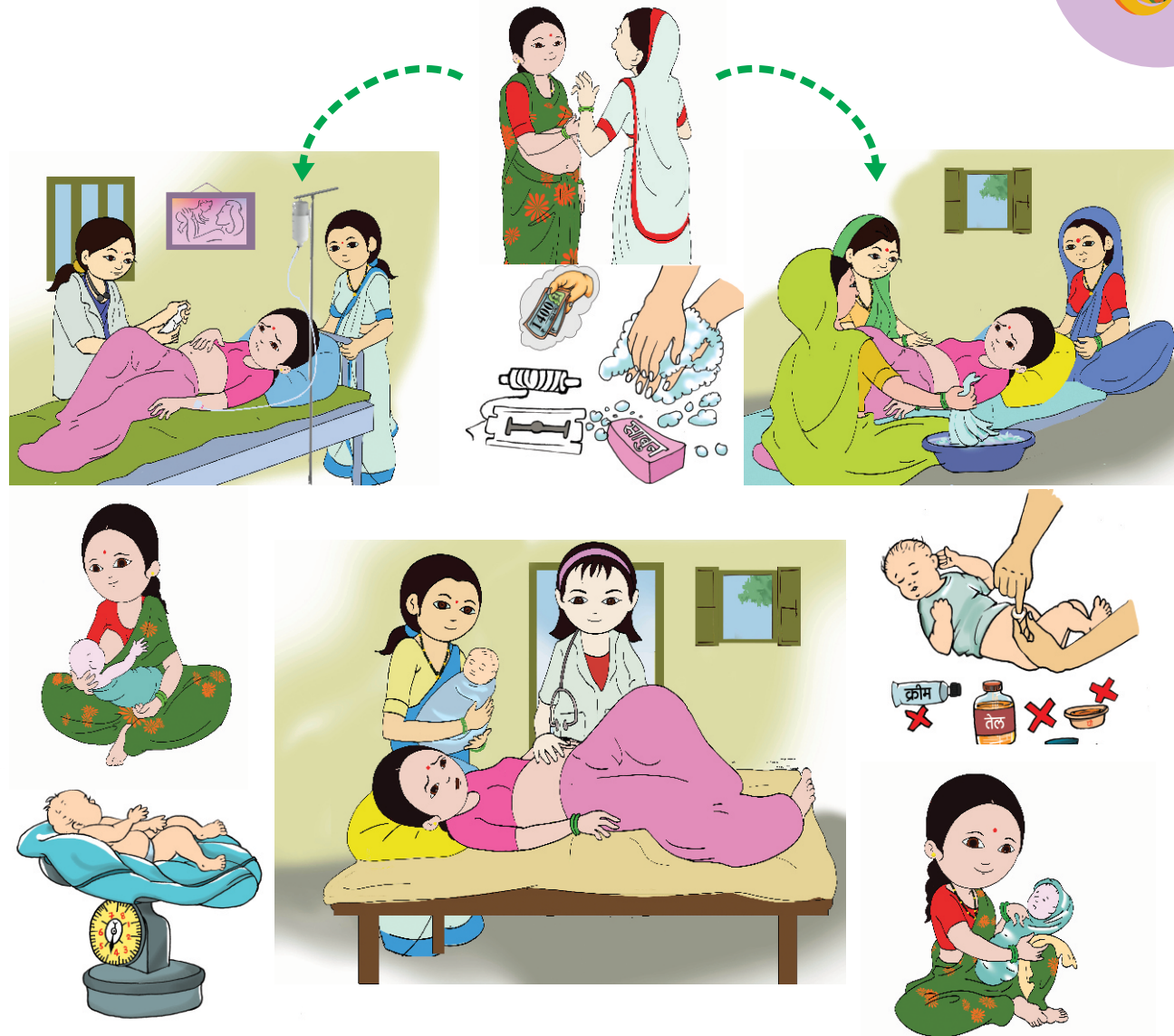
When labor pains begin and the family leaves for delivery to the hospital, we will remind them again about immediate newborn care.



# What preparation can we do during pregnancy to ensure immediate newborn care at birth?



- What can we do to prevent danger during pregnancy? What should be done for birth preparedness?
- How do we ensure that newborn care is provided immediately after birth in every case?
- What should we do if we are not present at birth?





# What can we do at birth to ensure immediate newborn care?

## Tell the participants

We have discussed as to what advice needs to be given to mother and family to ensure immediate newborn care. But how would we know if the advice is being followed or not.



## Display the card



Ask the participants to read the questions one by one and emphasize:

The role of AWW/ ASHA does not get over only by giving advice during pregnancy. It is crucial to be present at home and observe what is being followed and accordingly advice and support the families.

**In the case of home delivery,** we will try and be present at birth to ensure that the family is actually practicing correct newborn care as advised. If we had informed the family during pregnancy that they should call us if the delivery takes place at home, we may be able to reach their home in time to be present at birth.

**In the case of institutional delivery,** we will visit the family as soon as we come to know that they have returned home from the hospital.

**If we are present at birth, we will observe:**

- Whether the attendants have washed their hands well before assisting childbirth
- Whether newborn is wiped dry immediately after birth, placed naked on the mother's abdomen or chest and covered with a clean and dry cloth.
- Whether the cord is cut with a new blade, and nothing is applied to it.
- Whether the newborn is breastfed as soon as possible after birth.
- Whether the baby is attached to mother's breast and started suckling.
- Whether it is preterm or full term-birth and whether the baby's weight is adequate. If the newborn is weak then support the family in providing extra care that the baby needs such as KMC, frequent breastfeeding, maintaining hygiene and cleanliness.
- Wherever necessary, we will intervene and help the attendants to do the right thing.

**If we are unable to be present at birth, we must visit the family at their home to observe the following at the earliest opportunity:**

- Is the baby being kept adequately warm?
- Has anything been applied to the cord?
- Has the baby been given breastfeeding already? Has the baby been fed anything other than breast milk?
- Is the baby too small (less than 2000 gms) or has she been born too soon (before 37 completed weeks)?
- Is the baby breastfeeding well?
- Wherever necessary, we will advise about adequate care and will support the family to reach the health service provider.



10 Minute

M21

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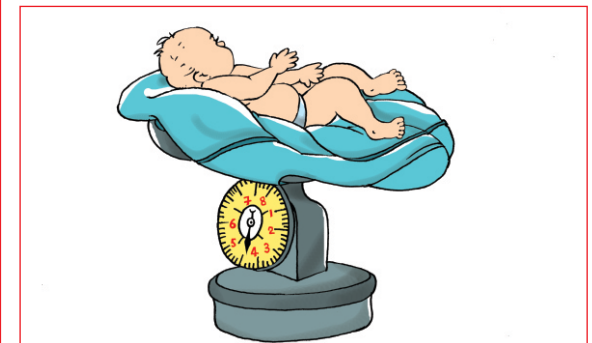
F4



# What can we do at birth to ensure immediate newborn care?



- What can we do in case of a home delivery?
- What can we do once the mother is back home after institutional delivery?





# Ovulation, Menstruation and Pregnancy

We have discussed that there is a risk of getting pregnant after 6 weeks of delivery. Let us now understand how does that happen.



Tell the participants to look at the card and ask:

- Are you aware of what menstruation is?
- Do you know why ovulation is necessary for menstruation?



Ask the participants to look at the card and discuss each case one by one.

Explain the concepts of ovulation, fertilization and menstruation using the points mentioned on the right side.

Every month, a woman's ovary releases one egg which is called **“ovulation”**. If the woman is with her partner during this time then the thousands of sperms living in the semen of man will reach inside the woman's uterus. These sperms will now start searching for egg and one of the sperms will get attached to the egg. This process of sperm getting attached to the egg is called **“fertilization”** and this is the beginning of creation of a new life.

## Case – 1 Meena

If the egg and sperm do not get attached, then the egg is not fertilized and it will also not get implanted in the uterus. After waiting for 14 days of egg release, the soft lining of uterus breaks down, and **“menstruation”** begins. That is how we know that the woman is not pregnant.

## Case – 2 Leena

When the egg gets fertilized, it gets implanted to the soft lining inside uterus within a week. This is called **“implantation”**. If this happens, the uterus starts nurturing the pregnancy and there is no menstruation. Henceforth ovary will not release any egg during pregnancy.

This explains that for a pregnancy to happen, release of egg is necessary. During pregnancy this release of egg from the ovary stops. After 6 weeks of delivery, the ovary again starts releasing egg. If the egg is released and if there is no pregnancy, menstruation starts after 14 days.



30 Minute

M21

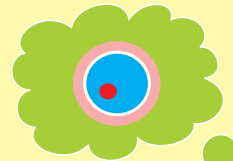
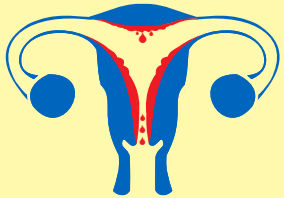
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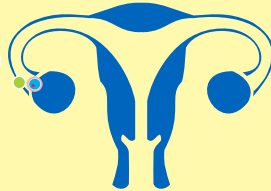
# Ovulation, Menstruation and Pregnancy



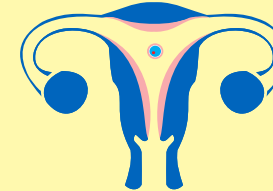
**Menstruation**



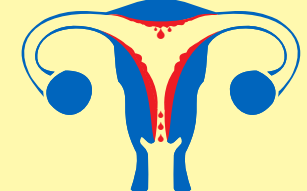
**Release of Egg  
- Ovulation**



**Egg reaches  
the uterus**



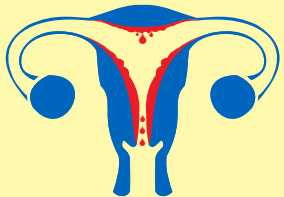
**Menstruation**



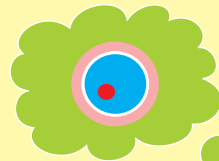
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

**Case-1 Meena**

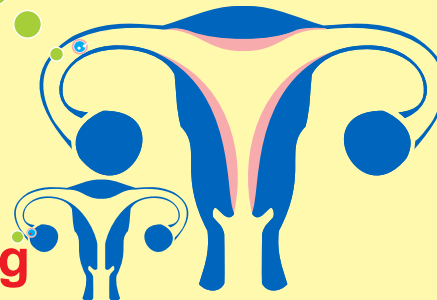
**Menstruation**



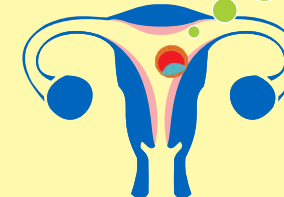
**Egg and sperm come  
together- Fertilization**



**Release of Egg**



**Fertilized egg gets attached  
with uterus- Implantation**

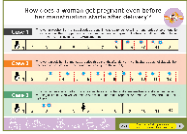


**No Menstruation**

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

**Case-1 Leena**





# How does a woman get pregnant even before her menstruation starts after delivery?

## Ask the participants:

- Have they heard about woman getting pregnant even before her menstruation started after delivery?
- How do you think that happened?

## Ask them to see the card and talk about each case one by one. Start with first case. Ask:

- What do you understand from the picture?
- What is happening?
- Do you think it is common in our villages?
- Did you notice that the difference between ovulation and menstruation is always 14 days?

## Let there be discussion for some time and then ask participants to see the next case. Ask:

- What do you understand from this picture?

## Let the discussion happen for some time and then ask participants to look at the third case. Ask:

- What is happening in this case?
- How did women become pregnant without menstruation?
- What did not take place?
- Does it happen in our village?

After delivery, as the uterus and ovary recover from the previous pregnancy, they become active at some point, and an egg is released. This is followed 14 days later by menstruation. The start of menstruation tells us that the egg must have been released 14 days earlier. The earliest the eggs start releasing from the ovary after a delivery, is one and a half months or six weeks.

### Case 1

The first egg after delivery was released in the eight month, and then every month. In the first three months, the eggs were not fertilized, so she menstruated 14 days after each egg release. The egg that was released the fourth time, was fertilized, so there was no menses in the fourth month. She had become pregnant sometime soon after the fourth egg release. This is what happens most commonly.

### Case 2

The first egg was released in the third month after delivery, and then one in each month thereafter. She was not staying with her husband, so the eggs did not get fertilized and she menstruated every month, 14 days after each egg released. In this case, the cycle began early after delivery.

### Case 3

The first egg was released in the third month, and was immediately fertilized by her husband. So, she never menstruated, and realized that she was pregnant only when she experienced other signs of pregnancy.



25 Minute

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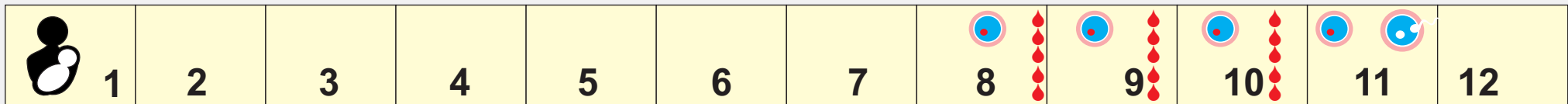


# How does a woman get pregnant even before her menstruation starts after delivery?



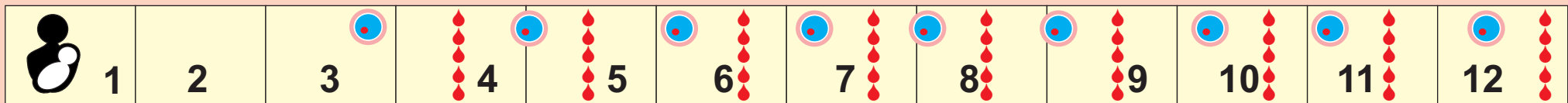
## Case 1

This woman got her first menstrual period around 8 months after delivery. She menstruated once a month for three cycles and then stopped menstruating as she became pregnant. She failed to get the fourth cycle and that is how she realized that she may be pregnant.



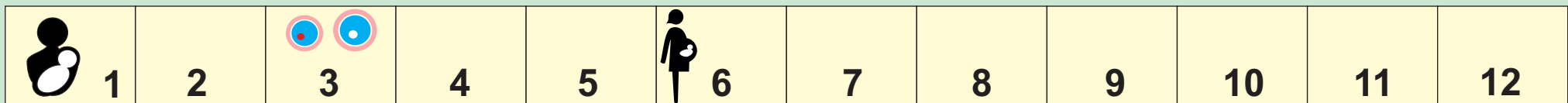
## Case 2

This woman gets her first menstrual period three months after delivery. Her husband does not stay with her; she does not get pregnant, and menstruates every month normally.



## Case 3

This woman realized about six months after delivery that her abdomen was heavy and she was having morning sickness. She was examined and was found to be pregnant. She had never menstruated after delivery.





# What can we do during pregnancy to help a woman avoid another immediate pregnancy?

## Tell the participants:

Now, let us talk about the other question for the day – what can a couple do during pregnancy to avoid another immediate pregnancy?



**Ask the participants to read questions one by one and let there be a discussion.**

## Ask the participants:

- How can we help couples to talk about contraception?



**Encourage participants to reply each question.**



**Explain with the help of text given on the right side.**

The most important thing a couple can do during pregnancy to avoid an immediate next pregnancy is to start talking about it. Some couples are comfortable talking among themselves about this and some are not.

Those who do talk among themselves are more likely to practice contraception. If such couples are aware that there is a chance of getting pregnant for second time within a few months of delivery if they do not use contraception, they are likely to use contraception in time.

Those who are not comfortable talking about these matters among themselves, may not be able to plan and avoid a pregnancy. If we can make them start talking to each other during this pregnancy itself, there is a chance that they may start planning their next pregnancy.

## What can we do to help couples start talking to each other?

When we meet them at home or elsewhere, we can ask:

- Have you thought of when do you want your next baby?
- Have you been talking to each other about this?
- Have you thought of what to do to make sure you get pregnant again only when you want to?
- Are you aware about the risks associated with unplanned pregnancy?

We can also tell them that it is difficult to say when will a woman start menstruating again after giving birth, and that there is always the danger that pregnancy can start even without menstruating again.

## We can also tell them about the benefits of planning a pregnancy:

- Contraception allows people to attain desired number of children and determine the spacing of pregnancies.
- It reduces the need for abortion, especially unsafe abortions.
- It can prevent closely spaced and ill-timed pregnancies and birth.

If they show interest, we can tell them that if they can decide within six weeks after delivery, there are several ways in which the next pregnancy can be prevented or postponed.

If they are sure that they definitely do not want any more children, we can advise them to have the delivery in a hospital where PPIUD or PPTL services are available. PPIUD is the placement of IUD (Cu-T) immediately after delivery, and PPTL is female sterilization immediately after delivery.

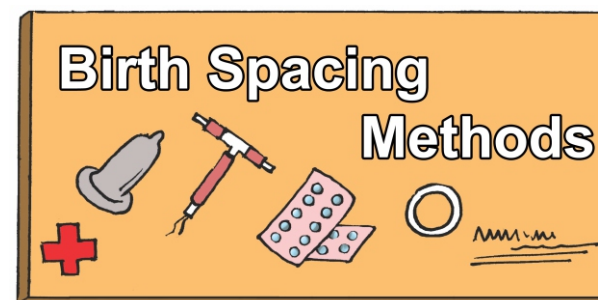
The family can be linked to ANM or any other health service provider for further information and advice in this regard.



# What can we do during pregnancy to help a woman avoid another immediate pregnancy?



- Do the couples talk to each other about when to have the next child? Do they talk about family planning?
- Can the couple start planning about the next child during the current pregnancy itself?
- What can we do to help them start talking to each other?





# Role Play



## Tell the participants

We have learned that it is important to initiate the discussion about birth spacing during pregnancy. Let us do a role play now.

**Use the points mentioned on the right side for doing the role play. Let the role play go on for 10 minutes and make sure that every participant must watch the role play carefully.**

**Select an observer from the participants. Ask her to use this checklist to observe the role play:**

- Did the AWW speak to both, the mother and the father?
- Did the AWW recall the conversation they had when the woman was pregnant?
- Did the AWW ask the couple about their plans for the next child?
- Did the AWW explain to the couple why it is important to start using contraception as early as possible?
- Did she mention that without contraception, the woman may get pregnant anytime after one and a half months?
- Did she tell the couple that they should meet the ANM at the next VHSND/RI day to get detailed information about contraception?

## Instructions for the Role Play:

**1.** We need 3 characters to enact this role play

- Mother
- Father and
- AWW

**2. Scenario:** During AWW's home visit in the last trimester, the mother had informed her that she and her husband were thinking of not having the next baby for at least 2-3 years. Now, the woman has delivered one week ago and is back home from the hospital. On the 10th day after delivery, the AWW makes a home visit to this family and has a conversation with mother and father.

**3.** Run the role play for 5-10 minutes

**4.** At the end of the role play, ask the observer to present what she had observed about each point on the checklist. Have a discussion about what went well and what was missed out.





# Role Play





# Summary

## Immediate newborn care:

- Families should prepare for immediate newborn care as first few days after birth are very critical for the child's health. AWW should provide this information to the family during the last trimester of pregnancy.
- All children will require immediate new born care i.e. early initiation of breastfeeding, clean cord, warmth and general cleanliness.

## Planning next child:

- The couples should plan their next child well in advance during the current pregnancy itself as mothers can become pregnant any time after six weeks of the delivery.
- The ovulation i.e. egg release, starts after 6 weeks, even without menstruating thus increasing risk of pregnancy.

Display the card and summarize all the points.



Ask the participants to read the points one by one and ask if they have understood well. Use material from the previous slides to explain where required.



5 Minute

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# Summary



**To ensure immediate newborn care after birth, it is important to start the preparation during the third trimester itself.**

## Things to remember

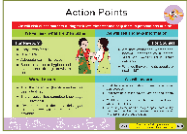
- Early initiation of breastfeeding.
- Ensuring adequate warmth.
- Ensuring cleanliness of cord.
- Cleanliness- Washing hands before touching the baby and minimizing the number of people touching the baby.

**During pregnancy itself it is important to support the couples for planning the contraception.**

## Things to remember

- Pregnancy is possible even before the starting of menstruation after delivery.
- According to the contraception plan of the couple, it is important to identify hospitals for delivery where service of P.P.T.L or P.P.I.U.C.D are available.





# Action Points



Display and discuss



Ask the participants to read the points one by one.

Use previous cards to explain anything that is not clear.





# Action Points



**We will visit all the mothers during their last trimester and help them in preparations of birth**

**We will ask, what are their plans**

**We will ask and take information**

**For Newborn**

- Early Breastfeeding
- Cord Care
- Adequate warmth to newborn
- Special attention to hygiene and cleanliness during newborn care.



**For Couples**

- Are they aware that women can become pregnant even before start of menstruation after delivery?
- What do they plan to do about the next child?

**We will ensure**

**We will ensure**

- That the caregiver (family member) has been identified.
- The caregiver has complete knowledge about newborn care.
- If we are present at the time of delivery or birth, then we will ensure care of the newborn.

- That the couple start talking to each other about contraception.
- That they have taken advice from any health-care provider.
- That they are aware about the return of fertility six weeks post delivery.
- According to the need of couple appropriate facility has been identified for delivery where service of P.P.T.L or P.P.I.U.C.D is available.



- 1 *Why this Monthly Meeting ?*
- 2 *Making or updating Home Visit Planner & Initiating Home Visits*
- 3 *Planning and Organizing Community Based Events at AWC*
- 4 *Observing Breastfeeding in Newborn Babies - Why and How*
- 5 *Identification and Care of a Weak Newborn baby*
- 6 *Complementary Feeding: Diet Diversity*
- 7 *Preventing Anemia in Women*
- 8 *Assessment of Growth in Children*
- 9 *Ensuring that Complementary Feeding improves over time*
- 10 *Ensuring Exclusive Breastfeeding*
- 11 *Care of the Weak Newborn Baby - How many weak babies are we missing?*
- 12 *How to ensure timely initiation of Complementary Feeding*
- 13 *Identifying and preventing Severe Acute Malnutrition*
- 14 *Feeding During Illness*
- 15 *Supporting mothers with issues in Breastfeeding*
- 16 *How to take care of weak newborn with the help of Kangaroo Mother Care*
- 17 *Identification & Referral of Sick Newborn*
- 18 *Preventing illnesses to avert Malnutrition and Death*
- 19 *Prevention of Anemia in girls and adolescents*
- 20 *Birth Preparedness- For Institutional and Home Delivery*
- 21 **Preparation During Pregnancy: For NewBorn Care & Family Planning**

