

# Follow your pregnancy

Learn about yourself month by  
month

Right from the start alcohol, smoking and drugs and also many herbal teas can seriously damage your baby's health. That is why it is important to know as early as possible if you are expecting a child and to seek advice and assistance from qualified health providers early.

# Learn about yourself: 4-8 weeks

1 month.. Nothing to see yet.

Your breasts may become tender and swollen already.

→ Feel like vomiting often? In a few weeks it will be over. Drinking light tea and eating only small portions of food at a time, not too fat, sugary or salty, will reduce the nausea.

→ For the health of your child, don't drink alcohol, don't use herbal teas nor use tobacco or hemp-like products.

**Eat healthy food:** [click here to see!](#)



# Healthy food during pregnancy

- Green leaves, pulses (beans) and other vegetables
  - Sorghum, millet, rice, potatoes, plantain, cassava (ugali, fufu..), bread..
  - Fish and meat, eggs, poultry
  - Fresh fruit: oranges, mangoes, kiwis, starfruit, jackfruit, bananas...
  - Milk and milk products like yogurt and cheese
  - Use very little sugar, salt and fat
- No tobacco, alcohol and no herbs as in medicinal teas to eat or drink! No drugs and medication unless they are approved and prescribed by your health provider (doctor, nurse or midwife)



# Learn about yourself: 8 weeks



Up to 14 weeks, there is nothing to see yet but you may feel tired and often nauseous especially in the morning. It will pass in a few weeks. Drinking light tea and eating only small portions with no fat and not too salty helps. If you are still feeling nauseous often after 12 weeks, tell your referent health provider

# Learn about yourself: 12 weeks

You missed your period twice? You are still nauseous and your breasts feel a bit heavier? Though **you** may notice, few others will!! But it is good to go to the ANC clinic now to get a healthy start of your pregnancy. Get check-ups for harmful infections, advice and vitamin supplements and if necessary medication, to keep you and your baby as safe and healthy as possible.



Ask your partner to come along!  
Both of you should be checked for infections that may put your baby at risk

# Learn about yourself: 16 weeks



Add some meat, fish, beans or egg to your cassava or plantain stew to give energy to your baby. And every day some fruit and leafy vegetables! Peanuts are good, too. Reduce salt in your food. Don't smoke or drink alcohol, don't use medicinal herbal teas or eat clay, it may damage your baby.

Ask your HP if you feel weak, you may need a food supplement.



You should be less nauseous now.

If nausea continues, tell your health worker at next antenatal clinic

# Learn about yourself: 20 weeks



- By week 20 -22, you should begin to feel the baby kick and move if you lie still.
- Still 18-20 weeks before the baby is due, but something can happen that makes him try to come earlier, so be prepared!
- At your next antenatal visit, go with your husband or trusted person and discuss your **birth and emergency plan** with the clinic attendant
- **click here** to go to birth and emergency plan

# Learn about yourself: 24 weeks



This mom is around 24 weeks (7 months) pregnant.

She is glowing with health. She is eating healthy food, she takes moderate exercise (includes daily chores and light farm work, e.g. weeding and picking), she takes a bit more rest but not too much.

Now the baby will start growing very fast! Eat plenty of proteins (fish, eggs, meat, milk, and green leaves and all vegetables and fruits of the season. Be careful, your baby may announce itself early.

Go to “**birth plan**” to make sure you are prepared



# Learn about yourself: 28 weeks

\*Three months or less left before the birth! Is your birth plan ready? Your belly should be growing fast now and your breasts swell even more and feel tense, preparing for nursing. Take a little afternoon nap. Keep active but no heavy load lifting or hoeing!



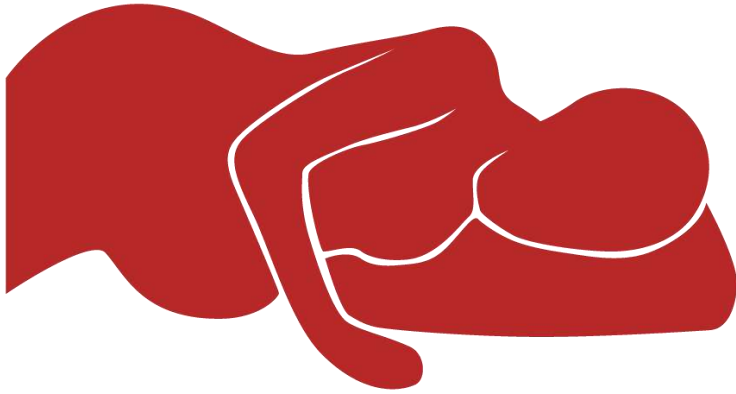
You'll be hungrier, and you can eat more, but stick to healthy food, don't fill up with chips and fries and don't add salt and sugar

# Learn about yourself: 32 weeks pregnant



Your belly is quite huge now and it will still increase a lot more, as you baby may gain 1 to 2 kgs more. A yellowish fluid may leak from your breasts. That is colostrum, very good for the newborn. It is a sign your breasts get ready for making milk. If possible, go to the ANC clinic every two weeks at this stage of pregnancy. If you can't go, connect with your health provider through ***JamboMama!***

# Learn about yourself: 36 weeks



Your pregnancy is now around 36 weeks: the birth is near!  
Birth plan ready?  
Trusted person ready?  
Everything ready? Go to your birth plan one more time!

When your belly becomes very heavy it is safest to sleep on your left side to keep the oxygen and blood flowing to your baby.

# Learn about yourself: 38-42 weeks



Your baby is still not there?

## Advice

If your baby is not there yet, be ready to go to the health facility any moment. Make sure your baby keeps moving and sleep and rest on your left side. If it is past 40 weeks and nothing happens, call your RHP. You should be kept under close watch. If the birth doesn't start by itself by week 42, contractions (labor pains) may be induced

# Learn about yourself : 38-42 Weeks (9 months)



Your baby is born! Congratulations!  
You went to the hospital on time  
Make sure your visitors wash their hands before they touch you or the baby.  
Best meet your visitors outside in the fresh air

Rest well, breastfeed your baby and stay in touch with your health provider! The first ten days are still *high risk*. Watch for these danger signs for **yourself**: fever, bleeding or smelly discharge from vagina, convulsions. In **your baby**: fever, convulsion, difficulty breathing, no movement, listless sucking. Call emergency help for you and your baby instantly when you are worried about anything!



**2-6 weeks after birth : *JamboMama!* says good bye to you. *JamboMtoto!* will accompany you to help you make your baby grow strong and healthy**

- Best would be not to fall pregnant again before this child is at least 15 months, so that you can breastfeed and take care of him and of yourself before your body must start working hard for a new child.
- Ask your referent health provider or your community health worker for advice on contraception while you are breastfeeding your baby.
- Look after yourself well so that you can look after your baby and other children well. And start vaccinations of your baby when he is six weeks old!
- **Click here** to register for the ***JamboMtoto!*** app

# Ready to go home?

Safe journey home!  
We'll continue this  
journey from your  
home with advice  
about your own health  
to full recovery,  
breastfeeding your  
baby and how avoid  
the next baby comes  
too soon after this one.

