

Mabrouk!



The Family's Health and Happiness

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With best wishes for a healthy and happy family

Table of Contents



Preparing for a happy family



Thinking About Children



You are Pregnant



Safe Delivery



Caring for New Mother and Baby



Lists for Follow-up of Mother and Child



Preparing for a Happy Family

Dear Newlyweds,

Marriage is the traditional first step towards starting a family, and dates far back in history. It is a joyful event in your own life journey. To help you keep your family healthy and happy, God Willing, this booklet provides important health information related to the first stage of marriage that both of you should know. It covers the steps needed to prepare for pregnancy, delivery, and caring for your child through the breastfeeding stage.

Health is one of the greatest blessings of God upon us. Therefore it is our responsibility to do all we can to protect not only our own health but that of our children as well, especially considering all the implications of health on the physical, social, and psychological level. "Health is the crown on the heads of healthy people."

Undoubtedly, communication between spouses and with health service providers about health matters helps them understand and clarify information, make shared decisions, and take necessary steps to protect and build their health and that of their children. It is important to know that staying healthy is about much more than getting medical treatment when you are sick. Proper health practices among the whole family leads to better health status for all members of the family. By taking steps to stay healthy, you can reduce the amount of medical interventions your family will need.

Married life passes through several stages, starting with preparing for marriage, through pregnancy, labor, after labor and caring for our children. For each of these stages there is some necessary knowledge and steps we need take to secure our family's happiness. This is what we are presenting to you with our best wishes for a blessed family life full of health and happiness.



Thinking About Children

You are preparing for a happy family, Be Izn Allah. Pregnancy usually happens immediately after marriage or after some time, according to God's will. To be well-prepared for this happy event, both spouses should take a blood test to check for general health conditions. A blood test will also reveal if the wife has anemia, a condition that will affect her pregnancy, delivery, and general health, and will also

check for Rh compatibility. If there is Rh incompatibility, it is not a problem if it is detected, as there is a simple and effective treatment. But if it is not treated, it will negatively affect the fetus.

If you are ready to have a child right away, it is normal for pregnancy to occur during the first year. If pregnancy does not occur, remember to trust God's will and respect each other's feelings. Both spouses should agree to have a medical check-up to check for the causes and possible treatment options.

Also, you have a choice. If your circumstances are unsuitable for having a baby immediately after marriage, it is better to plan for delaying pregnancy through counseling with a physician to help you select a safe and effective contraceptive method that you can use. This will not affect your ability to have healthy children when you are ready.

Remember!



- Discuss pregnancy and other family matters among yourselves.
- Both spouses should take a blood test.
- Consult a physician if you would like to delay pregnancy.



You are Pregnant

So you discovered that you are pregnant and preparing to receive a new member in your happy family. Pregnancy is a happy event, but special care is required to protect the health of the mother and her baby. The first step is to visit the doctor to monitor the progress of the pregnancy and growth of the baby, as well as to receive needed

vaccinations, analyses and nutritional supplements.

At this stage, whatever gets in the mother's body also gets inside the body of her baby. Whether it is a beneficial or harmful substance, it does not only affect the mother, but also her baby. Therefore, there are some things such as good diet that the mother should make sure to have and others such as smoking and drugs without medical consultation that the mother should make sure to avoid. Also you should know some signs that mean you should consult with a doctor if they happen.

A husband should know that his pregnant wife may be especially sensitive at this time and require extra emotional and physical support, care, and consideration from you to get her through pregnancy safely. Smoke is harmful for a pregnant woman and her developing fetus. Smokers should be considerate and never smoke around a pregnant woman, especially in a closed space.

Remember!



- See your doctor as soon as you think you are pregnant.
- Follow up with your doctor at least five times during pregnancy according to schedule specially during the last month to determine the position of the fetus.

- Do not take any medicine without consulting your doctor.
- Take tetanus vaccination according to schedule.
- Do not smoke or be in places where there is smoke or sprayed pesticides.

- Eat a balanced diet, made up of three main components: Protein (from plant or animal sources, mainly meat and legumes) for building and growth of the body; vitamins from fruits and vegetables (especially dark, leafy greens for iron, and yellow vegetables and fruits for vitamin A) for prevention; and carbohydrates (such as rice, pasta, potatoes, and bread) for energy.
- Use iodized salt, to help the normal development of your baby.
- Exercise regularly as recommended by your doctor.



Warning Signs When You Should Consult Your Doctor

- You are not gaining weight (You should gain at least 6 kgs. over the course of pregnancy).
- Fatigue, paleness, easily out of breath. These may mean that you have anemia.
- Puffiness of the feet, arms or face.
- Severe headache or persistent vomiting.



Danger Signs When You Should Seek Emergency Medical Advice and Treatment Immediately

- Spotting or bleeding from the vagina, which can lead to miscarriage.
- Convulsions.
- Severe headaches or blurring of vision.
- Severe cramping of the uterus area and the fetus stops moving.
- The fetus is not moving.
- High fever.
- Vaginal discharge with foul odor.
- The water breaks (flow of a large amount of fluid from the vagina).



Safe Delivery

Delivery is an important event that mother remembers for her whole life, as it is when she brings a new human being who is a gift from God and dearest to her to life. That is why you must plan well for a safe delivery for both mother and child.

Identifying the place of delivery is one of the most important decisions, and must be made early. If the intention is to deliver at a hospital, there are all needed safety requirements, but if it is to deliver at home, it is important to well –prepare for that.

A child is a gift from God, whether it is a boy or a girl. Science proves that the man is responsible for whether the child is a boy or girl.

Remember! If delivery is going to happen at home:



- Decide ahead of time who will supervise delivery (a doctor, a nurse, a trained birth attendant or midwife) and how to contact and bring him/her to the home.
- Be sure that necessary instruments and sterilization materials are available to prevent infection.
- Identify the delivery room, and make sure it is well-ventilated and clean.
- All pregnant women should visit the health unit in the 9th month of pregnancy to make sure that the fetal position is normal and to manage any health problems.
- A skilled birth attendant, such as a doctor, nurse or trained midwife, should check the woman at least five times during every pregnancy and assist at every birth. It is especially important that the woman be examined in her ninth month of pregnancy to determine the position of the fetus.
- Make sure disinfectant is available for cleaning the lower part of the mother's body, as well as boiled water, soap and clean towels.
- Make sure that there are clean bed linens on mother's bed and a clean small tub for baby's bath.
- Identify the nearest hospital and transportation means in case of emergency.
- Put some money aside in case of emergency.

- Inform all family members of your plan for delivery and what they can do to help you in case of emergency.



Emergency Symptoms During Delivery that Require moving to the Hospital Immediately.

- Excessive bleeding.
- Prolonged labor for more than 10 hours.
- The water bag breaks and delivery does not happen for 12 hours.
- If the baby is not delivered by the head.
- The umbilical cord comes before the baby.
- Loss of consciousness of the mother or convulsions.
- The placenta is not expelled after 30 minutes of the baby's expulsion.



Emergency Symptoms in the Mother After Delivery that require moving her to the hospital immediately:

- Increased vaginal bleeding (especially with blood clots).
- Fever.
- Convulsions.
- Severe pain or abdominal aches.
- Vomiting or diarrhea.
- Bloody or foul-smelling vaginal secretions.
- Severe chest pain or difficulty in breathing.
- Loss of consciousness.
- Swelling or redness of breasts or legs.
- Leakage of urine or stools from vagina.
- Pain during urination.



Danger Signs in the Newborn That Require Moving Him/Her to the Hospital Immediately:

- Difficulty breathing.
- Abnormal skin color of the newborn (yellow, pale or blue) instead of pink.
- Abnormal skin temperature of the newborn; colder or warmer than normal.
- The newborn is very sleepy and hard to awaken to breastfeed.
- The newborn refuses to be breastfed two consecutive times after delivery.

- Bleeding or pus from the umbilicus.
- Convulsions.
- The newborn does not urinate or defecate.



Caring for New Mother and Baby

Dear Proud Parents,

God has blessed you with a pretty baby and a source of happiness for the family as a whole. It is up to you to take care of his/her health, especially during the first year of life, as it is the most important stage for building the body and brain. This can be done through proper nutrition and protection against diseases and delaying

the second child, to allow the new baby to get enough care.

Physicians advise spacing children 3 to 5 years apart to protect the health of both mother and child.

Husbands need to understand that a new mother needs extra help and support from them during the period after delivery. A new mother cannot do everything in the house in addition to caring for your newborn child at the same time.

Remember!



- Begin breastfeeding during the first hour after delivery, as this is beneficial for your health and your child's health.
- The umbilicus of the baby should be kept dry and be cleaned by white alcohol three times a day until it falls off.
- The newborn eyes should be kept clean. Put nothing in them except eye drops prescribed by the doctor.
- The newborn should be kept warm (but not over clothed in summer).
- Take your child for a "Child Screening" within 3 to 7 days after delivery to be sure that she/he is healthy and to get needed immunizations.
- Make sure the mother receives a vitamin A supplement during the post-partum period.

- Never feed your baby anything but breast milk alone during the first six months. It contains all nutrients the newborn needs. No other food or drink, not even water, is usually needed during this period. Breast milk also provides the baby with protection against diseases.
- Continue breast-feeding your baby for at least two years, but start supplements after the first six months.
- Consult a doctor within 40 days after delivery to help you select a suitable FP method to avoid unwanted pregnancy, as your new child needs your care for at least 3 years. Also, the mother needs this period to regain her health and be ready for a new pregnancy.
- Consult a doctor to select a family planning method that will not cause harm for a nursing mother or her baby.
- Wash your hands with water and soap before meals and before preparation of food.
- Cover food and refrigerate it as quickly as possible.
- Practice regularly exercises recommended by the doctor.
- When a child starts crawling, keep harmful things such as medicine, chemical materials, small or sharp objects away from him/her. Cover electricity outlets and keep plastic bags out of reach of children.
- Follow the weight and development of the child in MOHP clinics to protect him/her against malnutrition that can have adverse and permanent effects on his body and brain.
- Be sure that your child gets all vaccinations according to the attached immunization table.



*Emergency Symptoms in a child aged 0 to 3 that requires seeing a Doctor **Immediately**.*

- Difficulty or rapid breathing.
- Continuous high temperature.
- Severe diarrhea or stool with blood.
- Mild diarrhea that continues for more than 4 days.
- Severe or continuous vomiting.
- Continuous sleep.
- The child refuses food and drink.



