



Module 1 Essential Nutrition Actions

- ① Fathers encourage your wife to visit the health center at the first sign of pregnancy for medicine and vitamins to ensure a healthy pregnancy and birth.**
 - Set aside money for medicine and transportation if the clinic is far away.
 - Remind her to take iron tablets each day during pregnancy.
 - After the first four months of pregnancy, she should take a deworming treatment and begin a malaria preventative treatment.

- ② Fathers, encourage your pregnant wife to eat two additional snacks each day during pregnancy.**
 - Encourage her to eat liver, organ meat, fish, and dried moringa powder which are foods rich in iron for strong blood.
 - Encourage her to eat a variety of fruits and vegetables to protect her from illness.

- ③ Fathers, provide extra money for your wife to purchase iodized salt.**
 - Iodized salt helps your child's brain grow well during pregnancy and childhood.
 - Women with too little iodine are at risk of having a child born dead.

- ④ Fathers, make sure your wife sleeps under a mosquito net each night to protect her from malaria.**
 - Malaria is dangerous for pregnant women.
 - Malaria causes anemia (weak blood) and puts women and their infants at risk of death during pregnancy and childbirth.

- ⑤ Fathers make sure your wife returns to the clinic for Vitamin A within six weeks of delivery.**
 - Vitamin A helps to restore her health after delivery.
 - Vitamin A in her breast milk helps the infant resist disease.

- ⑥ Fathers, encourage your wife to give only breast milk to your infant from the day of birth until six months of age.**
 - Do not give water, sugar water, porridge or any other foods or drinks before six months of age.
 - Breast milk is the best food to help children grow healthy and strong.