

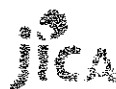
Mother Class

Birth Preparedness



Mother Class

Birth Preparedness



11. Ask participants' opinion about what pregnancy is, how pregnancy happens, and what called symptom of pregnancy is. Discuss it with all participants.

12. Explain how pregnancy happens and symptoms of the pregnancy refer to material 1.1.

13. Ask participants about physical changes on pregnant mother. Confirm it with participants' experience in this pregnancy or in their previous pregnancy.

What is pregnancy?



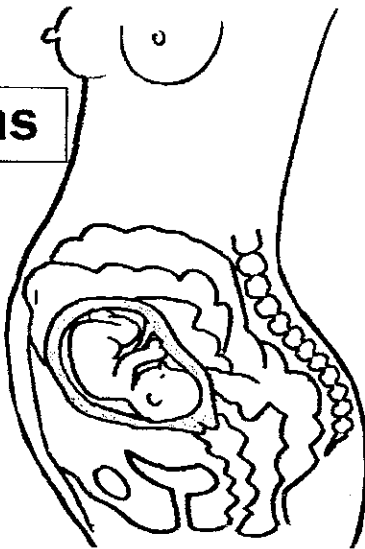
14. Discuss and then explain refer to the material 1.2.

15. Ask participants about common complaints while pregnant and how to cope with those common complaints. Confirm the arised answers with participants' experience in this pregnancy or in their previous pregnancy. Discuss it with all participants.

Physical change on woman while pregnant

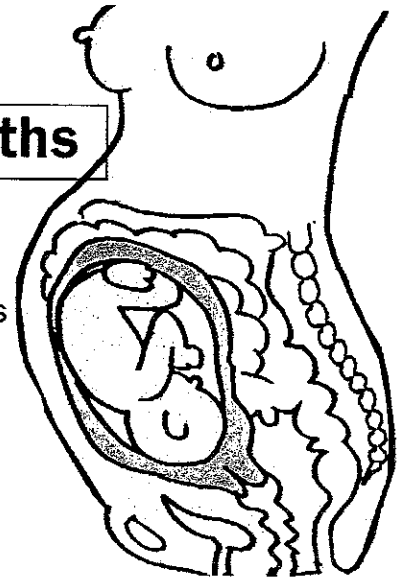
5 months

700 grams



7 months

1.600 grams

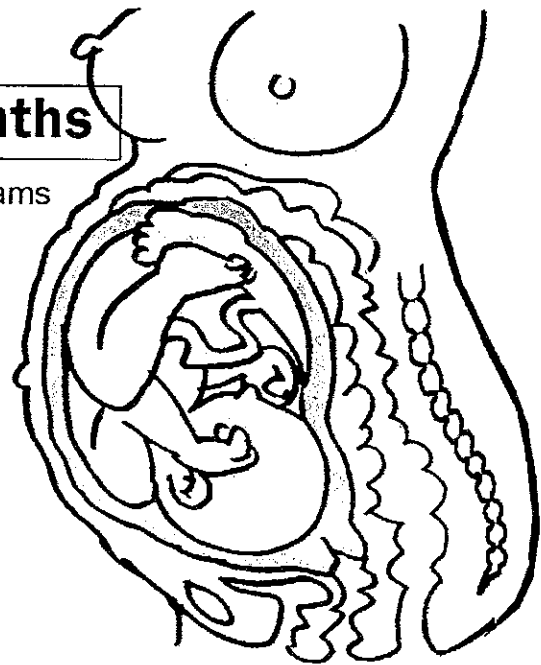


8 months



9 months

3.000 grams

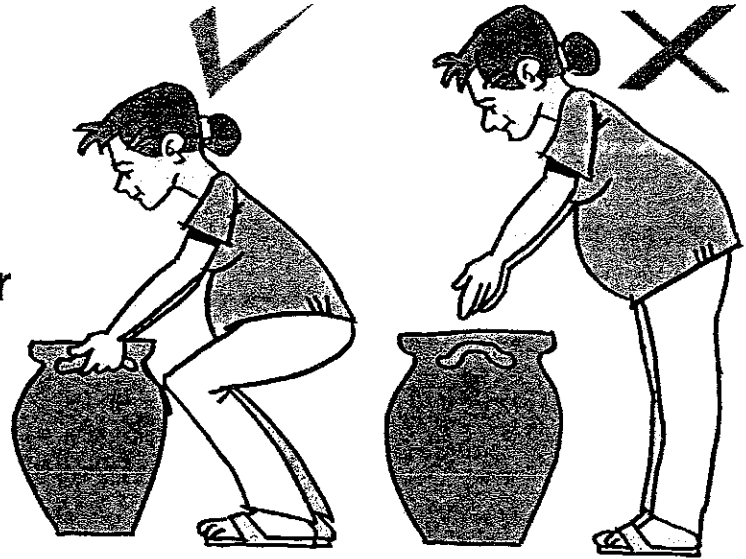


16. Give explanation based on participants' answers and match the answers to the material 1.3.

Common complaints while pregnant

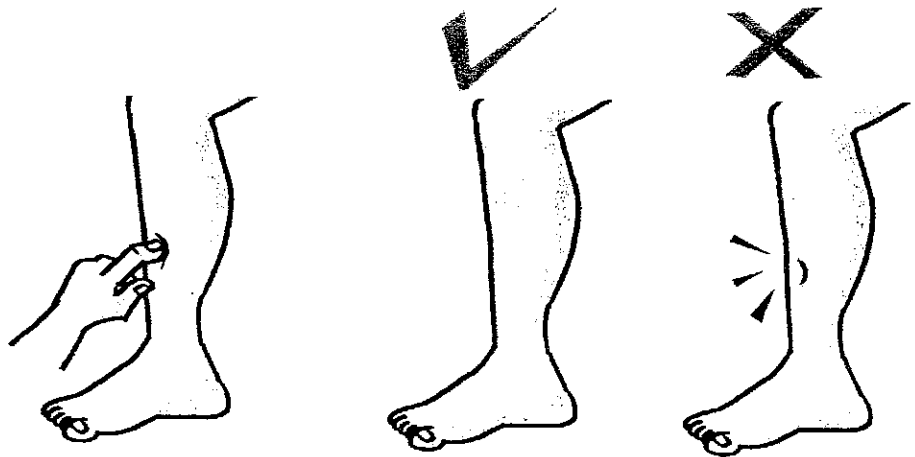
Pain on waist

How to prevent: straight up your back and put your bottom down while lifting something heavy

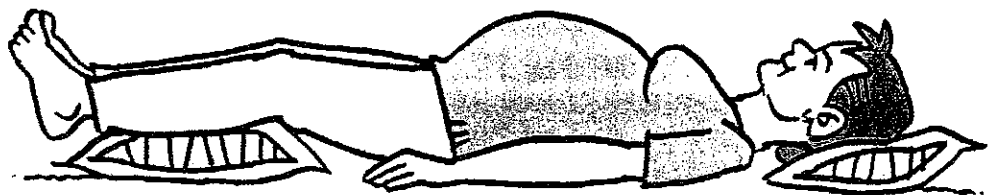


Swollen leg

How to check the abnormal swollen leg



How to take care of the swollen leg

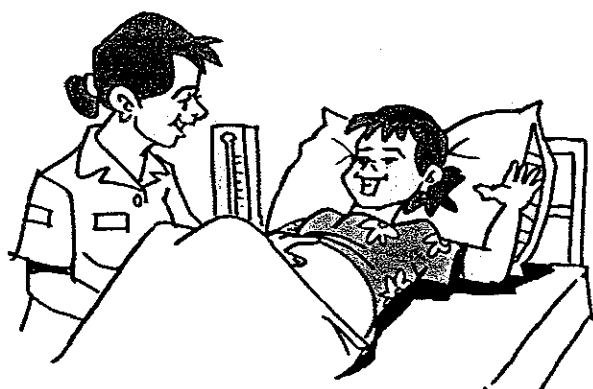


17. Ask participants to open the MCH handbook page 2-3, and ask one of them to read: **What should a pregnant mother do during her pregnancy?**

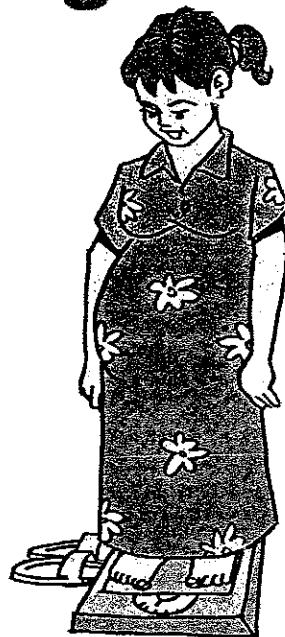
18. Explain what a pregnant mother should do during her pregnancy refer to the material 1.4.

19. Ask participants' opinion about healthy food which need to be consumed by a pregnant mother and food which they think not good for a pregnant mother. Discuss it with all participants.

What should you do during your pregnancy?



Check your pregnancy to health personnel



Weight your body



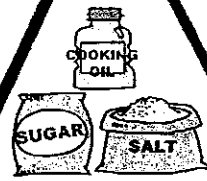
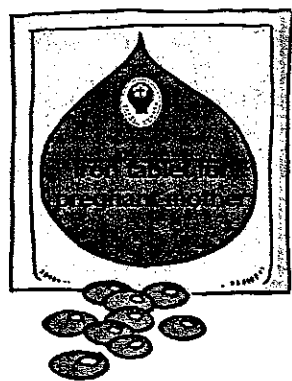
Take iron tablet



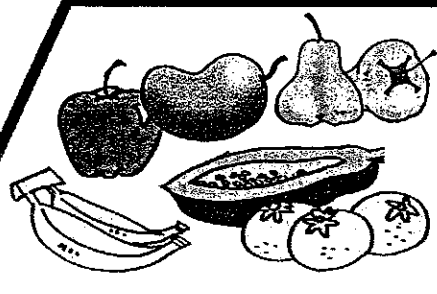
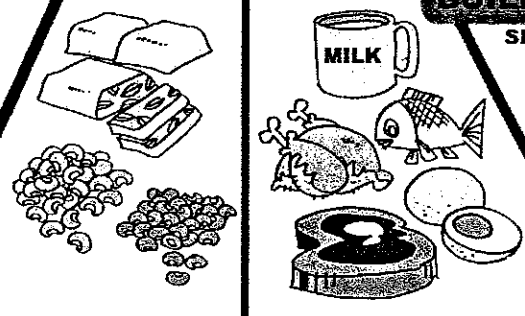
Ask for Tetanus Toxoid immunizations

20. Explain about healthy food for pregnant mother refer to the material 1.5.
21. Ask participants about anemia, its impact and how to prevent it. Discuss it with all participants.
22. Explain about anemia refer to the material 1.5.
23. Ask the participants to open the MCH handbook page 4, and ask one of them to read: **How to eat healthy food during pregnancy?**
24. Ask about mother's psychological readiness toward the pregnancy. Discuss it with all participants.

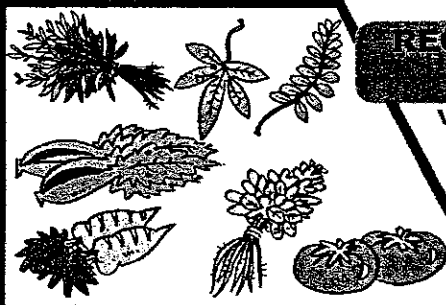
Balance Nutrition



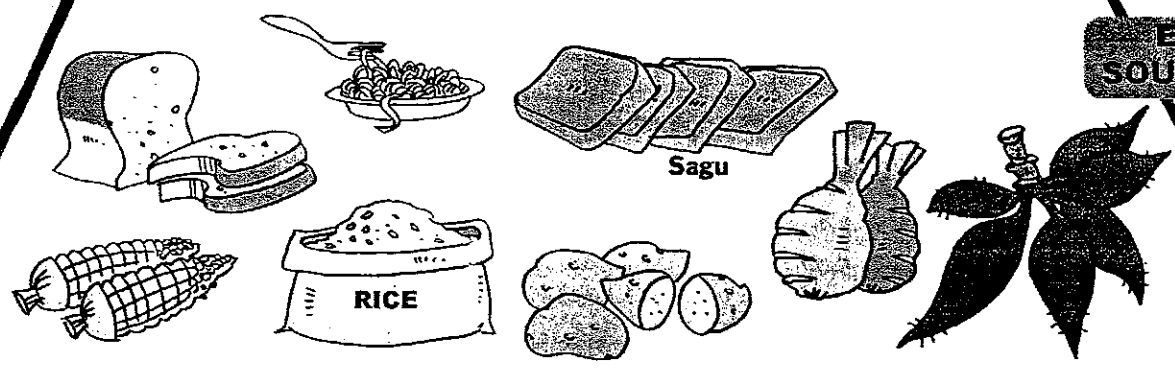
ENERGY BUILDING FOOD
SIDE DISHES AND MILK



REGULATORY FOOD
VEGETABLES AND FRUITS



ENERGY SOURCE FOOD

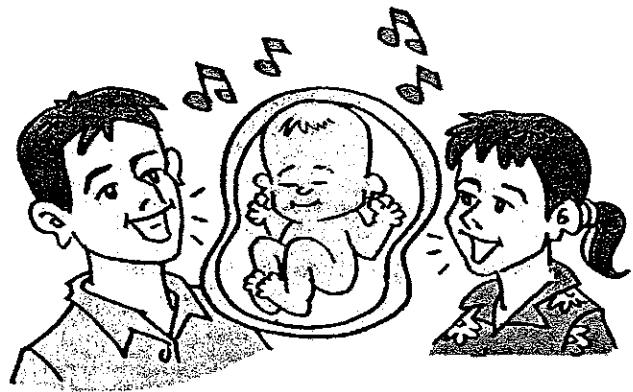


25. Explain about mother and family psychological readiness toward the pregnancy refer to the material 2.1.

26. Ask participants about their experience in having sexual intercourse during pregnancy.
Discuss it with all participants.

Psychological readiness for pregnancy

You and your
spouse expect a
baby and ready to
become parents



Support of your
spouse and family
during pregnancy
will increase your
readiness toward
giving birth



27. Explain about safe sexual intercourse during pregnancy refer to the material 2.2.

28. Ask participants' opinion and discuss their experience in taking drugs when having sickness during pregnancy.

Sexual intercourse while pregnant



29. Explain about the drugs which may or may not be taken during pregnancy refer to the material 2.3.

30. Ask participants to open the MCH handbook page 3 & 4, and ask one of them to read: **How to maintain pregnant mother health while pregnant?**

31. Ask participants' opinion and discuss with the participants about mother's condition which are dangerous during pregnancy.

Drugs which are allowed and not allowed to be consumed by a pregnant mother



Safe drugs for a pregnant mother are drugs prescribed by midwife, doctor, and specialist.

32. Explain about danger signs during pregnancy refer to the material 2.4.

33. Ask the participants to open the MCH handbook page 5 & 6, and ask one of them to read: **What are danger signs during pregnancy?**

34. Ask the participants about preparation which has been done by their husband/family toward delivery. Discuss also their experience in their previous pregnancy.

Danger signs during pregnancy



Bleeding



Swollen leg, arms and face; or headaches, sometimes followed by convulsions



High fever



Amniotic fluid discharge comes out / water breaks before term



Decrease fetal movement or there is no movement at all



Persistent vomiting and Loss of appetite

35. Explain about the importance of having a birth preparedness plan refer to the material review 2.5. (Birth preparedness and complication readiness) (P4K)

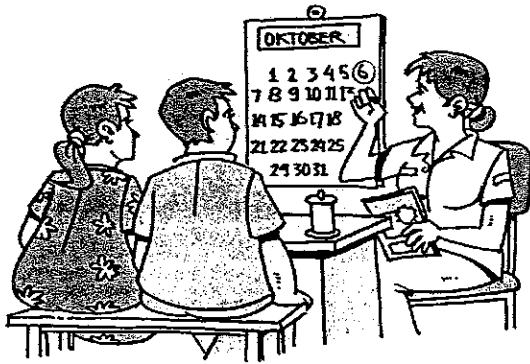
36. Ask the participants to open the MCH handbook page 6 & 7, and ask one of them to read: **What are preparations before delivery?**

37. End the First Day Session with post-test and evaluate the result to find out whether the given materials have been understood by the participants.

38. Conduct pregnancy exercise I (Flip chart Option I).

Birth preparedness and complication readiness (BPCR)

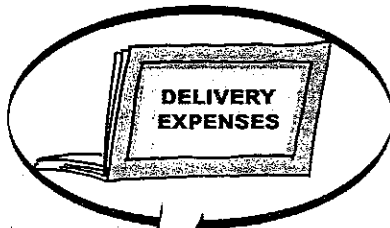
Preparation for birth



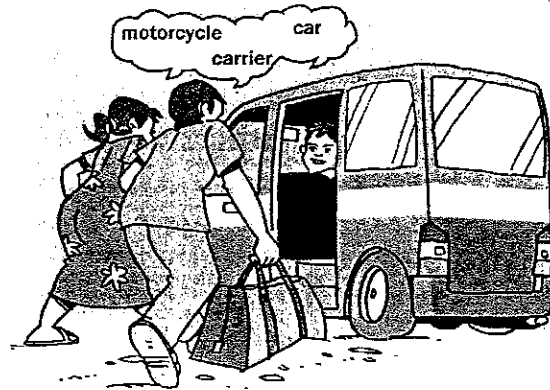
1. Know the estimated delivery date



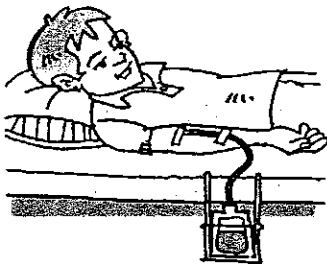
2. Decide delivery attendant and the health facility



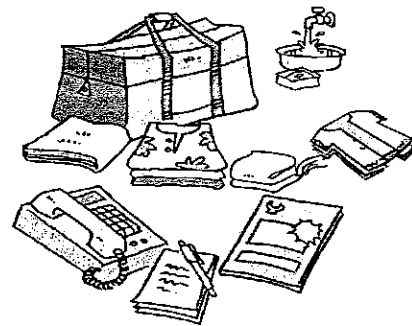
3. Save money for delivery expenses



4. Prepare transportation



5. Prepare blood donor



6. Prepare things for delivery

1. Review material and result of pre-test and post-test of the first day session.
2. Distribute pre-test questioner of the second day session to the participants.
3. Explain how to fill out the questioner and guide illiterate mothers by reading the questions and the multiple choices answers, and writing down her answers.
4. Collet results of the pre-test and evaluate the result to know basic understanding/knowledge of the participants on the second day content
5. After the pre-test, please inform that we are going to discuss about delivery and post-partum care.
6. Ask participants how a mother acknowledges that she is going to giving birth. Discuss about the signs of delivery.



2nd CLASS



7. Explain to the participants about the starting signs of the delivery process refer to the material 3.1.

8. Ask the participants to open the MCH handbook page 8, and ask one of them to read: **What are the signs of delivery?**

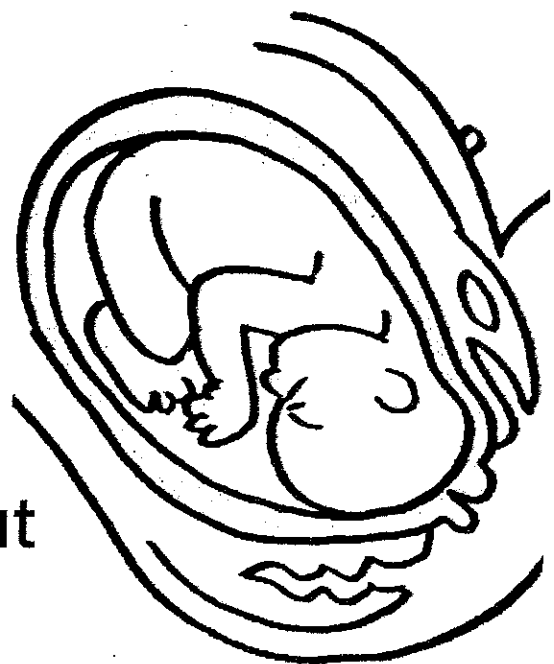
9. Ask the participants about things to do for a woman in labor. Match it to their previous experience.

10. Ask the participants to open the MCH handbook page 8, and ask one of them to read: **Things to do for a woman in labor.**

11. Ask participants about danger signs for a woman in labor. Discuss it with all participants.

Signs and symptoms of labor

1. Regular contractions coming more and lasting longer.
2. Mucus mixed with blood coming out of the birth canal.
3. Amniotic fluid discharge coming out from the birth canal.
4. Feels a need to defecate.



12. Explain about **the danger signs for woman in labor** refer to the material 3.2.

13. Ask the participants to open the MCH handbook page 9, and ask one of them to read: **What are the danger signs for a woman in labor?**

14. Ask participants about some possible delivery methods. Discuss it with regard to their experience. What is role of husband in delivery process?

Danger signs for a woman in labor

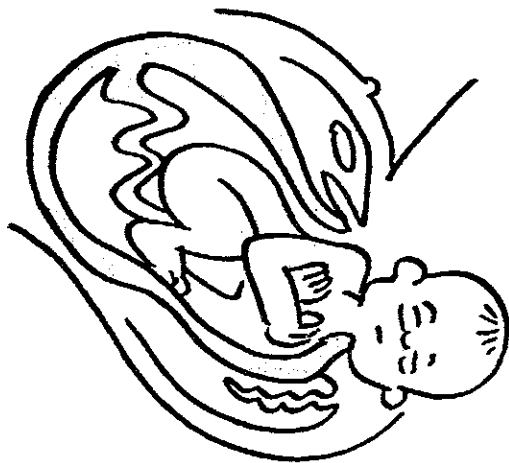
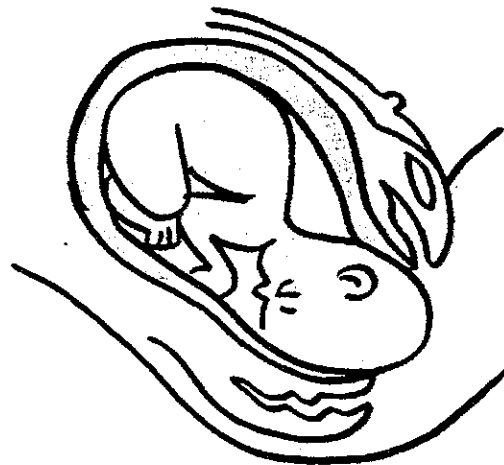
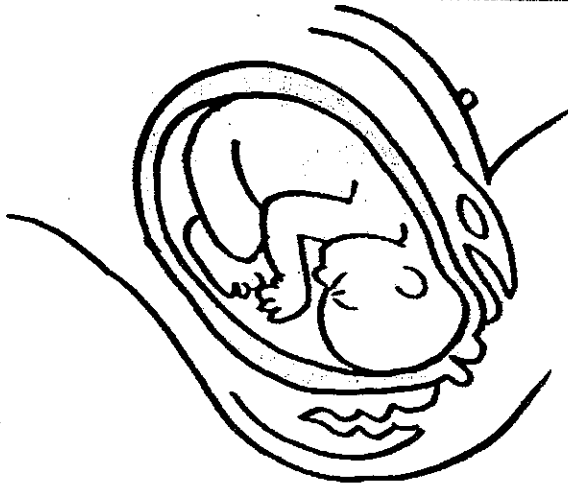
1. The infant doesn't deliver after 12 hours of contractions.
2. Severe Bleeding from the birth canal.
3. The umbilical cord or the baby's hand comes out first from the birth canal.
4. The woman doesn't strong enough to push during delivery or is having convulsions.
5. Smelly and/or cloudy amniotic fluid.
6. The placenta retained after the birth of the baby
7. The pregnant woman is restless or having severe pain

15. Explain some kinds of delivery processes refer to the material 3.3.

16. Ask the participants' opinion about things should be done by mothers so she is able to exclusively breastfeed her baby. Discuss it with all participants.

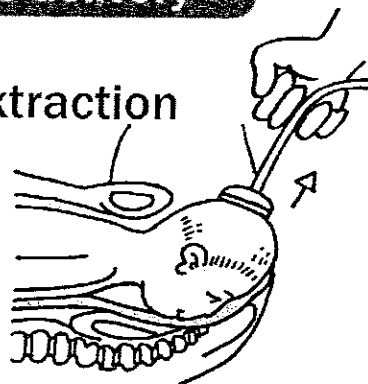
Delivery Process

1. Spontaneous/normal vaginal delivery

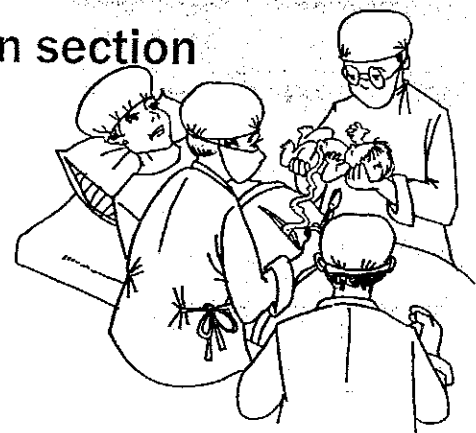


2. Operative delivery

Vacuum extraction



Caesarian section



17. Explain what things should do by a post partum mother refer to material 4.1.

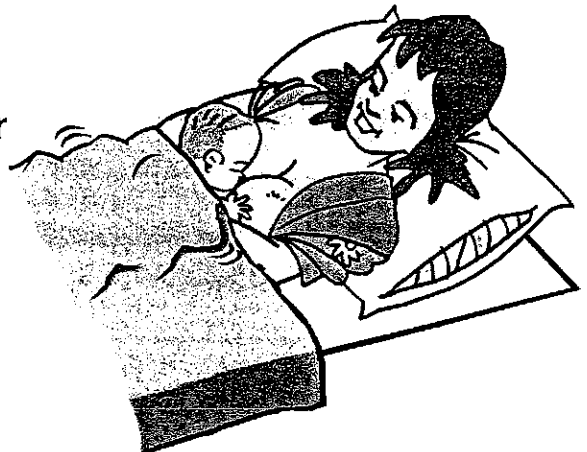
18. Ask participants to open MCH Handbook page 9 and ask one of them to read: **What things should a post partum mother do?**

What things should a post partum mother do to be able to breastfeed her baby exclusively?

Early Breastfeeding Initiation

Immediate hold your baby closely and let the baby suck breast milk in the **1** hour of her/his birth.

The baby will find your nipple in 30-40 minutes.



Successful breastfeeding

Support from family



1. Breastfeed your baby as often as possible

2. Eat balanced-nutritious food and drink sufficiently

3. Take enough rest



4. Do relaxation



5. Wash your hands



6. Wash your nipples with clean water

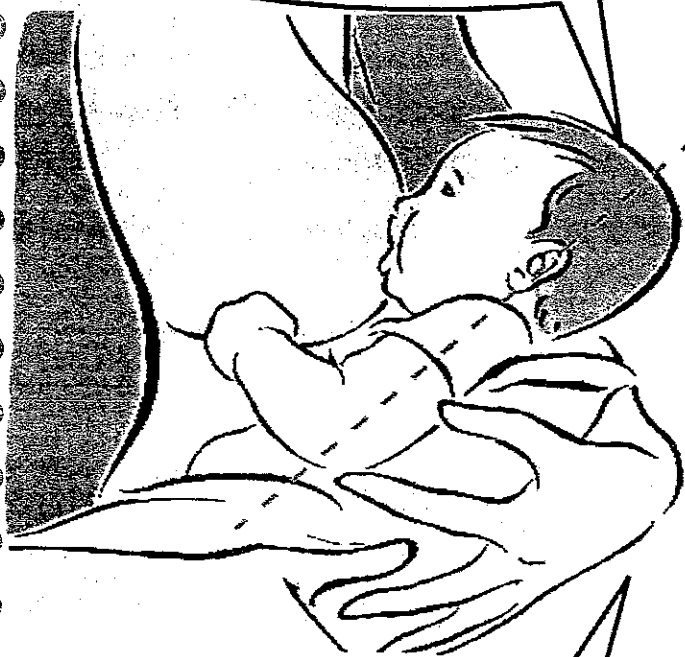
4.1.A

19. Explain about appropriate breastfeed position.

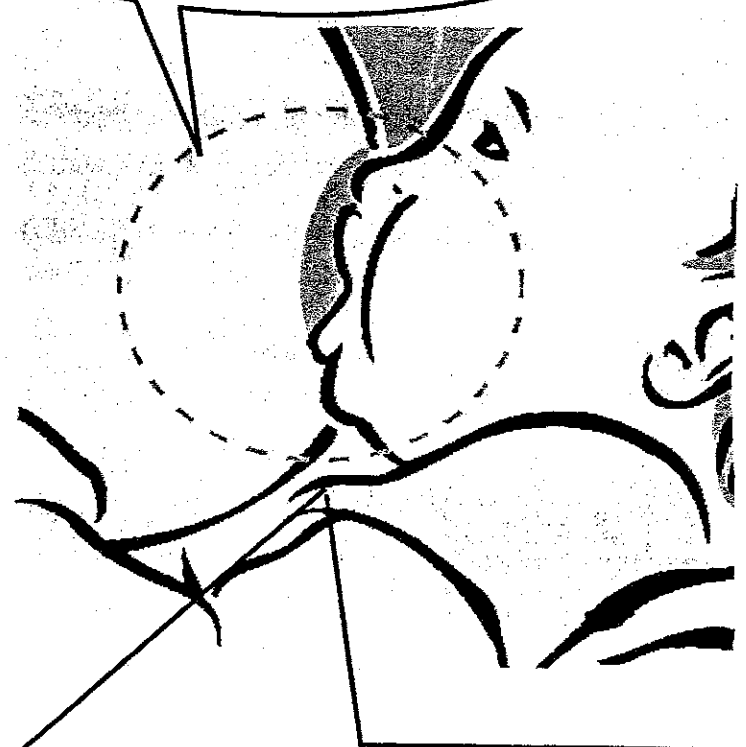
20. Ask participants' opinion about maintaining a post partum mother's health and the advantage of vitamin A to post partum mother. Discuss it with all participants.

Breastfeeding Position

Head and body of the baby are in a straight line



Baby faces up the breast



Baby is hold closely to mother's body

- Baby's mouth is open largely
- Baby's bottom lip is face outside
- Baby's chin stick to mother's breast

Position under mother's arm



Position while lying



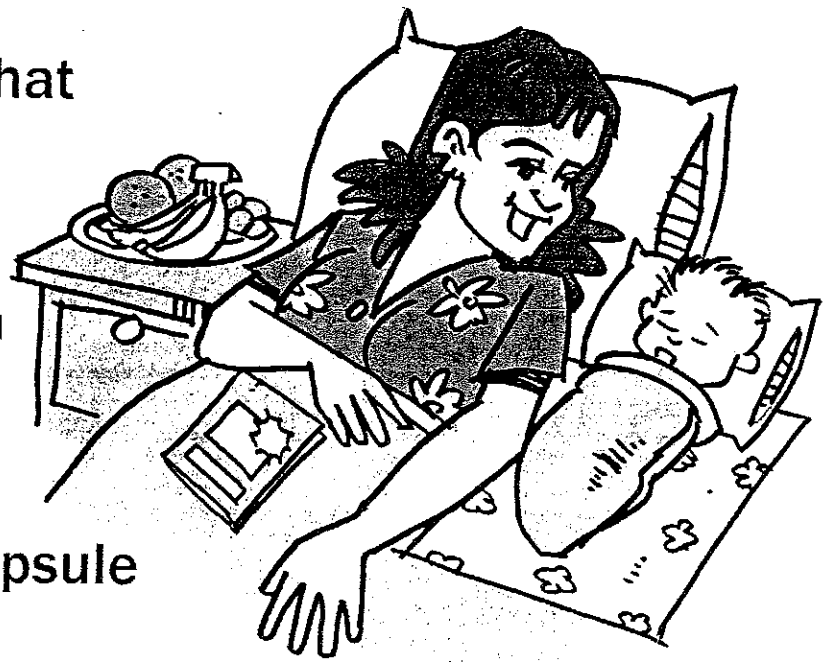
21. Explain how to maintain post partum mother health and the advantage of high doze vitamin A for mother and her baby refer to material 4.2.

22. Ask participants to open MCH Handbook page 10 and ask one of them to read: **How to maintain the health of a post partum mother?**

23. Ask partiicipants' opinion about danger signs and disorders in a post partum mother. Discuss it in accordance to participants' experience.

How to maintain the health of a post-partum mother?

1. Eat balanced-nutritious food.
2. Rest enough, so that you are in good condition and producing enough breast milk.
3. Take high dose capsule of vitamin A.
4. Take one iron tablet every day during the post partum period.
5. Keep your vagina clean, change your sanitary napkin each time it is wet.



24. Explain the danger signs and disorders in a post partum mother refer to material 4.3.

25. Ask the participants to open MCH Handbook page 10 and ask one of them to read: **What are the danger signs and disorders in a post partum mother?**

26. Ask participants' opinion in the importance of following Family Planning Program and discuss about contraceptive methods that can be used starting from post-partum period.

Danger signs and disorders in a post-partum mother

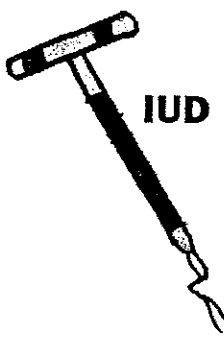
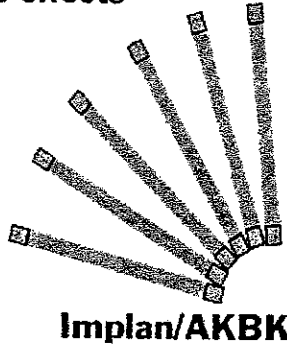
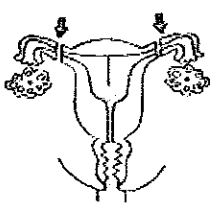
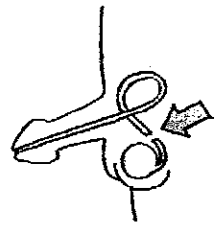
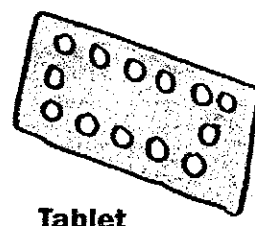

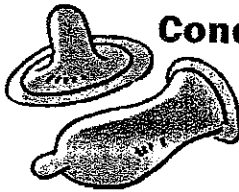

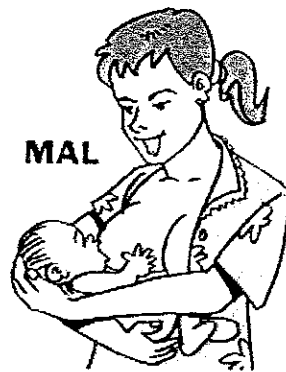
1. Bleeding from the birth canal.
2. Smelly discharge from the birth canal.
3. Having a fever for more than two days.
4. Swollen face, arms, or legs.
Possibly with headaches and convulsions.
5. Swollen breast(s) with reddish color.
6. Showing signs of mental/emotional distress.

27. Explain the benefit of family planning and contraceptive methods refer to material 4.4.,
28. Ask participants to open MCH Handbook page 11 and ask one of the participants to read: **Why a mother need to follow a family planning program after delivery? And What are the types of contraception/family planning methods?**
29. End the Second Day Session with a post-test and evaluate the result to find out whether the given materials have been understood by participants.
30. Conduct pregnancy exercise I (Flip chart Option 2-5).

Family Planning after Delivery

Why a mother needs to follow a family planning program?

1. To have sufficient time to breastfeed and take care of her new baby, maintain her health, and take care of her family.
2. To control her next pregnancy so that it would not be too close to the last one, ideally more than two years apart.

Long-term use method Very effective	Very effective with appropriate application, need repetition
<p data-bbox="279 1120 558 1164">More side effects</p> <div data-bbox="95 1209 319 1545">  <p data-bbox="231 1288 311 1332">IUD</p> </div> <div data-bbox="430 1153 718 1500">  <p data-bbox="478 1444 718 1489">Implan/AKBK</p> </div> <p data-bbox="167 1556 646 1635">Less side-effects, difficult to be returned back</p> <div data-bbox="151 1680 367 1881">  <p data-bbox="135 1904 375 1948">Kontap Wanita</p> </div> <div data-bbox="486 1657 702 1881">  <p data-bbox="486 1904 678 1948">Kontap Pria</p> </div>	<p data-bbox="981 1131 1260 1176">More side effects</p> <div data-bbox="829 1198 1085 1422">  <p data-bbox="853 1388 957 1433">Tablet</p> </div> <div data-bbox="1165 1243 1404 1500">  <p data-bbox="1268 1456 1396 1500">Suntik</p> </div> <p data-bbox="973 1556 1252 1601">Less side-effects</p> <div data-bbox="774 1601 1013 1792">  <p data-bbox="917 1601 1085 1646">Condom</p> </div> <div data-bbox="798 1814 1037 1960">  <p data-bbox="821 1825 1021 1937">condom could protect from pregnancy & IMS</p> </div> <div data-bbox="1125 1601 1412 1971">  <p data-bbox="1141 1724 1220 1769">MAL</p> </div>

1. Review material and result of the pre-test and post-test of the Second Day Session.
2. Distribute pre-test questioner of the 3rd day session to the participants.
3. Explain how to fill out the questioner and guide illiterate mothers by reading the questions and the multiple choices answers, and writing down her answers.
4. Collect result of the pre-test and evaluate the result to know basic understanding of participants regarding the Third Day Session Material.
5. After the pre-test, inform that we are going to start discussing materials regarding newborn care, myths, infectious diseases, and birth certificate.
6. Ask participants' opinion regarding signs of a healthy newborn baby. Discuss why a baby should cry immediately after birth.

3rd CLASS

7. Explain about signs of a healthy newborn baby and the importance of the baby's first breath refer to material 5.1.

8. Ask participants to open MCH Handbook page 20 and ask one of them to read: **What are the signs of a healthy newborn baby?**

9. Ask participants' opinion about things should be done to a newborn. Discuss it with all participants.

10. Explain things should be done for the newborn refer to material 5.1.

11. Ask participants to open MCH Handbook page 20 - 23 and ask one of them to read: **What should be done for the newborn?**

12. Ask participants' opinion about the benefit of vitamin K for newborn. Discuss it with all participants.

Newborn baby care

I. Signs of a healthy newborn baby:

1. Cries immediately after birth.
2. Whole body is red.
3. Moves actively.
4. Able to suck breast milk deeply.
5. Having birth weighing 2,500 grams or more.



II. Newborn baby care

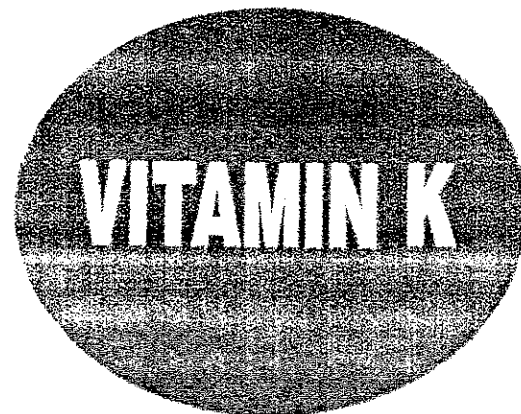
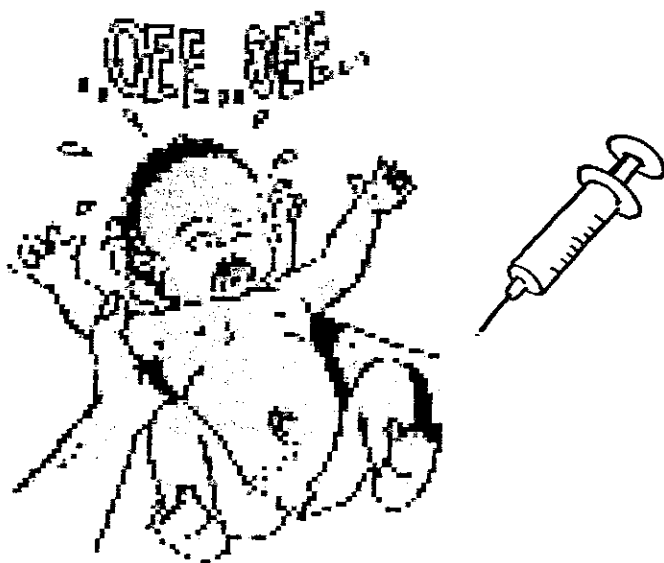
1. Give only breast milk.
2. Keep the newborn warm.
3. Prevent infection from affecting your baby.
4. Provide development stimulation.
5. Check the newborns health.

13. Explain about the benefit of vitamin K refer to material 5.2.

14. Ask participants' opinion regarding signs of seriously ill infant. Discuss it with all participants.

Vitamin K for a Newborn Baby

To avoid bleeding because of insufficient amount of Vitamin K



15. Explain the signs of a seriously ill infant refer to material 5.2.

16. Ask participants to open MCH Handbook page 23 and ask one of them to read: **What are the signs of a seriously ill infant?**

17. Ask participants' opinion and discuss about things need to be monitored to have a healthy baby.

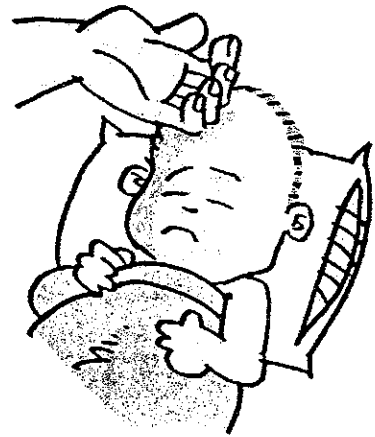
Signs of seriously ill infant



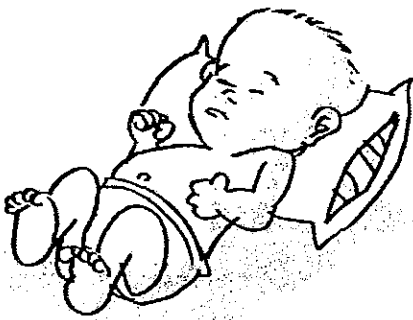
1. Refuse to breastfeed.



2. Has convulsions.



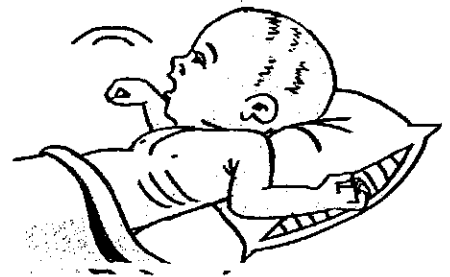
3. Has cold hands and feet during a fever.



4. The infant's body turns yellow.



5. Weak movement of arms and legs.



6. Breathing difficulties.



7. Umbilical cord is wet and smelly.

Immediately bring your baby to the hospital/health facilities if your baby shows one of that ill infant signs.

18. Explain things need to be monitored to keep the baby grows healthy refer to material 5.4.

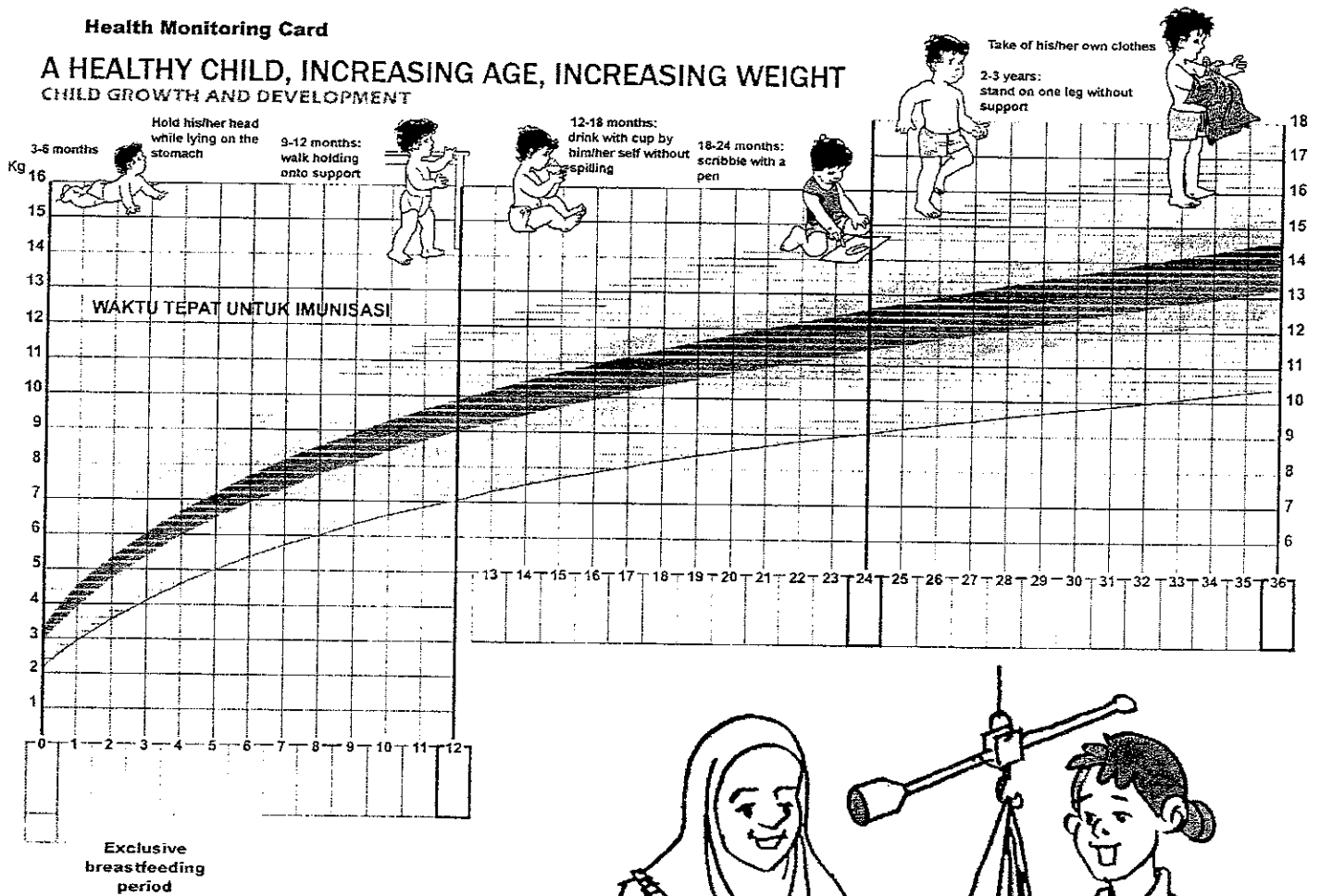
19. Ask participants to open MCH Handbook page 24 and ask one of them to read: **Monitor the child's growth regularly.**

20. Ask participants' opinion about immunization and discuss about several immunization types for baby.

Child Growth and Development Monitoring

Health Monitoring Card

A HEALTHY CHILD, INCREASING AGE, INCREASING WEIGHT
CHILD GROWTH AND DEVELOPMENT

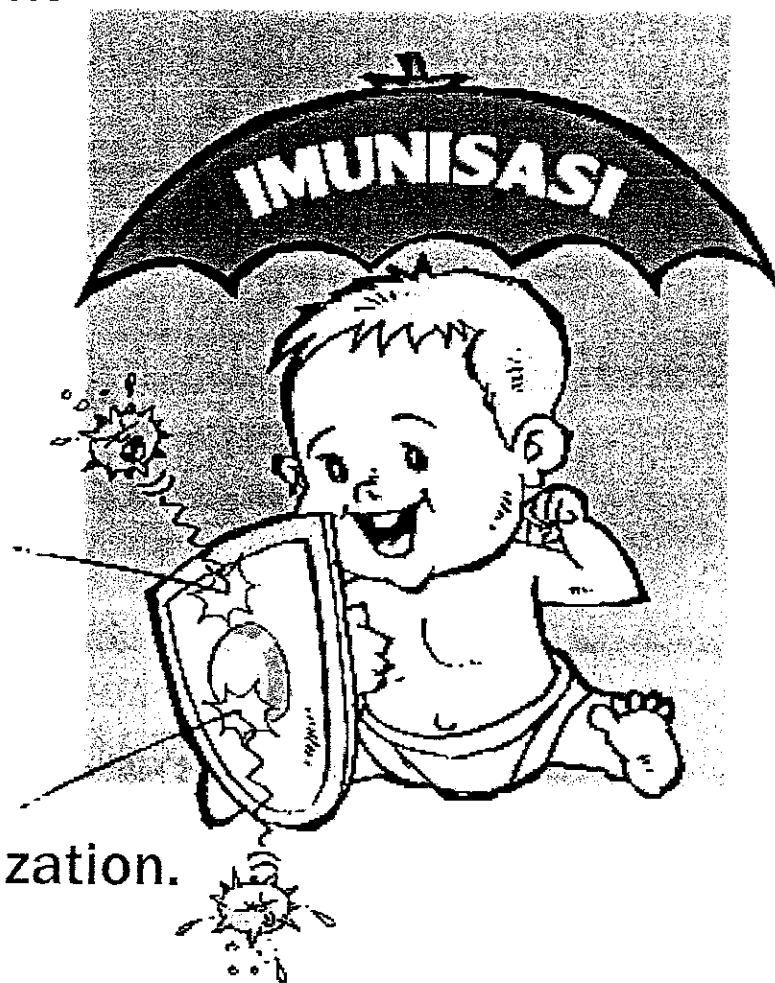


21. Explain about types of the immunization refer to material 5.5.

22. Find out about myths exists in community that related to pregnancy, delivery, and child health care.

Immunizations for baby

1. A child should have complete immunization before the age of one year
2. Immunizations prevent
 - TBC
 - Hepatitis
 - Polio
 - Diphtheria
 - 100-day cough
 - Tetanus
 - Measles
3. Light illness such as cold, diarrhea, skin diseases are not obstacles for immunization.

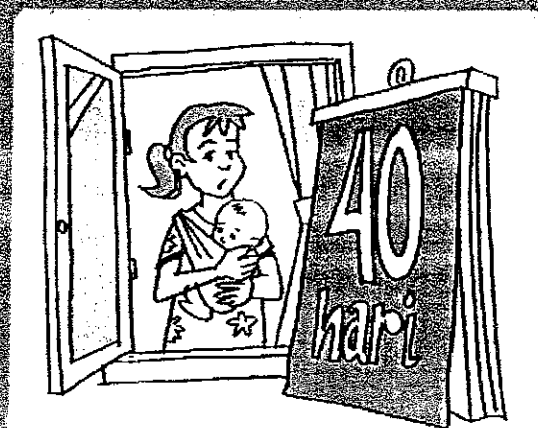
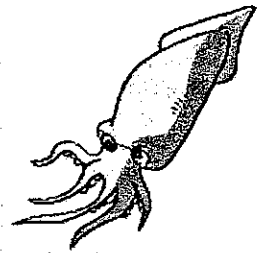


23. Explain and correct the myths refer to material 6.1.

24. Ask participants' opinion about STI. Discuss STI, its signs and symptoms. Discuss how to cope with it and how to prevent it.

Myths and its correction

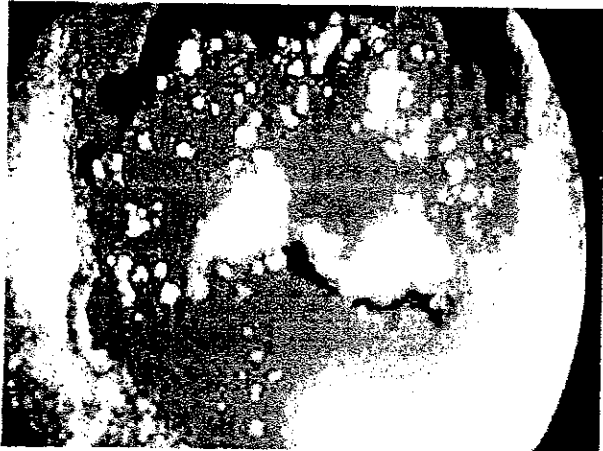
Myths related to maternal and child health need to be confirmed



25. Explain about STI refer to material 7.1.

26. Ask participants' opinion regarding HIV and AIDS.
And discuss how to prevent HIV from mother to the fetus.

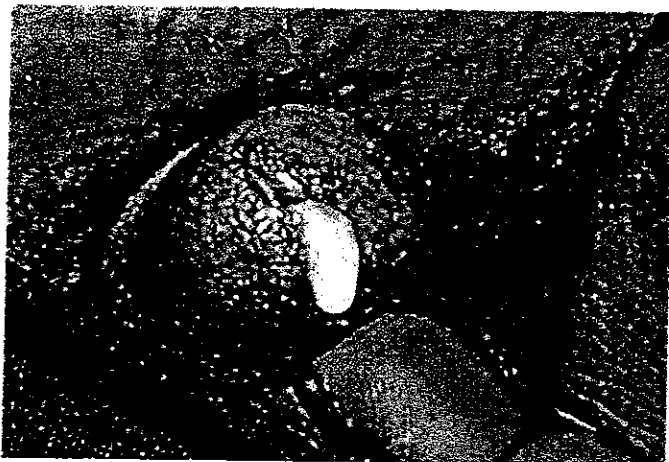
Sexual Transmitted Infections (STI)



Klamidiasis (Chlamidya)



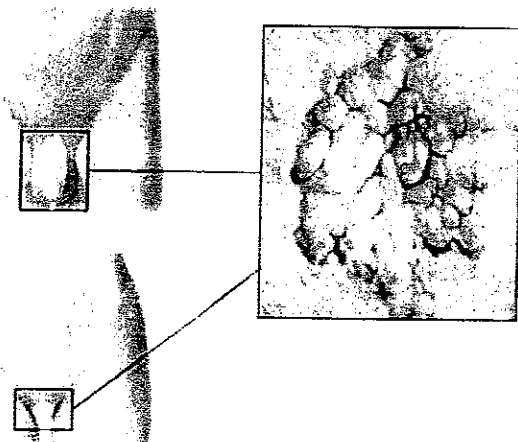
Raja Singa (Sifilis)



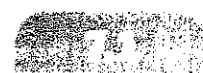
Kencing Nanah (Gonore)



Herpes Genital



Kulit Kelamin Jengger Ayam



27. Explain about HIV and AIDS, how the diseases transmitted, how to prevent them, and how to check their HIV-status refer to material 7.2.

28. Ask participants' opinion regarding malaria on pregnant mother. Discuss it based on participants' experience.

Basic Information on HIV/AIDS

HIV-AIDS is transmitted through :

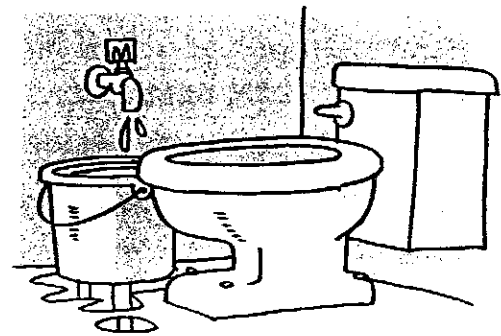
- Blood
- Breast Milk
- Vagina Fluid
- Sperm



HIV is not transmitted through:



Cough and Sneeze



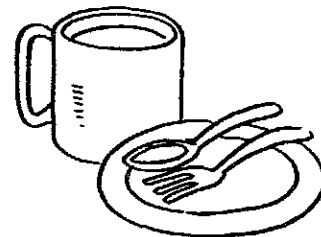
Turning round of toilet using



Hand Shaking



Turning round of phone using



Plate/cup sharing

29. Explain about malaria refer to material 7.3.

30. Ask participants' opinion about birth certificate and ask whether somebody in their family has birth certificate.

Malaria prevention and control

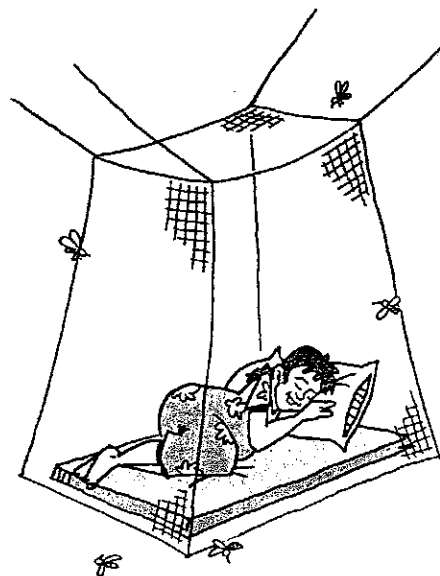
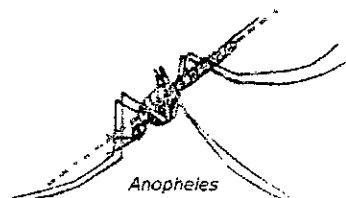
BEWARE ABOUT MALARIA

Pregnant mother and baby are easy to be suffering from malaria.

Cause : malaria mosquito.

How to prevent malaria:

1. Sleep using bed net.
2. Put mosquito screen on the window.
3. Clean bushes surrounding the house up.
4. Bury unused water drainage or repair the broken ones so the water flows properly .



If you looks pale, your body turns yellow, and your body temperature increases, your family should take you to the health personnel immediately



31. Explain the importance of having birth certificate refer to material 8.1.

32. End the Third Day Session with a post-test and then evaluate the result to find out whether the given materials have been understood by the participants.

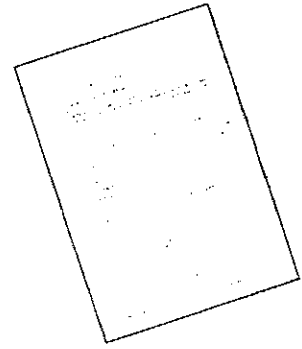
33. Conduct Pregnancy Exercise I and II (from the beginning until end)

CONTOH

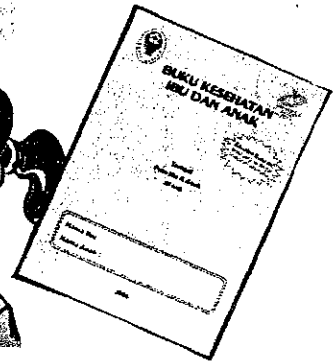
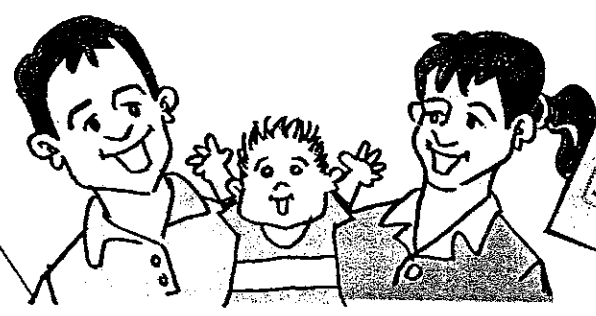
BENCATATAN SIPIL
AKTA KELAHIRAN
No. 4019/2000

Dari daftar: _____, _____, _____
kelahiran menurut State 1920-1951 Jo. 1927-564, _____ di Bahari _____
tersebut, bahwa di _____ Bahari _____
pada tanggal 21/08/2000, pukul 08.30, telah lahir _____
anak yang _____ telah lahir _____
Seorang anak laki-laki yang diberikan nama _____
Bintang Kejaya _____
A nak kesatu dari _____
Ayah : _____
Ibu : _____
Kecamatan ini sesuai dengan keadaan pada hari ini.
Bahari _____ tanggal 21/08/2000, telah saya _____
_____ dan saya _____

KEPALA BENCATATAN SIPIL



**CHILD'S
RIGHT**



Register your child's birth immediately to the people administration office or village office to get birth certificate.

... which have to be ascertained by the family, community, government and the State. (UNICEF, 1994: 10)

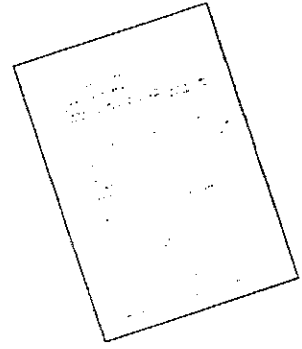


CONTOH!

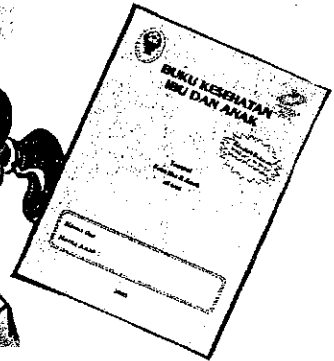
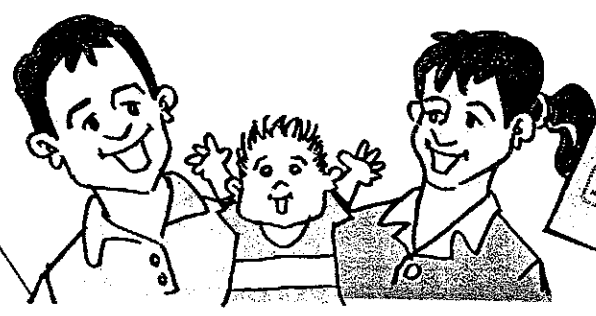
BENCATATAN SIPIL
KUTIPAN AKTA KELAHIRAN
No. 4019/2000

Dari daftar _____ tanggal _____
kelahiran menurut Undang-Undang No. 1927-1964 di Bahari _____
seorang, bernama di _____
pada tanggal _____ di _____
di _____ telah lahir
seorang anak laki-laki yang diberikan nama _____
Bintang Kejora _____
A. NAMA KESEKUTU HANYA :
Ayah : _____
Ibu : _____
Kutipan ini sesuai dengan keadaan pada hari ini.
Bahari _____ tanggal _____ di _____
Kecamatan _____ Kabupaten _____

DEWAN PERKAWINAN MASYARAKAT
KOTA _____
KEMENTERIAN KEMASYARAKATAN
REPUBLIK INDONESIA
Jl. Pemuda No. 1077A
ALP. 010 105 251



**CHILD'S
RIGHT**



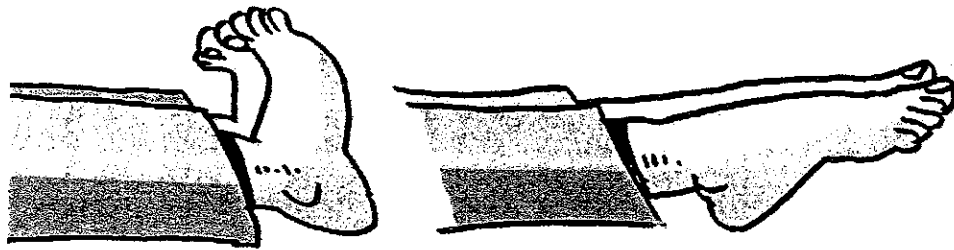
Register your child's birth immediately to the people administration office or village office to get birth certificate.

... yang harus dimiliki oleh setiap warga negara Indonesia. ...
... yang harus dimiliki oleh setiap warga negara Indonesia. ...
... yang harus dimiliki oleh setiap warga negara Indonesia. ...

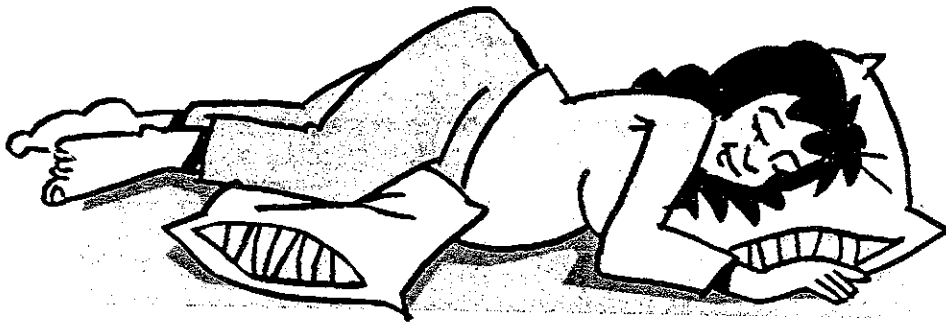




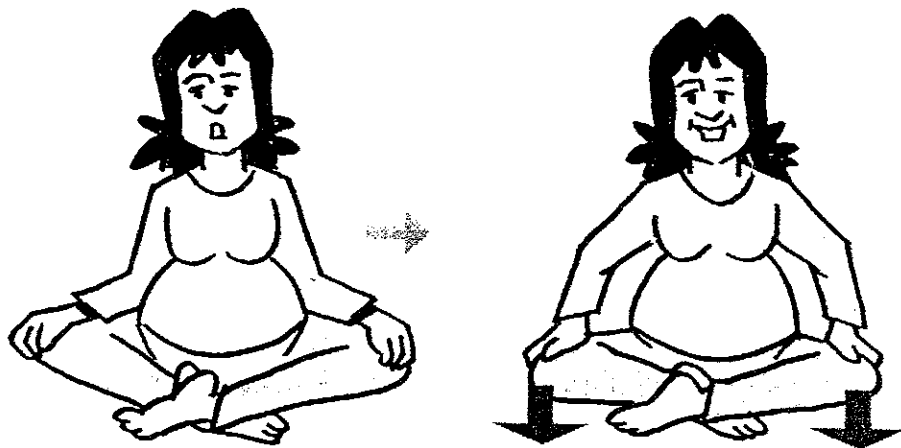
Pregnancy Exercise



Exercise for your legs flex and extend tip of tops



Comfortable sleep/lie down position

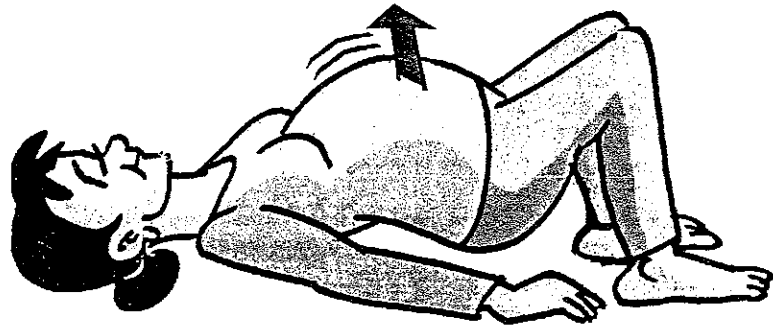
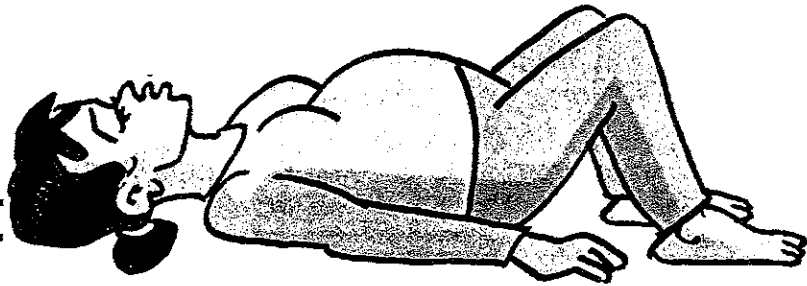


Stretched muscle of pelvis and hip joint

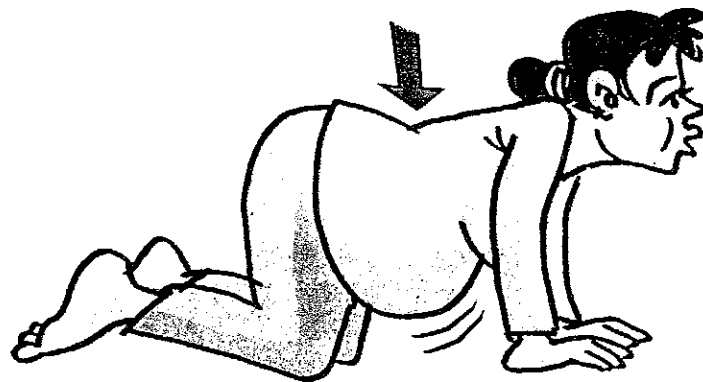
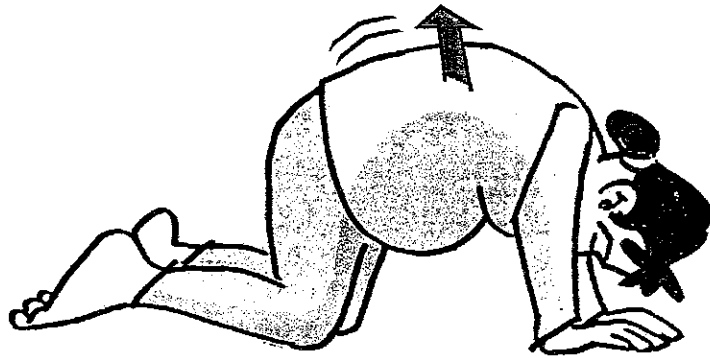
OPTION 1

Exercise for your back

Stretched out
on the back
position

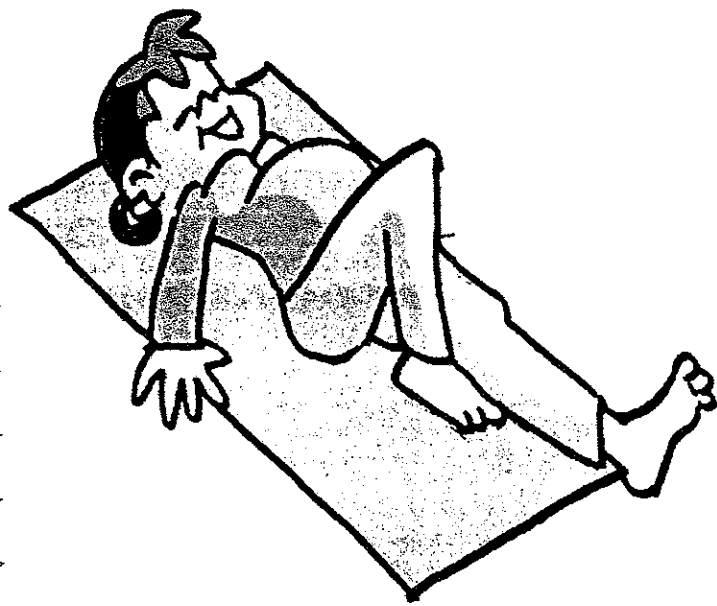


Crawl
position



Fuuh

Exercise for your hip joint and pelvis



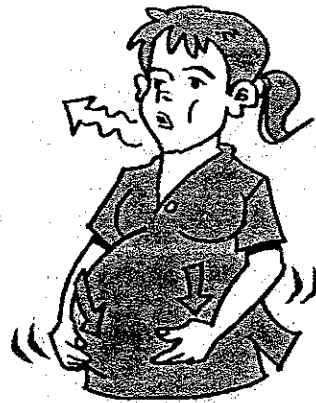
Exercise with one knee



Exercise with both knees

OPTION 3

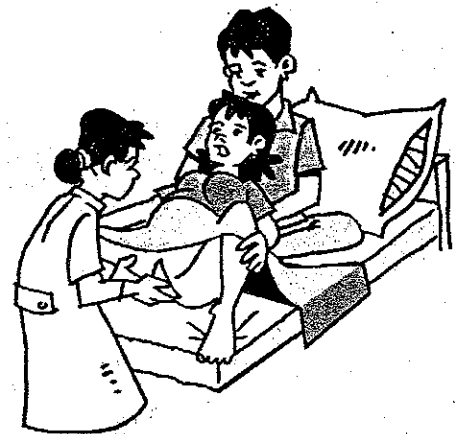
How to take breath in labor



How to push



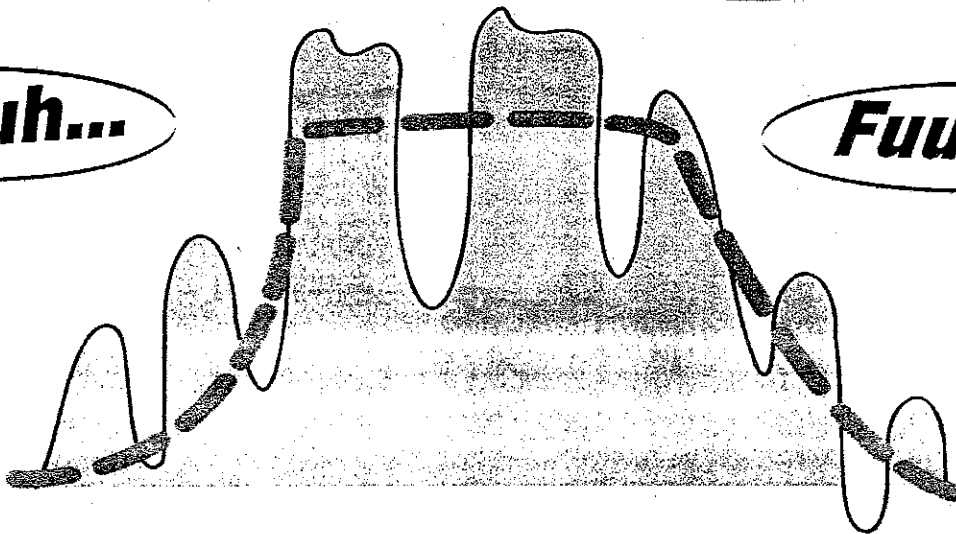
Push the baby out



Fuuuh...



Take a deep breath



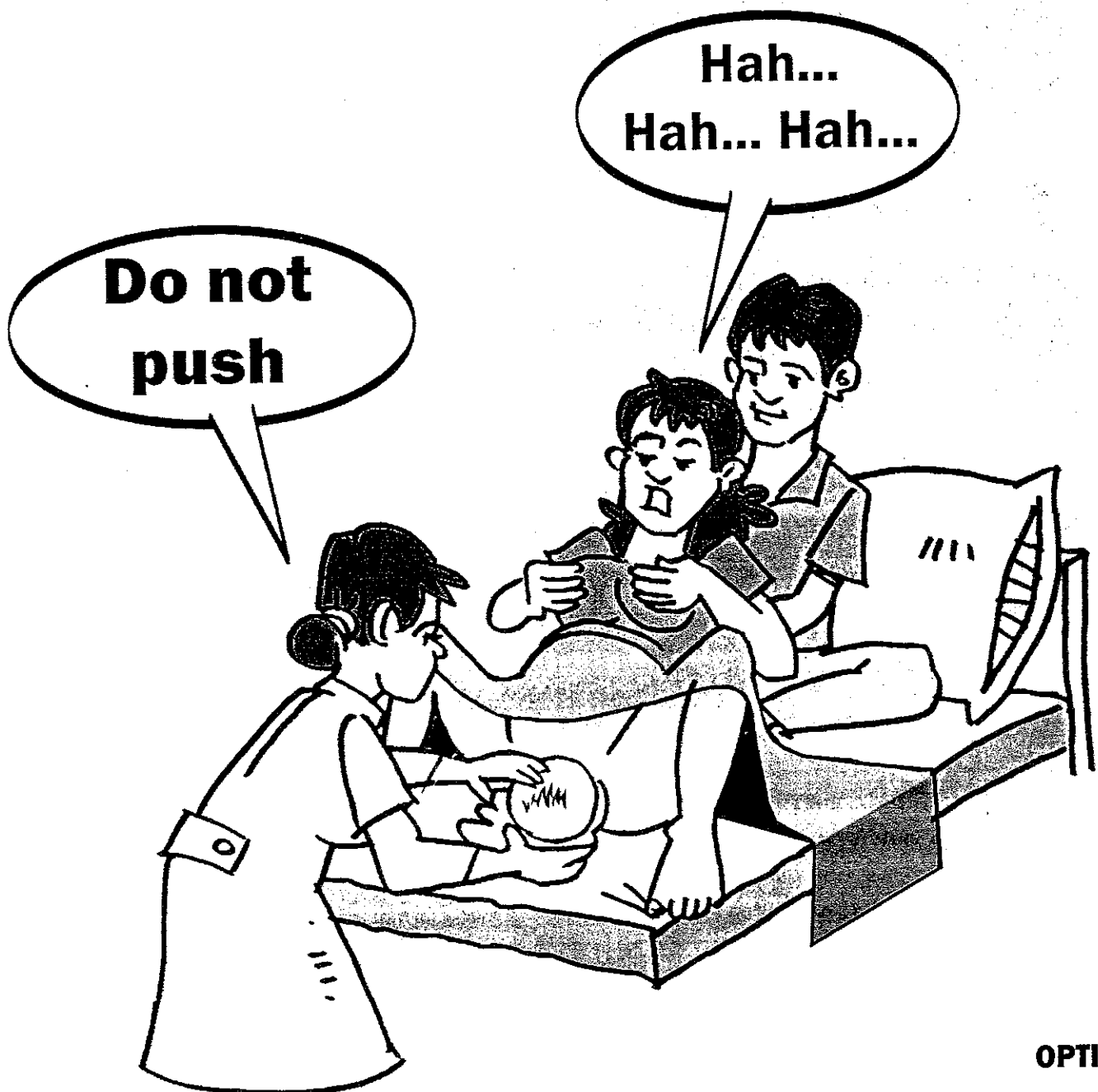
Fuuuh...



Take a deep breath

OPTION 4

Breathing method in labor



OPTION 5

