Family Support

- Family support serves as the foundation of security and growth for a pregnant women and baby.
- It can help lower down the anxieties associated with pregnancy and help her cope up with emotional and physical changes during pregnancy.
- Therefore, family behaviour and attitude should be pleasant and encouraging.
- It is important to have someone by her side on whom she can emotionally rely upon.

AWW’s Role in Encouraging Family Support

- Counsel the family and her in-laws about the importance of family support during pregnancy.
- Make sure the family member accompanies pregnant women to her ANC visits and other counseling sessions.
- Provide supplementary nutrition to the pregnant women daily.
- Help the family in making the action plan for birth preparedness and complications.
- Inform the pregnant women and the family about the danger signs.
Family can provide support to pregnant women in following ways:

- Initially identify a family member who can readily available throughout the entire pregnancy. It can be be father, in-laws, parents or even a close friend.
- The designated family member must accompany the pregnant women to her pre-natal visits.
- Identify a nearest FRU/hospital in advance for institutional delivery.
- Adequate finance and transport should be arranged beforehand.
- A blood donor should be identified for any unforeseen emergencies.
- Avoid delay in contacting medical facility when labour starts or in case of a complication.
- Make sure the pregnant woman
  - Eats along with her family. She should not be the last one to eat/eat leftover.
  - Takes adequate rest during the day (2 hours) and night (8 hours).
  - Do not lift any heavy objects during pregnancy.
  - Takes IFA supplements everyday.
  - Go for regular ANC to the AWC/primary health centre.
  - Has taken two doses of Tetanus Toxoid.
  - Take medicines only when prescribed by the doctors.
  - Avail supplementary food and nutrition counseling services at the AWC every month.

Care and support by husband and mother-in-law gives emotional support and confidence in child bearing