

User's Guide for the Birth Preparedness Card

On the front of the card:

Section 1: Identification information about Pregnant Woman Receiving Card

NAMES _____	
ADDRESS:	
DIVISION _____	
LOCATION _____	
VILLAGE _____	
HEAD OF HOUSEHOLD _____	
CHIEF _____	
NAME OF GROUP _____	
DATE ANC	POSTPARTUM CARE
1ST VISIT _____	1ST WEEK _____
2ND VISIT _____	2ND WEEK _____
3RD VISIT _____	40 DAYS _____
4TH VISIT _____	

1. Enter the woman's name and address on card
2. Enter the name of the head of the pregnant woman's household, and the name of the assistant chief
3. Enter the name of the women's group or other group that you are working with to distribute the birth preparedness cards
4. Talk with the pregnant women and/or look at her ANC card from the health center to find out the dates she has gone for ANC, and enter these dates on the card. Ask the woman to enter

the dates for future visits on the card after each visit, or to have someone in her family enter the dates on the front of the card for her.

If she has not gone for ANC, talk with her and the family about why ANC is important for pregnant women

5. Show the woman where to enter the dates of postpartum care on the card when she receives it. If you visit her after birth, you can help her enter the dates.

If you visit after birth and the woman and newborn have not been checked, talk with her and the family about why care in the first week after birth is important for new mothers and newborns

Inside the card:

Section 2: Preparing for my baby

PREGNANT WOMEN AND THEIR FAMILY SHOULD DISCUSS BIRTH AND DECIDE EARLY IN PREGNANCY

PREPARING FOR MY BABY		
LMP: _____ EDD: _____		
PREGNANT WOMEN AND THEIR FAMILY SHOULD DISCUSS BIRTH AND DECIDE EARLY IN PREGNANCY:		
I WANT TO DELIVER AT:		
NAME OF FACILITY _____		
HOME _____		
OTHER _____		
I WANT TO BE DELIVERED BY:		
MIDWIFE/ NURSE/ DOCTOR _____		
TBA _____		
OTHER _____		
I WANT A CHECK-UP WITHIN 1 WEEK AFTER BIRTH FROM:		
MIDWIFE/ NURSE/ DOCTOR _____		
TBA _____		
OTHER _____		
ALL PREGNANT WOMEN AND THEIR FAMILY SHOULD PREPARE BEFORE BIRTH:		
SAVINGS FOR BIRTH COSTS: YES <input type="checkbox"/> NO <input type="checkbox"/>		
SOURCE OF SAVINGS _____		
AT BIRTH BE PREPARED:		
	YES	NO
1. BLANKET/ CLOTH FOR BABY	<input type="checkbox"/>	<input type="checkbox"/>
2. GLOVES	<input type="checkbox"/>	<input type="checkbox"/>
3. PADS	<input type="checkbox"/>	<input type="checkbox"/>
4. BABY IMMUNIZED	<input type="checkbox"/>	<input type="checkbox"/>
5. REGISTER BABY'S BIRTH	<input type="checkbox"/>	<input type="checkbox"/>

6. Enter the LMP (Last Menstrual Period) and the EDD (Expected Date of Delivery) of the pregnant woman.

7. Discuss with the woman and her family why it is important to talk in the household about where the woman will deliver, who will deliver her and if the resources necessary for preparations for birth will be available for the woman.

If there seem to be some problems discuss with the woman and family what kind of help they need and how they might get that help before birth so the birth can be safer.

8. Enter the information on the card about where the woman wants to deliver, who will deliver her, and how she plans to get care during the first week of birth for herself and the new baby.

9. Discuss with the woman and family if there is enough money in the household to be prepared for costs for normal birth, and in case there are any problems with birth.

Fill in the section of the card on savings.

10. Review the list of things she should have and things she should do to be prepared for the birth. Ask if there are any other things she thinks she should prepare that you have not talked about. Enter on the card.

Section 3:

PREGNANT WOMEN AND THEIR FAMILY SHOULD KNOW WHAT TO DO IN CASE OF EMERGENCY DURING PREGNANCY, BIRTH OR AFTER BIRTH

PREGNANT WOMEN AND THEIR FAMILY SHOULD KNOW WHAT TO DO IN CASE OF EMERGENCY DURING PREGNANCY, BIRTH OR AFTER BIRTH:

FOR EMERGENCY DURING CHILDBIRTH I WILL GO TO:

FACILITY	COST OF DELIVERY	COST OF TRANSPORT	MEANS OF TRANSPORT
1.			
2.			
3.			

OTHER COSTS MAY INCLUDE: _____

THE PERSON WHO WILL ESCORT ME TO EMERGENCY CARE IS:



HUSBAND/FAMILY _____

TBA _____

OTHER _____

TELEPHONE CONTACTS/ NUMBERS:

NEAREST FOR TRANSPORT: _____

NEAREST PERSON WITH TELEPHONE: _____

HEALTH FACILITY PHONE NUMBER: _____

POLICE STATION PHONE NUMBER: _____

DISTRICT COMMISSIONER'S OFFICE PHONE NUMBER: _____

11. Talk with the woman and family about complications during pregnancy and birth. You can use the list of problems and danger signs on the back of the card to remind you. Ask the woman what she will do if any of these things happen, where will she go for emergency care?

12. Enter the names of the facility she would use for emergency, talk with them about the cost of travelling to that facility, the expected costs of normal and problem births at that facility, and how they will get there if they need care. Enter this information on the card.

13. Discuss with the woman and family who would accompany the woman to the facility if there is a problem, and enter this name on the card. If there is no one to accompany her, try and help her to find someone to help.

14. Find out the information about nearest source of transport for birth or emergencies, and the closest person with a telephone the family could use in an emergency. Enter that information and the telephone numbers of the health facility, police station, DC's office or other places with telephones that she may have to contact for help.

Try and identify people in the village who have cell phones that could be used in emergencies during pregnancy and birth.

On the back of the card:

Section 4:

ALL WOMEN WITH THESE PROBLEMS SHOULD GET EMERGENCY CARE AS FAST AS POSSIBLE

ALL WOMEN WITH THESE PROBLEMS SHOULD GET EMERGENCY CARE AS FAST AS POSSIBLE:

DURING PREGNANCY

BLEEDING

FEVER, STRONG ABDOMINAL PAINS

SWELLING OF FACE, HANDS, LEGS, FEET

FETAL MOVEMENT STOPS FOR 1 WEEK



DURING BIRTH

LABOR LONGER THAN 12 HOURS

CORD PROLAPSE

MALPRESENTATION

AFTER BIRTH

HEAVY BLEEDING

FEVER/
BAD SMELLING
VAGINAL
DISCHARGE

NEWBORN

PREMATURE/
LOW BIRTH WEIGHT

FEVER

TETANUS

15. Discuss with the woman and family that most pregnancies and births are normal. It is good to expect the best, but be prepared in advance for problems if they do happen.

After you discuss with woman and family and **before you leave the house, enter the information from the birth preparedness card onto your recordkeeping form. Take the recordkeeping form back to the women's group and discuss.