

Mom-Village

1. Project Proposal

1. Project Title:

Pregnancy and Postpartum Woman System

2. Project Description: Comprehensive Maternal and Child Health Support Platform

The proposed project aims to design a software platform that supports women throughout their pregnancy and postpartum journey, focusing on health, well-being, and informed decision-making regarding both mother and child.

The system will act as a centralized, secure digital health hub that connects mothers with reliable medical information, personalized guidance, and professional consultation services, thereby bridging the gap between general maternal health advice and individualized care.

The platform will enable mothers to create and manage detailed Mother and Baby Profiles, track critical data points such as pregnancy progress, postpartum recovery, and the baby's growth and vaccination schedule (specifically adhering to the Egyptian National Vaccination Schedule). It will provide automated, timely reminders for medications, vitamins, and appointments, ensuring proactive health management.

In addition, the system will serve as a specialized knowledge base, recommending safe nutrition plans, exercises, and medications, while providing necessary warnings on forbidden foods, cosmetics, and drugs. A core feature is the Doctor Consultation Service, which allows mothers to book online appointments, engage in secure chat, and receive professional advice from certified physicians. The platform will also provide crucial mental health support through depression awareness and self-assessment tools.

System Features: The system will include Mother and Baby Profiles, Doctor Profile Management, an Egyptian Vaccination Tracker, a Growth Chart Module, Personalized Dashboards and Reminders, a Medication & Safety Warning database, and a Secure Doctor Consultation Service.

Boundaries and Constraints: The system will primarily serve pregnant and postpartum mothers and licensed partner doctors. It will rely on stable internet connectivity for real-time consultation and automated data synchronization. Key constraints include ensuring data privacy and security (especially medical history), adherence to official national health protocols (e.g., the Egyptian vaccination schedule), and scalability to handle a large volume of concurrent user interactions and data logging.

3. Team Members

ID	Name	Email	Role
23102384	Mennatullah Abdelaziz	Mennatallah.abdelaziz.2024@aiu.ed.eg	Project Manager
23100209	Hany Ziad Abdelaal Mohamed	hany.mohamad.2024@aiu.edu.eg	UI&UX
23101471	Mohamed Mossad Ghonam	mohamed.ghonam.2024@aiu.edu.eg	Frontend Developer
23101498	Hoda Mahmoud Saad Abdelhalim	hoda.abdelhalim.2024@aiu.edu.eg	Backend Developer

4. Initial Identified Customer Requirements.

R1- User Authentication and Access Control

R1.1 The system shall allow users (mothers and doctors) to register (Sign Up) and log in (Login).

R1.1.1 Users can select their account type (Mother _Female Doctor, Male Doctors).

R1.1.2 The system shall make this securely using encrypted passwords and Gmail.

R2- Mother Profile Management

R2.1 The mother user can enter and update her personal information (name, age, current pregnancy week, last menstrual period date, previous delivery type).

R2.2 Add her medical history **for following her health.**

R3- Baby Profile Management

R3.1 The mother can create and manage a profile for her baby.

R3.1.1 The mother shall add information about her baby like name, gender, date of birth, birth weight, and length. **Supports multiple children.**

R4- Doctor Profile Management

R4.1 Doctors can create and update their profiles with details such as specialization, experience, and available working hours for consultation.

R5- Pregnancy Month Information

R5.1 The system shall be able to follows up the pregnancy state.

R5.1.1 The for each of the nine pregnancy months would show: Common symptoms, physical and emotional changes, and required medical tests.

R6- Dietary guidance.

R6.1 The system shall inform mothers about forbidden items with the need to guide on recommended nutrition.

R6.1.1 The system will dynamically display a **clear, filterable list** of foods and drinks that are unsafe or prohibited for the user's current stage of pregnancy. **Each item will be accompanied by a brief explanation of why** it is forbidden (e.g., "High Mercury Content," "Risk of Listeria").

R6.1.2 The system will display **daily and weekly nutrition advice**, including key nutrients to focus on

(e.g., iron, folate, Omega-3s) for the current stage. This will be presented as a recommended, balanced **diet plan** or meal suggestion guide.

R6.1.3 The content will be organized into two main sections within a dedicated "Nutrition" feature: "**What to Avoid**" (the forbidden list) and "**What to Eat**" (the recommended guidance).

R7- Cosmetic Product Warnings

R7.1 The system shall inform what is the cosmetics and skin products that she can't use.

R7.1.1 Lists unsafe cosmetic and skincare products during pregnancy (e.g., hair dyes, whitening creams, perfumes with alcohol) and why she can't use them.

R7.1.2 The system shall recommend safe products or alternatives.

R8- Medication Follow-up

R8.1 The system shall inform mothers about forbidden and allowed medications and recommend alternatives.

R8.1.1 The system shall display a list of medications that are **safe, questionable, or unsafe** for the mother's current month of pregnancy, based on established medical guidelines.

R8.1.2 The system shall recommend safe medicines or natural alternatives for each pregnancy month.

R8.1.3 The system shall allow searching by drug name.

R9- Doctor Consultation Service

R9.1 Allows mothers to book an appointment online with a doctor or to ask questions to doctors.

R9.1.1 The system shall allow mothers to choose the doctor's gender.

R9.1.2 The system shall provide a channel where mother and doctor can have conversations.

R10- Depression Awareness

R10.1 The system shall allow user to have a depression Self-Assessment test.

R10.1.1 The system will provide educational information about prenatal and postnatal depression, including symptoms, prevention tips, and psychological support methods.

R11- Exercise Recommendations

R11.1 The System shall suggest safe exercises for each pregnancy stage (e.g., prenatal yoga, walking, breathing exercises), facilitate childbirth and restore the body's nature.

R11.1.1 The System shall suggest safe exercises to facilitate childbirth.

R11.1.2 The System shall suggest safe exercises to restore the body to its natural state after pregnancy and hide stretch marks.

R12- Labor Type Comparison (Natural vs. Cesarean)

R12.1 The system shall help to raise awareness about labor Types (advantages and disadvantages of each one of them).

R12.1.1 The System shall display a detailed comparison between natural and cesarean delivery, including the process, advantages/disadvantages, recovery time, possible complications, and pain levels.

R13- Emergency Contact Feature

R13.1 Allows mothers to quickly contact their doctor or hospital during emergencies.

R13.1.1 The system via one-click calling or messaging can call emergency.

R13.1.2 The System shall insure doctor availability by sending alarm to hospitals and doctors assistants.

R14- Data Privacy and Security

R14.1 All user data shall be securely encrypted and not shared.

R15-Feedback and Rating System

R15.1 Users can rate doctors, consultations, and the overall app experience, and submit improvement suggestions.

R16- Performance and Scalability

R16.1 The system shall maintain fast response times and handle a large number of concurrent users efficiently.

R17- Personalized Dashboard

R17.1 System shall display an interactive dashboard showing pregnancy progress, current week, expected symptoms, and reminders.

R18- Chat & Message System

R18.1 System shall allow mothers to ask doctors.

R18.1.1 System shall secure chat features between mothers and doctors during consultations or continuous follow-up.

R19-Baby vaccination Management

R19.1 The system shall track the baby's vaccination schedule, sends reminders before each dose.

R19.2 The system shall allow mothers to record completed vaccinations.

R20- Breastfeeding Management

R20.1 The mother can track and manage breastfeeding sessions.

R20.1.1 The system shall track duration, frequency, and side used (left/right).

R20.1.2 The system can also provide reminders and helpful breastfeeding tips.

R21- Family Planning Management

R21.1 The system allows the mother to learn about and manage family planning methods.

R21.1.1 The system will provide information on different contraceptive options, their effectiveness, possible side effects, and reminders for appointments.

R22-Mother Vaccination Follow-up

R22.1 The system allows the mother to record, track, and receive reminders about her prescribed medications and vaccination schedule.

R22.1.1 The system will also provide dosage instructions and alerts for upcoming or missed doses.

R23-Search Functionality

R23.1 The system shall allow users to search for: Doctors, Medications, Exercises, Foods or cosmetics.

R24-AI Chatbot for Instant Support

R24.1 The system shall provide an AI-powered chatbot for instant, user support and information retrieval.

R24.1.1 The chatbot must be trained on all app content, including foods, cosmetics, medications, symptoms, and exercises.

R25-Tandem Nursing and Pregnancy Breastfeeding Support

R25.1 The system shall provide specialized guidance and tools for managing Tandem Nursing and breastfeeding during pregnancy.

R25.1.1 The system must display detailed, evidence-based guidelines on the safety of breastfeeding while pregnant, clearly outlining warning signs (e.g., uterine contractions, bleeding) that require immediate medical consultation.

R25.1.2 The system shall provide customized nutritional advice for mothers who are pregnant and breastfeeding, focusing on increased caloric and nutrient requirements.

R25.1.3 The system must include information on the **changes to breast milk** during pregnancy (e.g., shift back to colostrum) and tips for managing potential aversion or the older child's refusal due to taste changes.

R26-Chronic and Gestational Health Management

R26.1 The system shall provide dedicated tools for managing and monitoring chronic and gestational health conditions (e.g., Gestational Diabetes and hypertension).

R26.1.1 The system must allow the mother to regularly log **blood sugar readings** (pre- and post-meals) and **blood pressure levels**.

R26.1.2 The system shall analyze the logged data () and issue **immediate alerts** if readings exceed recommended safe thresholds, instructing the mother to contact her doctor.

R27-Alerts and notification to ensure successful tracking

R27.1 The system shall implement a comprehensive, personalized notification system to prompt necessary user actions and ensure successful health tracking.

R27.1.1 The system shall send **proactive, context-aware reminders** for mothers.

R28-Payment and subscription methods

R28.1 The system shall implement secure, reliable, and user-friendly payment and subscription mechanisms to facilitate financial transactions.

R28.1.1 The system must integrate with at least two major, certified payment gateways (e.g., Stripe, PayPal, or local providers) to process transactions securely.

5. Initial Identified Subsystems

Subsystem Name	Subsystem Function	Subsystem Interface
1. User Authentication & Access Control	<p>1.1 registerUser: Allows mothers and doctors to sign up with encrypted credentials. 1.2 loginUser: Authenticates users securely using username and password. 1.3 logoutUser: Ends active session and clears tokens. 1.4 resetPassword: Enables users to reset forgotten passwords securely. 1.5 R14.1 ensureDataSecurity: Implements secure data encryption for all user information.</p>	<pre>interface AuthSystem { void registerUser(UserData data); boolean loginUser(String email, String password); void logoutUser(String userId); void resetPassword(String email); }</pre>
2. Mother Profile Management	<p>2.1 createMotherProfile: Allows mothers to input personal and pregnancy-related information. 2.2 updateMotherProfile: Enables editing profile details and medical history. 2.3 deleteMotherProfile: Deletes the profile and related data. 2.4 viewMotherProfile: Displays the complete mother profile.</p>	<pre>interface IMotherProfile { void createMotherProfile(); void updateMotherProfile(ProfileData data); void deleteMotherProfile(); Mother viewMotherProfile(String motherId); }</pre>
3. Baby Profile Management	<p>3.1 createBabyProfile: Adds a new baby profile with essential information. 3.2 updateBabyProfile: Updates baby details and vaccination info. 3.3 deleteBabyProfile: Removes baby profile.</p>	<pre>interface IBabyProfile { void createBabyProfile(); void updateBabyProfile(BabyData data); void deleteBabyProfile(); Baby viewBabyProfile(String babyId); }</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
	3.4 viewBabyProfile: Displays baby's details and growth data.	
4. Doctor Profile Management	4.1 createDoctorProfile: Registers new doctors with specialization details. 4.2 updateDoctorProfile: Allows updates to schedules and info. 4.3 deleteDoctorProfile: Deletes doctor profile. 4.4 viewDoctorProfile: Shows doctor details for patient selection.	<pre>interface IDoctorProfile { void createDoctorProfile(); void updateDoctorProfile(DoctorData data); void deleteDoctorProfile(); Doctor viewDoctorProfile(String doctorId); }</pre>
5. Nutrition & Diet Management	5.1 getNutritionPlan: Provides personalized meal plans by pregnancy stage. 5.2 viewDailyTips: Displays healthy diet tips and vitamin suggestions. 5.3 trackWaterIntake: Allows daily hydration tracking. 5.4 ForbiddenFoods: Lists foods/drinks to avoid each month. 5.6 GetDietaryGuidance: Recommend nutrition advice.	<pre>interface INutritionSystem { NutritionPlan getNutritionPlan(int month); List<String> viewDailyTips(); } interface IWaterIntake { void trackWaterIntake(String motherId, double amount); } Interface IDietaryGuidance {displayForbiddenFoods(int month); }interface IGetDietaryGuidance { List<Product> getDietaryGuidance()}</pre>
6. Cosmetics Awareness Module	6.1 getCosmeticWarnings: Lists unsafe cosmetics. 6.2 getRecommendedCosm: List recommended cosmetics.	<pre>Interface ICosmeticInfo {getCosmeticWarnings(); getRecommendedCosm();}</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
7. Medication & Safety Management	<p>7.1 searchMedication: Allows search for safe/unsafe drugs.</p> <p>7.2 displaySafeMedications: Shows approved drugs by trimester.</p> <p>7.3 displayUnsafeMedications: Lists harmful medications.</p>	<pre>Interface ISearchMedication{ searchMedication(String name); List<Medication> } interface IMedicationSafety { List<Medication> displaySafeMedications(int month); List<Medication> displayUnsafeMedications(int month); }</pre>
8. Consultation & Chat System	<p>8.1 bookConsultation: Books online doctor appointments.</p> <p>8.2 startChat: Opens secure chat between mother and doctor.</p> <p>8.3 viewConsultationHistory: Displays previous consultations and messages.</p> <p>8.4 startChat: Provides a secure channel for conversations between mother and doctor.</p>	<pre>interface IConsultationService { void bookConsultation(String motherId, String doctorId, Date time); } interface IChatSystem{void startChat(String motherId, String doctorId); } interface IConsultationHistory{List<Consultation> viewConsultationHistory(String motherId); } interface ICommunicationSystem { ChatSession startChat(String motherId, String doctorId); }</pre>
9. Vaccination & Growth Tracker	<p>9.1 trackBabyVaccinations: Tracks vaccinations based on Egyptian schedule.</p> <p>9.3 recordVaccination: Records completed doses.</p> <p>9.4 trackGrowth: Displays growth chart and stats.</p>	<pre>interface IVaccinationTracker { void trackBabyVaccinations(String babyId); void recordVaccination(String babyId, String vaccineName); GrowthData trackGrowth(String babyId); } interface ITrackGrowth{ GrowthData trackGrowth(); }</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
10. Depression Awareness & Mental Health	10.1 showDepressionInfo: Provides awareness content on prenatal/postnatal depression. 10.2 selfAssessment: Enables mothers to take a depression self-test. 10.3 showCopingTips: Offers relaxation and counseling resources.	<pre>interface IMentalHealthModule { void showDepressionInfo();List<Tip> showCopingTips(); }</pre> <pre>interface ISelfAssessment {selfAssessment(TestAnswers answers); }</pre>
11. Exercise & Physical Recovery Management	11.1 getPregnancyExercises: Lists trimester-specific safe exercises. 11.2 getPostpartumExercises: Provides postpartum recovery exercises. 11.3 logExerciseActivity: Records daily exercise logs.	<pre>interface IExerciseSystem { List<Exercise> getPregnancyExercises(int month); List<Exercise> getPostpartumExercises(int week); void logExerciseActivity(String motherId, ExerciseData data); }</pre>
12. Breastfeeding & Family Planning	12.1 manageBreastfeeding: Tracks breastfeeding sessions and reminders. 12.2 getContraceptiveInfo: Displays available contraceptive options and side effects. 12.3 getLaborComparison: Displays detailed comparison of natural vs. C-section labor.	<pre>interface IFamilyPlanning { void List<Contraceptive> getContraceptiveInfo(); void }</pre> <pre>interface IContraceptiveInfo { manageBreastfeeding(BreastfeedSession session);}</pre> <pre>interface ILaborCompare{ getLaborComparison();}</pre>
13. Emergency & Alert System	13.1 emergencyContact: One-click contact with doctor/hospital. 13.2 19.3 issueCriticalAlert: Triggers immediate alerts when readings are unsafe, advising doctor contact.	<pre>interface IEmergencySystem { void emergencyContact(String motherId); }</pre> <pre>interface IAlerts{ issueCriticalAlert(String motherId, ReadingData data);}</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
14. Feedback & Rating System	14.1 submitFeedback: Allows mothers to submit feedback on doctors or the app. 14.2 viewRatings: Displays average ratings for doctors.	<pre>interface IFeedbackSystem { void submitFeedback(String userId, FeedbackData feedback); List<Feedback> viewRatings(String doctorId); }</pre>
15. Data Privacy & Security Management	15.1 encryptData: Encrypts sensitive information before storage. 15.2 verifyAccess: Ensures authorized access to data. 15.3 backupDatabase: Performs regular encrypted backups.	<pre>interface ISecuritySystem { String encryptData(String data); boolean verifyAccess(String userId, String resource); void backupDatabase(); }</pre>
16. Search & Recommendation Engine	16.1 searchContent: Allows users to search doctors, exercises, or foods. 16.2 recommendNutrition: Suggests nutrition plans based on profile. 16.3 recommendDoctor: Recommends doctors based on specialization and location.	<pre>interface ISearch { List<SearchResult> searchContent(String keyword); } interface IrecommendNutrition {NutritionPlan recommendNutrition(String motherId); }interface IrecommendDoctor{List<Doctor> recommendDoctor(String location, String specialization); }</pre>
17. Mother Interface & Personalization	17.1 displayDashboard: Shows an interactive dashboard with progress, symptoms, and reminders.	<pre>interface IPersonalizationSystem { DashboardData displayDashboard(String userId); }</pre>
18. System Management & Payments	18.1 processPayment: Integrates with certified payment gateways to securely handle transactions. 18.2 manageSubscription: Handles subscription mechanisms (status, renewal, cancellation).	<pre>Interface PaymentResult{ processPayment(PaymentData data); void manageSubscription(SubscriptionAction action); }</pre>

Subsystem Name	Subsystem Function	Subsystem Interface
19. Specialized Health & Tandem Care	<p>19.1 logHealthReading: Allows mothers to log health data (blood sugar, blood pressure). 19.2 analyzeHealthData: Analyzes logged data against safe thresholds. 19.3 getTandemGuidelines: Provides evidence-based safety guidance on breastfeeding while pregnant, including warning signs (contractions, bleeding). 19.4 getTandemNutritionAdvice: Delivers customized nutritional advice for increased caloric and nutrient requirements. 19.5 getMilkChangeInfo: Provides information on breast milk changes (e.g., shift to colostrum) and tips for managing aversion/refusal by the older child.</p>	<pre> interface ISpecializedCare { void logHealthReading(HealthReading reading); AnalysisResult analyzeHealthData(String motherId);} interface ITandemGuidance{ getTandemGuidelines(); NutritionAdvice getTandemNutritionAdvice(); MilkChangeInfo getMilkChangeInfo(); } </pre>

Subsystem Name	Subsystem Function	Subsystem Interface
20. Alerts and Notification Subsystem	<p>20.1 sendAlert: Sends personalized alerts or notifications to users based on context.</p> <p>20.2 scheduleReminder: Creates scheduled reminders for specific user actions (e.g., health check, data input).</p> <p>20.3 deliverNotification: Handles delivery of notifications through different channels (in-app, email, SMS).</p> <p>20.4 updatePreferences: Allows users to manage their notification preferences (frequency, type, channel).</p> <p>20.5 trackResponse: Monitors whether users have viewed or responded to notifications.</p>	<pre>interface AlertManager { void sendAlert(String userId, String message, String context); void scheduleReminder(String userId, String reminderType, LocalDateTime time); } interface DeliveryService { void deliverNotification(String userId, String channel, String message); } interface PreferenceManager { void updatePreferences(String userId, NotificationPreferences preferences); } interface ResponseTracker { void trackResponse(String userId, String notificationId, boolean isRead); }</pre>

6. Traceability Matrix

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care	20. Alerts and Notification Subsystem
R1	✓														✓					
R2		✓															✓			
R3			✓					✓									✓			
R4				✓				✓								✓				

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care	20. Alerts and Notification Subsystem
R5		✓			✓					✓					✓		✓		✓	✓
R6					✓										✓		✓			✓
R7						✓										✓				✓
R8							✓									✓	✓			✓
R9				✓					✓					✓	✓	✓	✓			

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care	20. Alerts and Notification Subsystem
R10										✓	✓					✓				✓
R11											✓					✓	✓			
R12											✓	✓								
R13													✓							
R14	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R15								✓							✓					✓
R16	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R17		✓	✓		✓		✓		✓								✓		✓	
R18								✓									✓			✓
R19			✓						✓									✓		✓
R20				✓							✓							✓		✓
R21												✓				✓	✓		✓	
R22			✓			✓			✓								✓	✓	✓	✓

Requirement	1. User Auth & Access Control	2. Mother Profile Mgmt	3. Baby Profile Mgmt	4. Doctor Profile Mgmt	5. Pregnancy Info Module	6. Nutrition & Diet Mgmt	7. Medication & Safety Mgmt	8. Consultation & Chat System	9. Vaccination & Growth Tracker	10. Depression & Mental Health	11. Exercise & Recovery Mgmt	12. Breastfeeding & Family Planning	13. Emergency & Alert System	14. Feedback & Rating System	15. Data Privacy & Security Mgmt	16. Search & Recommendation Engine	17. Mother Interface & Personalization	18. System Management & Payments	19. Specialized Health & Tandem Care	20. Alerts and Notification Subsystem
R23						✓	✓				✓				✓	✓			✓	
R24								✓												✓
R25					✓							✓					✓		✓	
R26					✓	✓	✓									✓				✓
R27						✓	✓	✓	✓		✓		✓	✓	✓		✓		✓	✓
R28		✓		✓											✓			✓		✓

7. Initial GUI Sketches

Below are some wireframe sketches that demonstrate the expected user interface for Mom Village the System.

 Mom Village

Dashboard Health Care Profiles Q. Search

 Sign In  Get Started



Join MomCare

Start your journey with us today

I am a:

 Mother  Doctor

First Name Last Name

Email Address

Phone Number

Password Confirm Password

Expected Due Date mm/dd/yyyy 

 Create Account

Already have an account? [Sign In](#)

 Mom Village

Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

  

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Nutrition Plans
Consultations
Mental Health

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Health
Care
Profiles
Q. Search
Sign In
Get Started

Your Journey to Motherhood Starts Here

A trusted digital companion providing personalized care, expert guidance, and emotional support throughout your pregnancy and postpartum journey in our caring village community.

[Start Your Journey](#) [Watch Demo](#)

Today's Message for You
"Week 24: Your baby is about the size of a cantaloupe! Their hearing is developing, so feel free to talk, sing, or play music. You're doing amazing, mama!"

Week 24 2nd Trimester

Everything You Need in One Place

Comprehensive tools and resources designed to support you through every stage of your motherhood journey.



Pregnancy Tracker

Track your baby's growth week by week with personalized insights and milestones.



Nutrition Plans

Get customized meal plans and nutrition guidance for a healthy pregnancy.



Online Consultations

Connect with certified doctors and specialists from the comfort of your home.



Mental Health Support

Access resources and support for emotional wellbeing during pregnancy and postpartum.



Medication Safety

Check medication safety and get alerts about what's safe during pregnancy.



Vaccination Tracker

Keep track of important vaccinations for you and your baby.

Quick Access

Jump right into the tools you need most:



Pregnancy Tracker

Track your progress



Nutrition Plans

Healthy eating guide



Consultations

Talk to experts



Emergency

24/7 support

Trusted by Thousands of Mothers



"Mom Village has been my lifeline throughout pregnancy. The daily tips and tracking features helped me stay informed and confident."

Sarah Johnson
New Mom



"I recommend Mom Village to all my patients. It's a comprehensive platform that truly supports mothers through their journey."

Dr. Emily Chen
Obstetrician



"The mental health support and community features made such a difference during my postpartum period. Highly recommended!"

Maria Rodriguez
Mother of Two

Ready to Start Your Journey?

Join thousands of mothers who trust Mom Village for their pregnancy and postpartum care.

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Mom Village
Your trusted digital companion for pregnancy and postpartum care, providing personalized guidance and emotional support in our caring village community.

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- Consultations
- Mental Health

Support

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Mom Village

Dashboard Health Care Profiles Search

Sign In Get Started

Baby Profiles

Track your baby's growth, milestones, and health records

Emma Johnson
1 year 6 months old
Born on 3/15/2024

Current Stats
12 lbs 8 oz
23 inches

Profile Growth Chart Milestones Vaccinations

Basic Information		Physical Stats	
Name	Emma Johnson	Birth Weight	7 lbs 2 oz
Gender	Girl	Birth Length	20 inches
Date of Birth	03/15/2024	Current Weight	12 lbs 8 oz
Notes	Healthy baby girl, breastfeeding well, sleeping through the night		

Mom Village
Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.
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Heart icon Mom Village
 Dashboard Health Care Profiles Q. Search
Sign In Get Started

Doctor Profile

Manage your professional information and practice details

Dr. Emily Rodriguez
 Obstetrics & Gynecology
 12 years of experience
 ★★★★☆ 4.7 (3 reviews) • License: MD-12345-NY

\$200
Consultation Fee
Telemedicine Emergency

0
 Today's Appointments

4.7
 Average Rating

1
 Patients Treated

12
 Years Experience

Profile Schedule Appointments Reviews

Personal Information

Full Name: Dr. Emily Rodriguez

Email: dr.rodriguez@momcare.com

Phone: +1 (555) 234-5678

Specialization: Obstetrics & Gynecology

License Number: MD-12345-NY

Years of Experience:

Professional Details

Education: MD from Johns Hopkins University, Residency at Mayo Clinic

Consultation Fee: \$200

Bio: Dr. Emily Rodriguez is a board certified obstetrician-gynecologist with over 12 years of experience in women's health. She specializes in high-risk pregnancies, prenatal care, and minimally invasive gynecologic surgery. Dr. Rodriguez is passionate about providing comprehensive, compassionate care.

Telemedicine Available

Emergency Consultations

Accepts Insurance

Certifications

Board Certified in Obstetrics & Gynecology

Maternal-Fetal Medicine Subspecialty

Advanced Life Support in Obstetrics (ALSO)

Fetal Echocardiography Certification

Languages & Affiliations

Languages

English

Spanish

Portuguese

Hospital Affiliations

St. Mary's Medical Center

Women's Health Institute

Metropolitan General Hospital

Heart icon Mom Village

Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community.

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Welcome back, Sarah Johnson! 🙌

Here's your pregnancy journey overview

Pregnancy Progress

Week 24

Trimester 2

Due Date
2024-08-15

60% complete

Baby Size



About the size of a mango

Weight Gain

12 lbs

Within healthy range

Upcoming Reminders

Prenatal Checkup

2024-03-20 at 10:00 AM

Prenatal Vitamins

Daily at 8:00 AM

Tdap Vaccine

2024-03-25 at 2:00 PM

Prenatal Yoga

Today at 6:00 PM

[View all reminders →](#)

Quick Actions

Pregnancy Progress

Week 24

Trimester 2

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[View all reminders →](#)

Pregnancy Info

Nutrition

Exercises

Consultations

Emergency Contact

Call Emergency

24/7 Support Available

Today's Tip

Stay Hydrated: Drink at least 8-10 glasses of water daily to support your baby's development and prevent dehydration.

[Learn more about nutrition →](#)

Today's Tip

Stay Hydrated: Drink at least 8-10 glasses of water daily to support your baby's development and prevent dehydration.

[Learn more about nutrition →](#)

Pregnancy Month by Month

Track your pregnancy journey with detailed monthly information

Select Month



Month 1



Month 2



Month 3



Month 4



Month 5



Month 6



Month 7



Month 8



Month 9

Baby Development - Sixth Month



Size of a Corn

Your baby is growing rapidly!

Medical Care & Tests

Recommended Tests

Glucose screening

Blood count check

Urine protein test

Select Month



Month 1



Month 2



Month 3



Month 4



Month 5



Month 6



Month 7



Month 8



Month 9

Baby Development - Sixth Month



Size of a Corn

Your baby is growing rapidly!

Common Symptoms

- Stronger baby kicks
- Shortness of breath
- Swollen feet
- Braxton Hicks

Body Changes

- Belly button may pop out
- Weight gain accelerates
- Joint loosening

Medical Care & Tests

Recommended Tests

Glucose screening

Blood count check

Tips & Recommendations

Elevate feet when resting

Wear compression socks

Practice breathing exercises

Previous Month

Month 6 of 9

Next Month

• Braxton Hicks

Body Changes

- Belly button may pop out
- Weight gain accelerates
- Joint loosening

wear compression socks

Practice breathing exercises

Previous Month

Month 6 of 9

Next Month

Nutrition Guide

Complete nutrition guidance for a healthy pregnancy

 Meal Plans

 Food Safety

 Vitamins

Select Trimester

Trimester 1

Trimester 2

Trimester 3

Breakfast

Foods

- Oatmeal with banana
- Scrambled eggs
- Whole grain toast
- Calcium-fortified juice

Key Nutrients

Fiber Protein Calcium B vitamins

Lunch

Foods

- Turkey and cheese sandwich
- Spinach salad
- Yogurt
- Water

Key Nutrients

Protein Iron Calcium Hydration

Dinner

Foods

- Lean beef stir-fry
- Brown rice
- Mixed vegetables
- Milk

Key Nutrients

Iron Protein Vitamins Calcium

Snacks

Foods

- Trail mix
- String cheese
- Fruit smoothie
- Whole grain crackers

Key Nutrients

Healthy fats Protein Vitamins Energy

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Exercise & Mental Health

Safe exercises and mental health support for pregnancy

[Exercise Guide](#)
[Mental Health](#)
[Self Assessment](#)

Trimester

[Trimester 1](#)
[Trimester 2](#)
[Trimester 3](#)

Category

[All Categories](#)


Prenatal Yoga Flow

Yoga • 20-30 minutes

Benefits

Improves flexibility | Reduces stress | Better sleep

[View Details](#)


Walking Program

Cardio • 30-45 minutes

Benefits

Cardiovascular health | Weight management | Mood improvement

[View Details](#)


Swimming & Water Aerobics

Water Exercise • 30-40 minutes

Benefits

Low impact exercise | Reduces swelling | Supports body weight

[View Details](#)


Pelvic Floor Exercises

Strength • 10-15 minutes

Benefits

Prevents incontinence | Supports pelvic organs | Aids in delivery

[View Details](#)


Prenatal Pilates

Pilates • 25-35 minutes

Benefits

Core strength | Better posture | Balance improvement

[View Details](#)


Breathing Exercises

Relaxation • 10-20 minutes

Benefits

Stress reduction | Better oxygen flow | Labor preparation

[View Details](#)

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Vaccination Tracker

Track vaccinations for mother and baby

- Vaccination Schedule
- My Records
- Reminders

Filter by: All Vaccines Mother Baby

Tdap (Tetanus, Diphtheria, Pertussis) Completed

27-36 weeks pregnant ♀ Mother

Description
Protects mother and baby from whooping cough, tetanus, and diphtheria

Schedule (1 doses)
Dose 1: Between 27-36 weeks of pregnancy

Next Due
Next pregnancy

Why It's Important
Critical for protecting newborn from whooping cough in first months

Common Side Effects
Mild pain at injection site Low-grade fever Fatigue

+ Record Vaccination Set Reminder

Influenza (Flu Shot) Due

Any trimester ♀ Mother

Description
Protects against seasonal influenza viruses

Schedule (1 doses)
Dose 1: Annually during flu season

Next Due
October 2024

Why It's Important
Reduces risk of flu complications during pregnancy

Common Side Effects
Mild soreness Low-grade fever

+ Record Vaccination Set Reminder

COVID-19 Vaccine Scheduled

Any trimester ♀ Mother

Description
Protects against COVID-19 infection

Schedule (2 doses)
Dose 1: Initial series
Dose 2: Boosters as recommended

Next Due
March 25, 2024

Why It's Important
Reduces severe illness risk and passes antibodies to baby

Common Side Effects
Injection site pain Fatigue Headache

+ Record Vaccination Set Reminder

Hepatitis B Scheduled

Birth - 18 months ♂ Baby

Description
Protects against hepatitis B virus infection

Schedule (3 doses)
Dose 1: At birth
Dose 2: 1-2 months
Dose 3: 6-18 months

Next Due
At birth

Why It's Important
Prevents chronic liver disease

Common Side Effects
Mild fever Soreness at injection site

+ Record Vaccination Set Reminder

DTaP (Diphtheria, Tetanus, Pertussis) Scheduled

2 months - 6 years

Description
Protects against diphtheria, tetanus, and whooping cough

Schedule (5 doses)
Dose 1: 2 months
Dose 2: 4 months
Dose 3: 6 months
Dose 4: 12-18 months
Dose 5: 4-6 years

Next Due
2 months after birth

Why It's Important
Prevents serious bacterial infections

Common Side Effects
Mild fever Ruiness Injection site redness

+ Record Vaccination Set Reminder

Polio (IPV) Scheduled

2 months - 6 years

Description
Protects against poliovirus

Schedule (4 doses)
Dose 1: 2 months
Dose 2: 4 months
Dose 3: 6-18 months
Dose 4: 4-6 years

Next Due
2 months after birth

Why It's Important
Prevents paralytic polio

Common Side Effects
Mild soreness Low grade fever

+ Record Vaccination Set Reminder

MMR (Measles, Mumps, Rubella) Scheduled

12 months - 6 years ♂ Baby

Description
Protects against measles, mumps, and rubella

Schedule (2 doses)
Dose 1: 12-15 months
Dose 2: 4-6 years

Next Due
12 months after birth

Why It's Important
Prevents serious viral infections

Common Side Effects
Mild rash Fever Swollen glands

+ Record Vaccination Set Reminder

Varicella (Chickenpox) Scheduled

12 months - 6 years ♂ Baby

Description
Protects against chickenpox

Schedule (2 doses)
Dose 1: 12-15 months
Dose 2: 4-6 years

Next Due
12 months after birth

Why It's Important
Prevents chickenpox and complications

Common Side Effects
Mild fever Itchy rash at injection site

+ Record Vaccination Set Reminder

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🔍 Search

Find doctors, medications, exercises, nutrition info, and more

Search for doctors, medications, exercises, foods...

All Doctors Medications Exercises Foods Articles Tips

 Search

🔥 Popular Searches

- Q prenatal vitamins
- Q morning sickness
- Q safe exercises
- Q vaccination schedule
- Q breastfeeding tips
- Q emergency contacts
- Q nutrition guide
- Q depression symptoms

🔗 Quick Access

- | | |
|--|--|
|  Find Doctors |  Medication Safety |
|  Exercise Guide |  Nutrition Tips |
|  Pregnancy Info |  Emergency Contacts |

💡 Search Tips

What you can search for:

- Doctor names and specializations
- Exercise types and pregnancy safety
- Food safety and nutrition guidelines
- Pregnancy symptoms and information
- Vaccination schedules and requirements

Search tips:

- Use specific terms for better results
- Use category filters to narrow results
- Search for symptoms, not just conditions
- Include trimester information when relevant

The dashboard features a top navigation bar with links for Dashboard, Health, Care, Profiles, Search, Sign In, and Get Started. The main header is "Breastfeeding Management" with a subtitle "Track feeding sessions and get expert guidance". Below the header are three tabs: Feeding Tracker (selected), Tips & Guidance, and Common Challenges.

Feeding Timer: A large circular button with a play icon, labeled "Select Side" with options Left, Right, and Both. A "Start Feeding" button is at the bottom.

Recent Sessions: A table showing three entries:

- 08:30: 25 min • left side. Good latch, baby seemed satisfied. Date: 2024-03-20.
- 11:45: 20 min • right side. Date: 2024-03-20.
- 15:20: 30 min • both side. Switched sides after 15 minutes. Date: 2024-03-20.

 An "Add Manual Entry" button is located at the top right of this section.

Today's Stats: Summary statistics for the day:

- Total Sessions: 0
- Total Duration: 0 min
- Average Duration: 0 min
- Left Side: 0
- Right Side: 0

Next Feeding Reminder: Shows an estimated next feeding in 2 hours, with a "Set Custom Reminder" button.

Mom Village: A sidebar with a description: "Your trusted digital companion for pregnancy and postpartum care. Nurturing mothers with comfort, health guidance, and emotional support in our caring village community." It includes social media links (Facebook, Instagram, Twitter) and a "Powered by Readydy" footer link.

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Dashboard Health Care Profiles Search Sign In Get Started

Doctor Consultations

Connect with qualified healthcare professionals

Find Doctors My Appointments Consultation History

Search doctors... All Specializations All Genders



Dr. Sarah Ahmed
Obstetrics & Gynecology

12 years experience
4.9 rating
Cairo Medical Center
500 EGP
Available: Mon, Wed, Fri
Book Chat



Dr. Mohamed Hassan
Maternal-Fetal Medicine

15 years experience
4.8 rating
Alexandria Hospital
600 EGP
Available: Tue, Thu, Sat
Book Chat



Dr. Fatima El-Sayed
High-Risk Pregnancy

18 years experience
4.9 rating
Giza Women's Hospital
700 EGP
Available: Mon, Tue, Thu
Book Chat



Dr. Ahmed Mansour
Reproductive Endocrinology

10 years experience
4.7 rating
Marsa Medical Center
Available: Wed, Fri, Sun
Book Chat



Dr. Nadia Farouk
Prenatal Care

14 years experience
4.8 rating
El Goyoubi Health Center
Available: Mon, Wed, Sat
Book Chat



Dr. Khaled Ibrahim
Ultrasound Specialist

8 years experience
4.6 rating
Adwajah Medical Center
Available: Tue, Thu, Fri
Book Chat

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[Dashboard](#) [Health](#) [Care](#) [Profiles](#) [Q. Search](#)

[Sign In](#)

[Get Started](#)

📞 Emergency Contacts

Quick access to important contacts during pregnancy

 **Emergency:** If you're experiencing a life-threatening emergency, call 123 immediately. For pregnancy-related concerns, contact your healthcare provider first.

[>All Contacts](#)

[Emergency](#)

[Medical](#)

[Family](#)

[+ Add Contact](#)

Emergency Services

 **emergency**

 24/7

Emergency

123

General emergency services





Dr. Sarah Ahmed

 medical

Obstetrician

+20-12-345-6789

Primary OB/GYN - Emergency line available





Cairo Medical Center

 medical

 24/7

Hospital

+20-2-123-4567

Maternity ward emergency





Ahmed Hassan

 family

 24/7

Husband

+20-10-987-6543

Primary emergency contact





Fatima Hassan

 family

 24/7

Mother

+20-11-234-5678

Secondary emergency contact





Poison Control Center

 emergency

 24/7

Poison Control

16123

For medication or poisoning emergencies





ⓘ When to Call Emergency Services

- > Severe bleeding that won't stop
- > Signs of stroke (sudden weakness, confusion, severe headache)
- > Difficulty breathing or chest pain
- > Severe abdominal pain
- > Loss of consciousness
- > Signs of preeclampsia (severe headache, vision changes, upper abdominal pain)

ⓘ When to Call Your Doctor

- > Persistent nausea and vomiting
- > Fever over 100.4°F (38°C)
- > Decreased fetal movement
- > Unusual vaginal discharge
- > Severe morning sickness
- > Concerns about medication safety

ⓘ What to Tell Emergency Responders

- > Your current pregnancy week
- > Your due date
- > Any pregnancy complications
- > Current medications
- > Your doctor's name and contact info

⚡ Quick Actions

[Call Emergency \(123\)](#)

[Poison Control \(16123\)](#)

[Call My Doctor](#)

📍 Location Services

Share your location with emergency contacts for

[Share My Location](#)


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Dashboard Health Care Profiles Search Sign In Get Started

Medication Safety Guide

Check medication safety during pregnancy

Important: Always consult your healthcare provider before taking any medication during pregnancy. This guide is for informational purposes only and should not replace professional medical advice.

Search medications... All Categories All Trimesters

Safety Categories

- Safe** Generally safe when used as directed
- Use with Caution** Consult doctor before use
- Avoid** Not recommended during pregnancy

Acetaminophen (Tylenol) Pain Relief Description : Generally safe for pain and fever relief during pregnancy when used as directed. Trimester Safety : T1 T2 T3 Alternatives : Rest, Cold compress, Warm bath	Ibuprofen (Advil, Motrin) Pain Relief Description : Avoid in third trimester. May cause complications with baby's heart and kidneys. Trimester Safety : T1 T2 T3 Alternatives : Acetaminophen, Physical therapy, Rest
Aspirin Pain Relief Description : Low dose aspirin may be prescribed by doctor. Avoid regular doses. Trimester Safety : Alternatives : Acetaminophen, Doctor consultation	Prenatal Vitamins Vitamins Description : Essential for healthy pregnancy. Contains folic acid, iron, and other nutrients. Trimester Safety
Folic Acid Vitamins Description : Prevents neural tube defects. Recommended before conception and during pregnancy. Trimester Safety : T1 T2 T3	Iron Supplements Vitamins Description : Prevents anemia. May cause constipation - increase fiber intake. Trimester Safety : T1 T2 T3 Alternatives : Iron-rich foods, Vitamin C to enhance absorption
Diphenhydramine (Benadryl) Allergy Description : Safe for allergies and sleep aid when used occasionally. Trimester Safety : T1 T2 T3 Alternatives : Saline nasal spray, Humidifier, Avoid allergens	Loratadine (Claritin) Allergy Description : Safe antihistamine for seasonal allergies. Trimester Safety : T1 T2 T3 Alternatives : Avoid allergens, Nasal irrigation
Pseudoephedrine (Sudafed) Cold/Hu Description : Avoid in first trimester. May be used later with doctor approval. Trimester Safety : T1 T2 T3 Alternatives : Saline spray, Humidifier, Steam inhalation	Dextromethorphan Cold/Hu Description : Safe cough suppressant when used as directed. Trimester Safety : T1 T2 T3 Alternatives : Honey, Warm tea, Humidifier
Antacids (Tums, Rolaids) Digestive Description : Safe for heartburn relief. Choose calcium-based antacids. Trimester Safety : T1 T2 T3 Alternatives : Small frequent meals, Avoid spicy foods, Sleep elevated	Simethicone (Gas-X) Digestive Description : Safe for gas relief as it's not absorbed into bloodstream. Trimester Safety : T1 T2 T3 Alternatives : Avoid gas-producing foods, Eat slowly, Walk after meals
Warfarin Blood Thinner Description : Can cause birth defects. Heparin is safer alternative if blood thinning needed. Trimester Safety : T1 T2 T3 Alternatives : Heparin (under medical supervision)	ACE Inhibitors Blood Pressure Description : Can cause kidney problems and growth restriction in baby. Trimester Safety : T1 T2 T3 Alternatives : Methyldopa, Labetalol (under medical supervision)
Retinoids (Accutane) Skin Description : Highly teratogenic. Can cause severe birth defects. Trimester Safety : T1 T2 T3 Alternatives : Topical treatments, Consult dermatologist	Emergency Medication Questions If you have urgent questions about medication safety or have accidentally taken something you're unsure about, contact your healthcare provider immediately or call: Poison Control : 1-800-222-1222 Your Doctor : [Your doctor's emergency line]

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Mental Health Support

Resources for emotional wellbeing during pregnancy and postpartum

 Information

 Self-Assessment

 Coping Tips

 Resources

Prenatal Depression

Prenatal depression affects 10-20% of pregnant women. It's a serious condition that can impact both mother and baby.

Common Symptoms:

- > Persistent sadness or anxiety
- > Loss of interest in activities
- > Fatigue and sleep problems
- > Difficulty concentrating
- > Changes in appetite

Postpartum Depression

Postpartum depression affects 10-15% of new mothers and can occur up to a year after delivery.

Warning Signs:

- > Severe mood swings
- > Difficulty bonding with baby
- > Overwhelming fatigue
- > Feelings of inadequacy
- > Thoughts of harming self or baby

Risk Factors & Prevention

Risk Factors:

- Previous history of depression
- Hormonal changes
- Lack of support system
- Stressful life events
- Unplanned pregnancy
- Relationship problems

Prevention Strategies:

- Build strong support network
- Practice stress management
- Maintain healthy lifestyle
- Regular prenatal care
- Open communication with partner
- Seek help early if needed

Important Notice

If you are experiencing thoughts of self-harm or harming your baby, please seek immediate help. Contact emergency services (911), your healthcare provider, or a crisis hotline. This information is for educational purposes and does not replace professional medical advice.

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