

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
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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.

R14.1.1

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.

R18- Breastfeeding Management

R18.1 The mother can track and manage breastfeeding sessions.

R18.1.1 The system shall track duration, frequency, and side used (left/right).

R18.1.2 The system can also provide reminders and helpful breastfeeding tips.

R19- Family Planning Management

R19.1 The system allows the mother to learn about and manage family planning methods.

R19.1.1 The system will provide information on different contraceptive options, their effectiveness, possible side effects, and reminders for appointments.

R20-Mother Vaccination Follow-up

R20.1 The system allows the mother to record, track, and receive reminders about her prescribed medications and vaccination schedule.

R20.1.1 The system will also provide dosage instructions and alerts for upcoming or missed doses.

R21-Search Functionality

R21.1 The system shall allow users to search for: Doctors, Medications, Exercises, Foods or cosmetics.

R22-AI Chatbot for Instant Support

R22.1 The system shall provide an AI-powered chatbot for instant, user support and information

retrieval.

R22.1.1 The chatbot must be trained on all app content, including foods, cosmetics, medications, symptoms, and exercises.

R23-Tandem Nursing and Pregnancy Breastfeeding Support

R23.1 The system shall provide specialized guidance and tools for managing Tandem Nursing and breastfeeding during pregnancy.

R23.1.1 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.

R23.1.2 The system shall provide customized nutritional advice for mothers who are pregnant and breastfeeding, focusing on increased caloric and nutrient requirements.

R23.1.3 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.

R24-Chronic and Gestational Health Management

R24.1 The system shall provide dedicated tools for managing and monitoring chronic and gestational health conditions (e.g., Gestational Diabetes and hypertension).

R24.1.1 The system must allow the mother to regularly log **blood sugar readings** (pre- and post-meals) and **blood pressure levels**.

R24.1.2 The system shall analyze the logged data () and issue **immediate alerts** if readings exceed recommended safe thresholds, instructing the mother to contact her doctor.

R25-Alerts and notification to ensure successful tracking

R25.1 The system shall implement a comprehensive, personalized notification system to prompt necessary user actions and ensure successful health tracking.

R25.1.1 The system shall send **proactive, context-aware reminders** for mothers.

R26-Payment and subscription methods

R26.1 The system shall implement secure, reliable, and user-friendly payment and subscription mechanisms to facilitate financial transactions.

R26.1.1 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. 3.4 viewBabyProfile: Displays baby's details and growth data.</p>	<pre>interface IBabyProfile { void createBabyProfile(); void updateBabyProfile(BabyData data); void deleteBabyProfile(); Baby viewBabyProfile(String babyId); }</pre>

4. Doctor Profile Management	<p>4.1 createDoctorProfile: Registers new doctors with specialization details.</p> <p>4.2 updateDoctorProfile: Allows updates to schedules and info.</p> <p>4.3 deleteDoctorProfile: Deletes doctor profile.</p> <p>4.4 viewDoctorProfile: Shows doctor details for patient selection.</p>	<pre>interface IDoctorProfile { void createDoctorProfile(); void updateDoctorProfile(DoctorData data); void deleteDoctorProfile(); Doctor viewDoctorProfile(String doctorId); }</pre>
5. Nutrition & Diet Management	<p>5.1 getNutritionPlan: Provides personalized meal plans by pregnancy stage.</p> <p>5.2 viewDailyTips: Displays healthy diet tips and vitamin suggestions.</p> <p>5.3 trackWaterIntake: Allows daily hydration tracking.</p> <p>5.4 ForbiddenFoods: Lists foods/drinks to avoid each month.</p> <p>5.6 GetDietaryGuidance: Recommend nutrition advice.</p>	<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	<p>6.1 getCosmeticWarnings: Lists unsafe cosmetics.</p> <p>6.2 getRecommendedCosm: List recommended cosmetics.</p>	<pre>Interface ICosmeticInfo {getCosmeticWarnings(); getRecommendedCosm();}</pre>
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>
10. Depression Awareness & Mental Health	<p>10.1 showDepressionInfo: Provides awareness content on prenatal/postnatal depression.</p> <p>10.2 selfAssessment: Enables mothers to take a depression self-test.</p> <p>10.3 showCopingTips: Offers relaxation and counseling resources.</p>	<pre>interface IMentalHealthModule { void showDepressionInfo();List<Tip> showCopingTips(); } interface ISelfAssessment {selfAssessment(TestAnswers answers); }</pre>
11. Exercise & Physical Recovery Management	<p>11.1 getPregnancyExercises: Lists trimester-specific safe exercises.</p> <p>11.2 getPostpartumExercises: Provides postpartum recovery exercises.</p> <p>11.3 logExerciseActivity: Records daily exercise logs.</p>	<pre>interface IExerciseSystem { List<Exercise> getPregnancyExercises(int month); List<Exercise> getPostpartumExercises(int week); void logExerciseActivity(String motherId, ExerciseData data); }</pre>

12. Breastfeeding & Family Planning	<p>12.1 manageBreastfeeding: Tracks breastfeeding sessions and reminders.</p> <p>12.2 getContraceptiveInfo: Displays available contraceptive options and side effects.</p> <p>12.3 getLaborComparison: Displays detailed comparison of natural vs. C-section labor.</p>	<pre>interface IFamilyPlanning { void List<Contraceptive> getContraceptiveInfo(); void } interface IContraceptiveInfo { manageBreastfeeding(BreastfeedSession session);} interface ILaborCompare{ getLaborComparison();</pre>
13. Emergency & Alert System	<p>13.1 emergencyContact: One-click contact with doctor/hospital.</p> <p>13.2 19.3 issueCriticalAlert: Triggers immediate alerts when readings are unsafe, advising doctor contact.</p>	<pre>interface IEmergencySystem { void emergencyContact(String motherId); } interface IAlerts{ issueCriticalAlert(String motherId, ReadingData data);</pre>
14. Feedback & Rating System	<p>14.1 submitFeedback: Allows mothers to submit feedback on doctors or the app.</p> <p>14.2 viewRatings: Displays average ratings for doctors.</p>	<pre>interface IFeedbackSystem { void submitFeedback(String userId, FeedbackData feedback); List<Feedback> viewRatings(String doctorId); }</pre>
15. Data Privacy & Security Management	<p>15.1 encryptData: Encrypts sensitive information before storage.</p> <p>15.2 verifyAccess: Ensures authorized access to data.</p> <p>15.3 backupDatabase: Performs regular encrypted backups.</p>	<pre>interface ISecuritySystem { String encryptData(String data); boolean verifyAccess(String userId, String resource); void backupDatabase(); }</pre>
16. Search & Recommendation Engine	<p>16.1 searchContent: Allows users to search doctors, exercises, or foods.</p> <p>16.2 recommendNutrition: Suggests nutrition plans based on profile.</p> <p>16.3 recommendDoctor: Recommends doctors based on specialization and location.</p>	<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.	interface IPersonalizationSystem { DashboardData displayDashboard(String userId);}
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).	Interface PaymentResult{ processPayment(PaymentData data); void manageSubscription(SubscriptionAction action);}
19. Specialized Health & Tandem Care	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.	interface ISpecializedCare { void logHealthReading(HealthReading reading); AnalysisResult analyzeHealthData(String motherId);} interface ITandemGuidance{ getTandemGuidelines(); NutritionAdvice getTandemNutritionAdvice(); MilkChangeInfo getMilkChangeInfo(); }

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
R1	✓														✓				

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R2		✓															✓		
R3			✓						✓								✓		
R4				✓				✓								✓			
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
R10										✓	✓					✓			
R11											✓					✓	✓		
R12											✓	✓							
R13													✓						
R14	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R15								✓						✓					
R16	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓	✓
R17		✓	✓		✓	✓	✓		✓	✓	✓	✓					✓		✓
R18								✓							✓				

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
R19			✓						✓								✓		
R20		✓					✓										✓		
R21				✓	✓	✓	✓	✓	✓	✓	✓	✓				✓			✓
R22					✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓		✓	
R23					✓							✓							✓
R24							✓				✓		✓						✓
R25	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
R26																		✓	

7. Initial GUI Sketches

Below are some wireframe sketches that demonstrate the expected user interface for the Byte-Jobs System.

Home Page:


[Dashboard](#)
[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

Access the tools you need most often.




Pregnancy Tracker

Track your progress




Nutrition Plans

Healthy eating guide



Consultations


Talk to experts



Emergency


24/7 support

Trusted by Thousands of Mothers




"Mam 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 Mam 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 Mam Village for their pregnancy and postpartum care.

[Create Account](#)
[Learn More](#)



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

[f](#) [i](#) [t](#)

Quick Links

- Pregnancy Tracker
- Consultations
- Mental Health

Support

- Help Center
- Privacy Policy
- Terms of Service

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Sign up:

Dashboard
Health
Care
Profiles
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

Create Account

Already have an account? Sign In

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

Quick Links

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Support

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Sign in:

Dashboard
Health
Care
Profiles
Search
Sign In
Get Started

Welcome Back

Sign in to your MomCare account

Email Address

Enter your email

Password

Enter your password

☐ Remember me

Forgot password?

Sign In

Or continue with

Google

Facebook

Don't have an account? Sign Up

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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Powered by Readdy

Mother profile:

Baby profile:


DashboardHealth ▾Care ▾Profiles ▾Search

Sign InGet Started

Baby Profiles

+ Add BabyEdit Profile

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

Name

Emma Johnson

Gender

Girl

Date of Birth

03/15/2024

Notes

Healthy baby girl, breastfeeding well, sleeping through the night

Physical Stats

Birth Weight

7 lbs 2 oz

Birth Length




20 inches

Current Weight

12 lbs 8 oz

Current Length

23 inches



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

Quick Links

Pregnancy Tracker

Nutrition Plans

Consultations

Mental Health

Support

Help Center

Contact Us

Privacy Policy

Terms of Service

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Powered by Ready

Doctor Profile:

Mom Village

Dashboard

Health

Care

Profiles

Q Search

Sign In

Get Started

Doctor Profile

Manage your professional information and practice details

Edit Profile

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

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Pregnancy Tracking:

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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!

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

Baby Development - Sixth Month
Size of a Corn
Your baby is growing rapidly!

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

Dietary guidance:

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Nutrition Guide
Complete nutrition guidance for a healthy pregnancy

Meal Plans

Food Safety

Vitamins

Select Trimester

Trimester 1
Trimester 2
Trimester 3

Breakfast
Foods

- Cakelet with banana
- Scrambled eggs
- Whole grain toast
- Cakery fruit/ed juice

Key Nutrients

- Rice
- Protein
- Calcium
- Iron

Lunch
Foods

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

Key Nutrients

- Protein
- Rice
- Calcium
- Iron

Dinner
Foods

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

Key Nutrients

- Iron
- Protein
- Minerals
- Calcium

Snacks
Foods

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

Key Nutrients

- Protein
- Iron
- Calcium
- Minerals

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Medication Guide:

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Medication Safety Guide

Check medication safety during pregnancy

Important: Check in with your healthcare provider before starting any medication during pregnancy. This guide is for informational purposes only and should not replace professional medical advice.

AI Categories
AI Medication

Safe
Generally safe, often used as directed
 Use with Caution
Consult doctor before use
 Avoid
Not recommended during pregnancy

Acetaminophen (Tylenol)

First Trimester

Description: Generally safe to use but avoid long-term use or high doses.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Acetaminophen](#) [Ibuprofen](#)

Ibuprofen (Advil, Motrin)

First Trimester

Description: Avoid in the first trimester. May cause complications with heart and kidney development.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Acetaminophen](#) [Ibuprofen](#) [Naproxen](#)

Aspirin

First Trimester

Description: Use low-dose aspirin (81mg) if prescribed by your doctor. Avoid regular doses.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Acetaminophen](#) [Ibuprofen](#)

Prenatal Vitamins

First Trimester

Description: Essential for fetal development. Take daily as directed.

Trimester Safety: 1st 2nd 3rd

Folic Acid

First Trimester

Description: Prevents neural tube defects. Recommended before conception and during pregnancy.

Trimester Safety: 1st 2nd 3rd

Iron Supplements

First Trimester

Description: Prevents iron deficiency. Take as directed (check the label).

Trimester Safety: 1st 2nd 3rd

Alternatives: [Iron](#) [Vitamin C](#) [Vitamin B12](#)

Lidocaine (Xylocaine)

First Trimester

Description: Local anesthetic. Use as directed.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Lidocaine](#) [Benzocaine](#)

Pseudoephedrine (Sudafed)

First Trimester

Description: Decongestant. Avoid in the first trimester unless approved by your doctor.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Lidocaine](#) [Ibuprofen](#) [Naproxen](#)

Dextromethorphan

First Trimester

Description: Cough suppressant. Use as directed.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Lidocaine](#) [Benzocaine](#)

Antacids (Tums, Rolaids)

First Trimester

Description: Safe for heartburn. Avoid calcium-based antacids.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Acetaminophen](#) [Ibuprofen](#) [Naproxen](#)

Warfarin

First Trimester

Description: Blood thinner. Can cause fetal bleeding. Avoid unless absolutely necessary.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Acetaminophen](#) [Ibuprofen](#) [Naproxen](#)

ACE Inhibitors

First Trimester

Description: Can cause fetal kidney problems and growth restriction. Avoid.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Acetaminophen](#) [Ibuprofen](#) [Naproxen](#)

Rheumatoids (Acetaminophen)

First Trimester

Description: Highly inflammatory. Can cause severe birth defects.

Trimester Safety: 1st 2nd 3rd

Alternatives: [Acetaminophen](#) [Ibuprofen](#) [Naproxen](#)

Emergency Medication Questions

If you have any questions about medication safety or have accidentally taken something incorrectly, contact your healthcare provider immediately or call:

Poison Control: 1-800-555-1234

Your Doctor: (If it's a life-threatening emergency)

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Exercise Guide:

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

beginner

Yoga • 20-30 minutes

Benefits

[Improves flexibility](#) [Reduces stress](#) [Better sleep](#)

[View Details](#)



Walking Program

beginner

Cardio • 30-45 minutes

Benefits

[Cardiovascular health](#) [Weight management](#)
[Mood improvement](#)

[View Details](#)



Swimming & Water Aerobics

intermediate

Water Exercise • 30-40 minutes

Benefits

[Low impact exercise](#) [Reduces swelling](#)
[Supports body weight](#)

[View Details](#)



Pelvic Floor Exercises

beginner

Strength • 10-15 minutes

Benefits

[Prevents incontinence](#) [Supports pelvic organs](#)
[Aids in delivery](#)

[View Details](#)



Prenatal Pilates

intermediate

Pilates • 25-35 minutes

Benefits

[Core strength](#) [Better posture](#) [Balance improvement](#)

[View Details](#)



Breathing Exercises

beginner

Relaxation • 10-20 minutes

Benefits

[Stress reduction](#) [Better oxygen flow](#) [Labor preparation](#)

[View Details](#)



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Mental Health Support:



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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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Doctor Consultation:

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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
Mortage Excellence Center
Available: Wed, Fri, Sun

Book Chat

Dr. Nadia Farouk
Prenatal Care

14 years experience
4.8 rating
Egyptian Excellence Center
Available: Mon, Wed, Sat

Book Chat

Dr. Khaled Ibrahim
Ultrasound Specialist

8 years experience
4.6 rating
Advanced Innovation Center
Available: Tue, Thu, Fri

Book Chat

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Vaccination Tracking:

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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

27-46 weeks pregnant

Mother

Description

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

Schedule (1 doses)

Dose 1: between 27-46 weeks of pregnancy

Next Due

Next pregnancy

Why It's Important

Crucial for preventing newborn from whooping cough in first months

Common Side Effects

Mild pain at injection site

Integrated here

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 hospitalizations during pregnancy

Common Side Effects

Slight redness

Integrated here

Record Vaccination

Set Reminder

COVID-19 Vaccine

Scheduled

Any trimester

Mother

Description

Protects against COVID-19 infection

Schedule (1 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

Slight sore at injection site

Fatigue

Headache

Record Vaccination

Set Reminder

Hepatitis B

Scheduled

Birth - 16 months

Baby

Description

Protects against hepatitis B virus infection

Schedule (1 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

Slight fever

Soreness at injection site

Record Vaccination

Set Reminder

DTaP (Diphtheria, Tetanus, Pertussis)

Scheduled

2 months - 6 years

Baby

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: 15-18 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

Rash

Injection site redness

Record Vaccination

Set Reminder

Polio (IPV)

Scheduled

2 months - 6 years

Baby

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

Slight redness

Integrated here

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

Fatigue

Mild fever

Injection site redness

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

Fatigue

Mild fever

Injection site redness

Record Vaccination

Set Reminder

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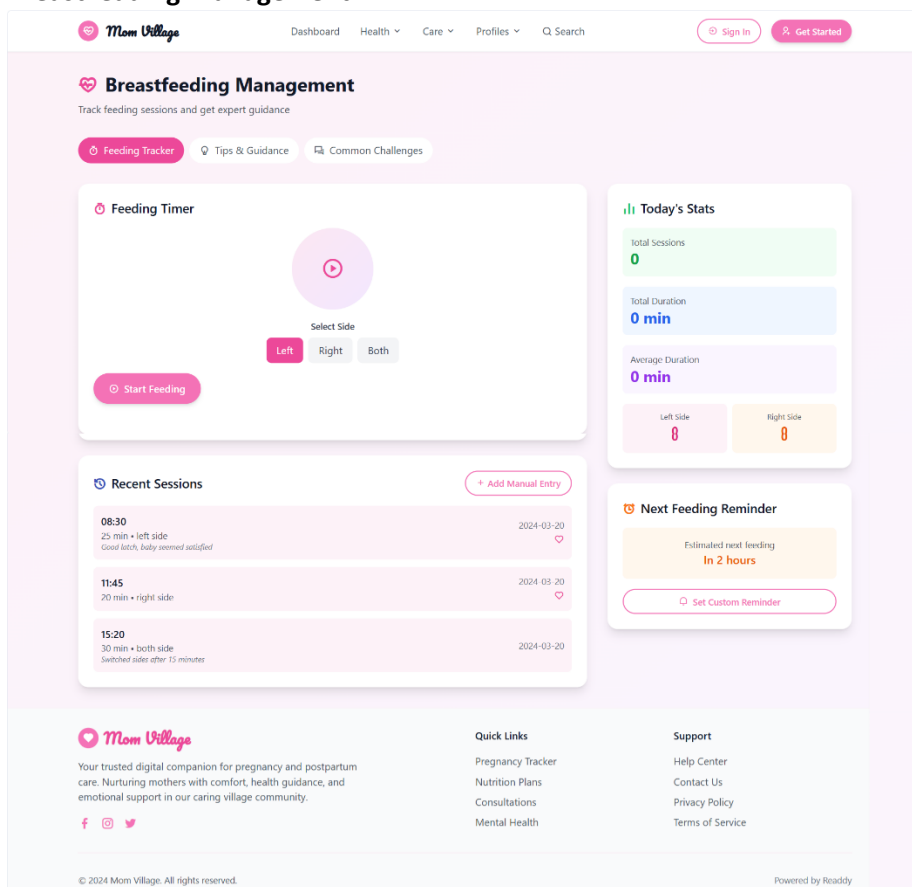
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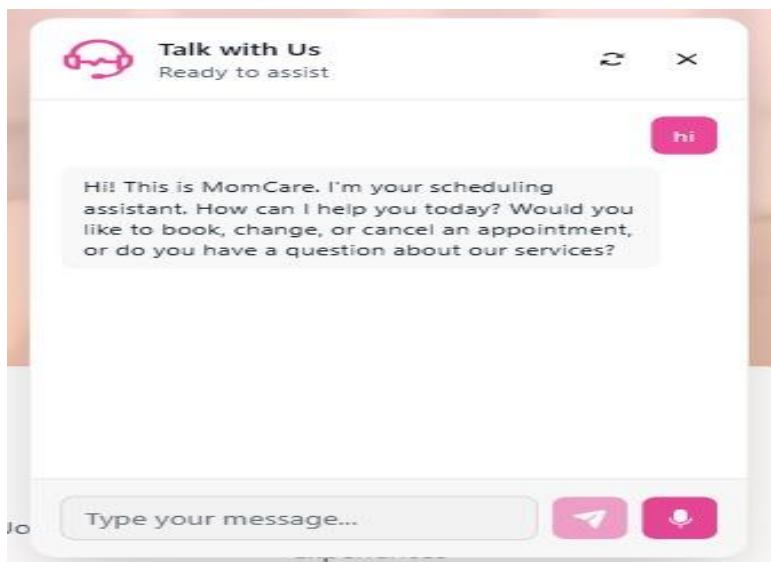
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Emergency Contacts

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

123

General emergency services

Call

Dr. Sarah Ahmed

Obstetrician

+20-12-345-6789

Primary OB/GYN - Emergency line available

Call

Cairo Medical Center

Hospital

+20-2-123-4567

Maternity ward emergency

Call

Ahmed Hassan

Husband

+20-10-987-6543

Primary emergency contact

Call

Fatima Hassan

Mother

+20-11-234-5678

Secondary emergency contact

Call

Poison Control Center

Poison Control

16123

For medication or poisoning emergencies

Call

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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