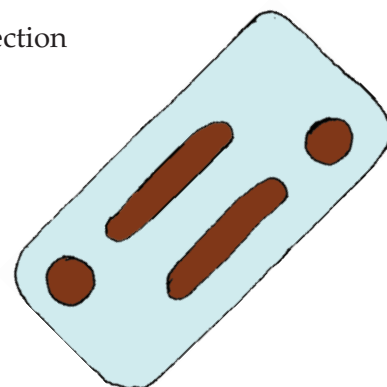


- ◆ Encourage and support for exclusive breastfeeding (Please see section on Breastfeeding-Part C, Section 3)
- ◆ Discuss with the mother the need for contraceptive services. Caution her on the risk of unprotected sex and the high chances of conceiving again. You should counsel her on the importance of spacing the next child birth for her own health and that of the baby. You should help her in making the choice of the method of family planning, whether spacing or limiting.



Complications during the post-partum period

Some women can develop complications after the childbirth. The symptoms of these major complications are:

1. **Excessive bleeding:** Ask the mother if the bleeding is heavy. Often this is quite obvious, but sometimes it may be difficult to judge. If the woman is using more than five pads a day or more than one thick cloth in a day, she is having heavy bleeding. You should immediately refer her to an institution which manages complications. You should also ask the mother to begin breastfeeding immediately, that should help reduce the bleeding. Referral is most urgent. Even the delay of a few minutes can make a difference.
2. **Puerperal Sepsis (Infections):** Ask if the discharge is foul smelling. If the answer is yes, then suspect infection. Fever, chills and pain in abdomen along with the foul smell make infections even more likely. You should measure temperature to confirm fever. Referral is required since the mother needs antibiotics. Referral on the same day is advisable.
3. **Convulsions with or without swelling of face and hands, severe headache, and blurred vision:** Such patients need immediate referral. If ANM is available within 15 minutes, she can stabilise the patient before referral.
4. **Anaemia:** You should check if the mother is pale and enable the mother to get her blood Hb status checked (for management of anaemia in the post-partum period, please see Section 3).
5. **Breast engorgement and Infection:** (Part C: Newborn Health)

