- Emphasise the importance of a balanced and nutritious diet during pregnancy. The diet of the pregnant woman should contain a mix of cereals, pulses (including beans and nuts), vegetables including greens, milk, eggs, meat and fish. If possible, the family should be encouraged to add oils, jaggery and fruits to the diet. Meat and nuts are especially good for anaemic women. You should explain to the mother and family that no foods should be forbidden during pregnancy.

- See when ANC is due for each check-up and remind them appropriately.

- Escort pregnant woman to VHND where they are hesitant or need such support.

- Ensure that all components of ANC are delivered.

- Ensure that the Maternal Card is updated.

Integrated Child Development Services
National Rural Health Mission

Mother and Child Protection Card

Photograph of Mother & Child

Family Identification
Mother's Name _____ Age ____
Father's Name _____
Address _____
Mother's Education: illiterate/primary/middle/high school/graduate

Pregnancy Record
Mother's ID No. _____
Date of the last menstrual period   /   /
Expected date of delivery   /   /
No. of pregnancies/ previous live births
Last delivery conducted at: Institution   Home
Current delivery: Institution   Home
JSY Registration No. _____
JSY payment   Amount _____   Date   /   /

Birth Record
Child's Name _____
Date of Birth   /   /   Birth Weight ____ kgs ____ gms
Girl ___   Boy ___   Birth Registration No: _____

Institutional Identification
AWW _____ AWC/Block _____
ASHA _____ ANM _____
SHC / Clinic _____
PHC / Town _____ Hospital / FRU _____
Contact Nos. ANM _____ Hospital _____
Transport Arrangement _____
AWC Reg. No. ____ Date ____   Sub-centre Reg. No ____ Date ____
Referral _____

Ministry of Women & Child Development, Government of India
Ministry of Health and Family Welfare, Government of India

Planning for a Safe Delivery

You should

- Know how to calculate the EDD and communicate this to the pregnant woman.

- Know which institutions in the area provide different levels of care and establish linkages with providers there.

- At least once before delivery, take the pregnant woman to this centre and introduce her to the providers.

- Know what transport is available – whether funded by the state or other private means – that is easily accessible and affordable and how to call on it when the need arises.

- Assist all pregnant women and families to prepare plans for birth: including identifying funding sources should money be required at short notice. Sometimes Self-Help Groups (SHGs) may advance money in emergency even if the woman is not a member. This is most important for women in remote hamlets, or in communities which are currently not availing of institutional delivery or those at high risk for complications.

- Know what records (BPL card) need to be carried to the institution.

- Share birth plans with ANM and PHC MO at the VHND or monthly meeting.

- Identify mothers with complications, or a high likelihood of developing complications with support from the ANM. Inform them of the institutions that it is most advisable for them to go to and motivate the mother and the family to go there and escort them if required.