



## Ensure Mother's Health, Insure Child's Future

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A little smile, a small wink, a sweet cuddle, a familiar gaze from your little bundle of joy make you feel content.

But what if something happens to this innocent, sacred form of love, and you will be informed that happened because of you. Directly- indirectly, deliberately- in deliberately sometimes big things happen and we regret ourselves later, why don't we paid attention? Why didn't notice or tried to know about such conditions before?

In the context of a child every mother should pay attention to certain things or aspects so that there will be no ground left to regret later. Any mother never intends to harm their baby in any way. Even she can risk her own life to keep her offspring safe and secure. A child is affected by both: the primary or inner environment (i.e. The mother's womb) and the secondary or outer environment (i.e. The family, society etc).

The safer and healthier the inner world be, more the child will be able to face the challenges of the outer world.

Only a mother can insure a child's better future by ensuring her own health by fulfilling the nutrient requirements of her child.

Nutritional care includes not only the precautions and care to be taken during the pregnancy period but the preparation of conception i.e. pre-conception period.

If a mother is not healthy enough to conceive, she can't be sure that she would be able to give birth to a healthy and mature baby.

WHO, UNICEF always recommend adopting healthy lifestyle and provide maximum nutrition to the mother and the fetus. WHO is continuously and vigorously working on to develop low cost

protein rich foods for babies and infants. Dietary guidelines for pregnant and lactating mothers have also been released as a technical bulletin, the RDA (Recommended dietary allowances) with appropriate changes for the specific conditions are also provided so that health of mother and fetus both can be assured. It also provides the guidelines for calcium supplementation, iron and folic acid supplementation in pregnant women.

This will help in increasing the immunity levels, reduce the mortality and morbidity rate. After applying these guidelines and following the recommendations mother and child will be less susceptible to diseases and nutritional deficiencies resulting in less no. of: Low Birth Weight (LBW) babies, pre-term babies and Short for Date (SFD) babies.

This will also seize the passing on of malnutrition, generation to generation.

The benefits don't end here. Following the appropriate feeding techniques will significantly decrease the rate of stunting and obesity in new born and it will sharp their brains as well.

Immunization and supplementation also play a very important role as it reduces the risk of severe and deadly diseases like HIV, cholera, typhoid etc.

A sedentary mother requires additional 350 Kcal, 600 kcal, 520 kcal of energy, 23 gm, 19 gm and 13 gm protein, 1200 mg of Calcium, 35 mg, 25 mg of iron in pregnancy and lactation stages of 0-6 months, and 6-12 months, respectively to establish a good nutritional status. So that the baby can use the female reserves without compromising the health of the mother.

It is the mother's responsibility to be aware and the collective efforts of the family and society to help her in getting aware of the facts and information she needs to be follow and apply during the critical period.

Note: Do not compromise your health and put your child in a state, where the damage can't be reversed.

Stay healthy, stay active, stay informed.

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