Area 1: Healthy Eating

Key Messages:

☑️ Mother and child health is strongly linked.

☑️ A mother’s balanced diet during pregnancy helps the baby to grow well.

☑️ A mother’s balanced diet after pregnancy makes her breast milk more nourishing.

☑️ A healthy mother can take better care of her family.

Area 2: Promote Rest

Key Messages:

☑️ It is important for a mother to rest properly during pregnancy and after giving birth.

☑️ A good night’s sleep enables the mother to function well during the day.

☑️ A well-rested mother is able to look after her children well.
THINKING HEALTHY PROGRAMME
PEER DELIVERED

Health Poster

Group Session 02
Area 3: Promote the Mother-Child Relationship

Key Messages:

- Small activities to prepare for the baby’s arrival help to develop the bond between them.
- Playing and talking with the baby after birth strengthens the bond between the mother and baby.
- The bond between the mother and the child is important for a child’s development.

Area 4: Promote Antenatal and Postnatal Checkups

Key Messages:

- Routine check-ups help to diagnose any complications and take necessary steps to deal with them.
- Routine check-ups help the mother to overcome her anxieties about pregnancy and child birth.
- Routine check-ups are important for both mother and her child.
Key Messages:

- Support of others helps the mother to overcome her anxieties and concerns.
- Support of others helps a mother to look after her child as well as her family. Support of others gives a mother the strength and courage to deal with difficult situations.

- Engaging in pleasurable activities is important for a mother’s health.
- Doing things that are of interest to a mother may help her overcome worrying thoughts.
- Getting involved in family activities helps a mother to strengthen her relationship with them.