

Monica's gang[®]

HEALTHY MOTHERS AND CHILDREN



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EDITORA

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Healthy Mothers and Children

Every Mother and Child Counts

An Unmet Challenge

Dear Friends,

It's never too early to learn how important it is for mothers and babies to be healthy. Taking good care of mothers during pregnancy, childbirth and after delivery are important steps to guarantee good health and development. It is just as important to make sure children get the best health care, so they can grow up healthy and happy.

Good health care, lots of love and attention, and good nutrition are all key elements for ensuring the well-being of both mothers and children.

You, my friends, can be a big help to your pregnant mother and your baby brothers and sisters by helping around the house, keeping your mother happy, and helping her take care of her new baby. By doing this, you help your whole family!

Talk about this issue at school, with your neighbors and friends, and with your parents, so that everyone learns how important good care is for mothers and babies. You'll find that all this information will help you when you grow up and become healthy adults who know how to take good care of your own children.



Mirta Roses Periago

Director, Pan American Health Organization



WORLD
HEALTH DAY
7 APRIL 2005

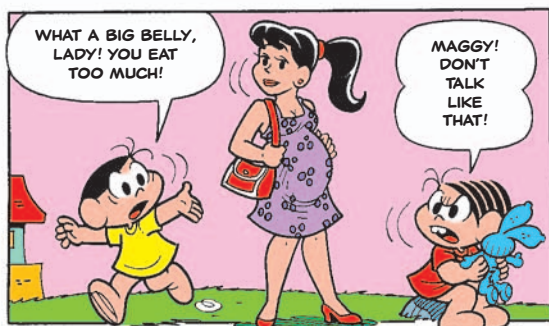
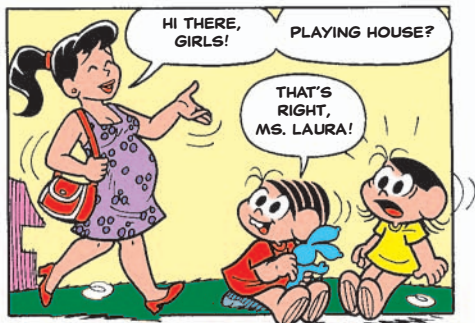
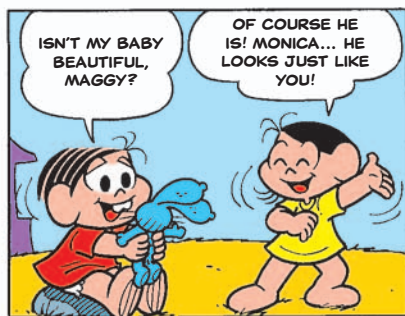


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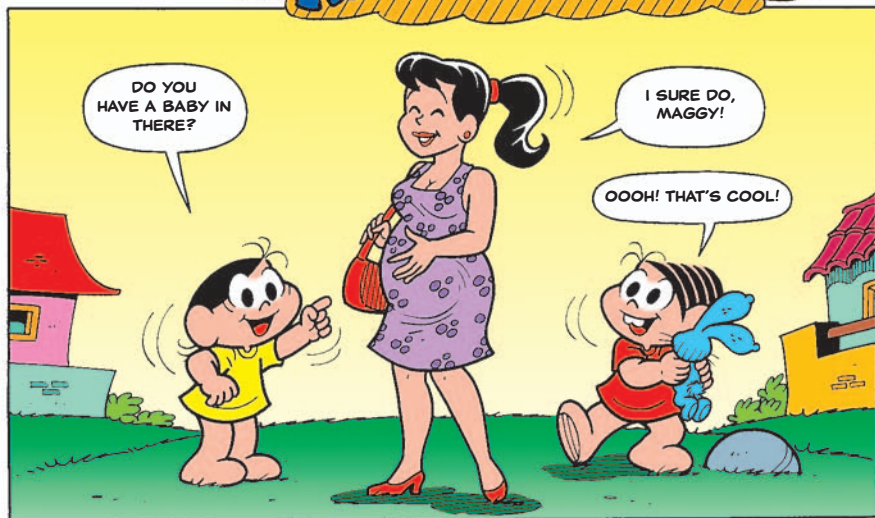
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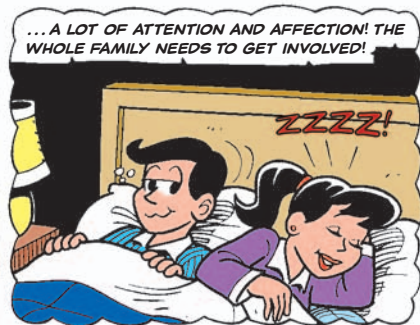
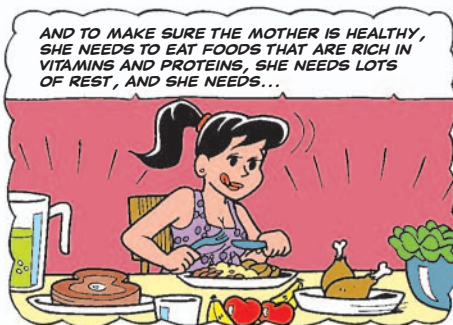
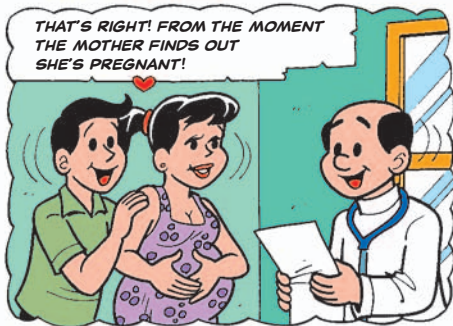
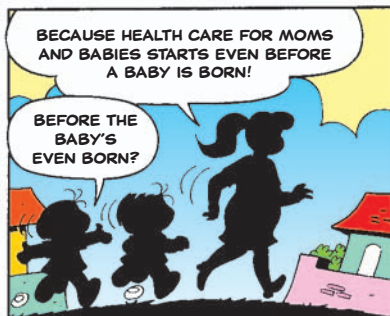
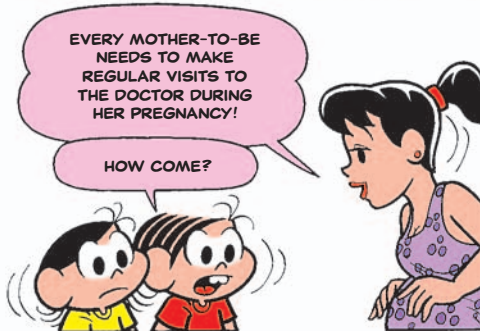
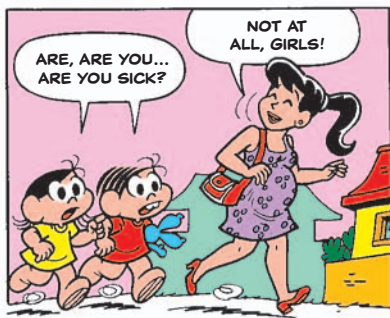
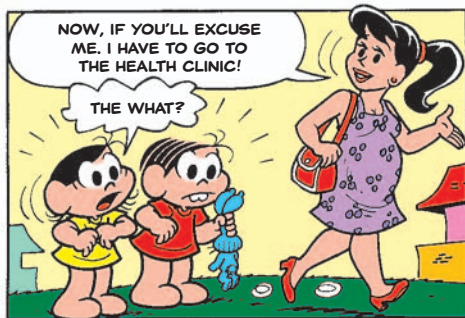




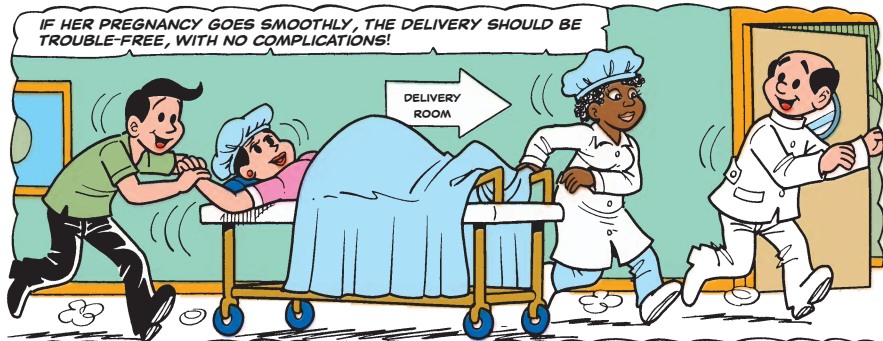
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HEALTHY MOTHERS AND CHILDREN

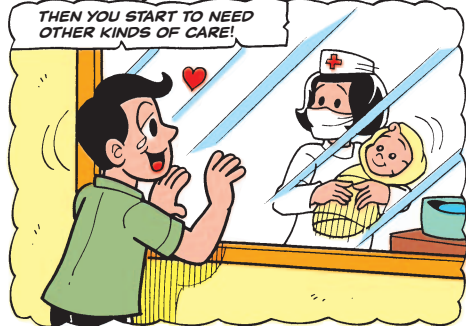




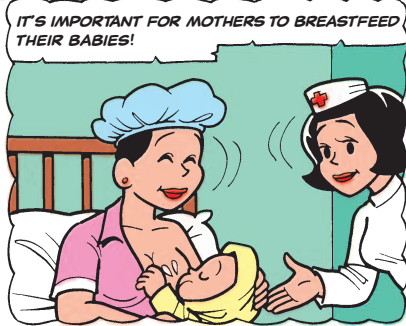
IF HER PREGNANCY GOES SMOOTHLY, THE DELIVERY SHOULD BE TROUBLE-FREE, WITH NO COMPLICATIONS!



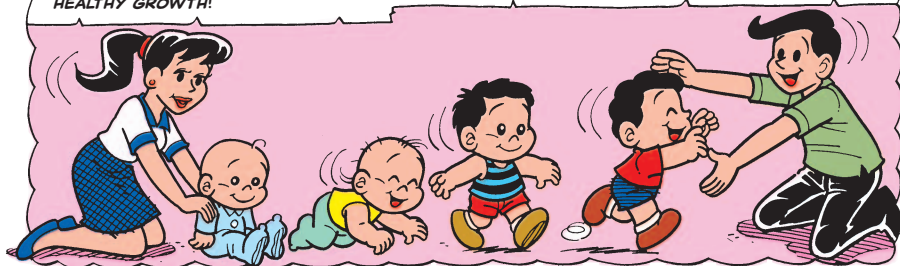
THEN YOU START TO NEED OTHER KINDS OF CARE!



IT'S IMPORTANT FOR MOTHERS TO BREASTFEED THEIR BABIES!



BABIES SHOULD BE BREASTFEED EXCLUSIVELY FOR THE FIRST SIX MONTHS OF LIFE AND THEN GIVEN BREAST MILK ALONG WITH OTHER FOODS. THIS HELPS ENSURE HEALTHY GROWTH!

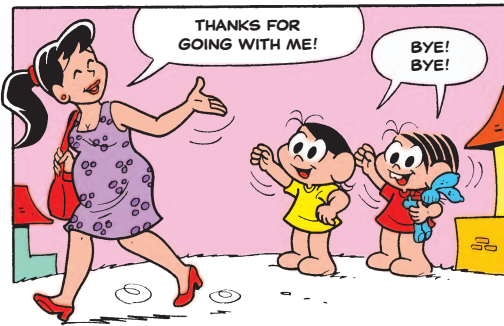
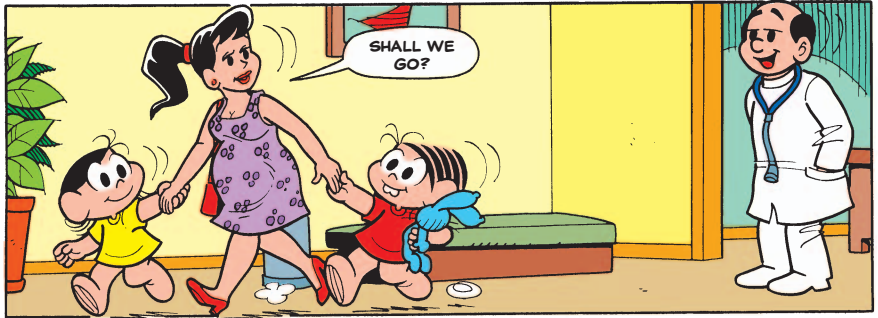
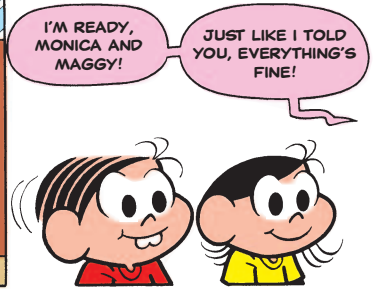
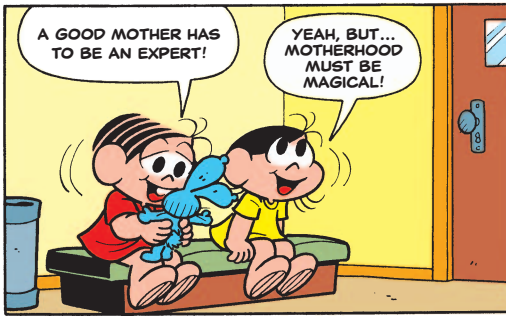


GOOD HYGIENE IS IMPORTANT TOO...



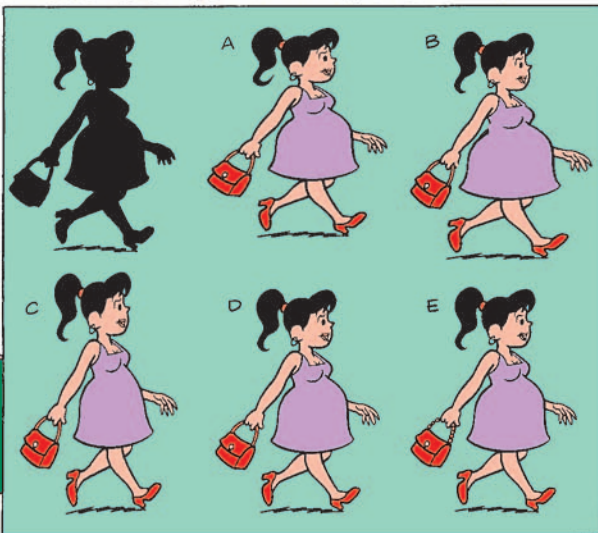
... AND KEEPING VACCINATIONS UP TO DATE, ALONG WITH LOTS OF OTHER THINGS!





PASSTIME

WHICH OF THESE MATCHES THE SILHOUETTE OF MS. LAURA?



ANS. D

FILL IN THE SPACES INSIDE THE DOTTED LINES!



WHICH PATH DID THE BABY TAKE?



ANS. B



TIPS FOR
HEALTHY MOTHERS
AND CHILDREN

**EVERY MOTHER-TO-BE
NEEDS:**

- NUTRIENT-RICH FOODS DURING PREGNANCY AND AFTER CHILDBIRTH!
- GOOD HYGIENE, LOTS OF REST, AND PHYSICAL ACTIVITY!
- REGULAR VISITS TO THE DOCTOR: 4 TO 8 CHECK-UPS DURING PREGNANCY!

EVERY BABY NEEDS:

- TO BE BREASTFEED EXCLUSIVELY FOR THE FIRST 6 MONTHS OF LIFE AND ALONG WITH SUPPLEMENTAL FOODS THEREAFTER!
- GOOD HYGIENIC CARE!
- ALL VACCINES ACCORDING TO SCHEDULE!
- REGULAR PEDIATRIC CHECK-UPS!

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