
HEALTH MESSAGES TO A POSTNATAL MOTHER

- ✓ Wiping perineum from front to back
- ✓ Emptying the bladder regularly
- ✓ Massaging the uterus
- ✓ Breast feeding regularly and within the first one hour
- ✓ Observing hygiene by regularly changing the sanitary pads as soon as soiled
- ✓ The danger signs in a newborn
- ✓ Care of the umbilical cord
- ✓ Family planning
- ✓ Immunization
- ✓ Notification
- ✓ Postnatal Exercise
- ✓ Nutrition –Balanced diet

SIGNATORIES

Name of staff(MO/NO/CO/COI/MIDWIFE/ ETC)

Name:

sign.....

Date:

Department in charge

Name:.....

sign.....

Date:

Nursing Officer in charge

Name:.....

sign.....

Date:

Hospital Administrator

Name:.....

sign.....

Date: