

Shanti Ghosh

You and your Child



VHAI

Revised Edition

**You
and your
Child**

Shanti Ghosh



Voluntary Health Association of India

CONTENTS

INTRODUCTION

Chapter 1 :

THE PERIOD OF PREGNANCY

The start of life	2
Sex determination	2
Multiple pregnancy	2
How do you know you are pregnant	3
The period of pregnancy	3
Miscarriage (Abortion)	5
Your first check-up	6
Ultrasonography	6
Amniocentesis	7
Blood groups	7
The rhesus factor	7
Where to have the delivery	8
Pregnancy is beautiful	8
Diet during pregnancy	8
Iron and vitamin tablets	10
Avoid smoking	10
Alcohol	10
Minor complaints during pregnancy	10
The danger signals in pregnancy	13
Travel during pregnancy	13
Exercise during pregnancy	14
Care of the breasts	14

Chapter 2 :

PREPARING FOR THE BABY

Clothes for the baby	15
Cot and bedding	16
Arrangements for the baby	17
How to tell when labour begins	17
Breaking the news to the older child	18

Chapter 3 :

DELIVERY

To get back your figure	22
Sexual intercourse	23
Spacing between children	23

Chapter 4 :

YOUR BABY

What does your baby look like ?	25
What can a newborn baby do ?	25

Dr. Shanti Ghosh, formerly head of the Department of Paediatrics, Saketjung Hospital, New Delhi, is one of India's most eminent paediatricians with over 200 published papers on neonatology, child growth and development, nutrition, various approaches to rural health delivery, communicable diseases and environmental illnesses. She was 1976 President of the Indian Academy of Paediatrics, and recipient of the Kamala Bhanu Medical Research Award for 1976 and M.K. Seshadri Award for 1978.

From 1978-1985 Dr. Ghosh worked with the WHO and has since been working as a consultant to various international and national organisations. She is a fellow of the National Academy of Medical Sciences, the Indian Academy of Paediatrics, and the Indian Public Health Association.

The Voluntary Health Association of India (VHAI) is a secular, non-profit organisation. The main objective of the association is to strengthen existing health programmes by creating an awareness about the health situation in the country. Its major activities are production and distribution of books, pamphlets, flash cards, flannel graphs, film strips and slides on basic health care for the use of various health functionaries at the village level, campaigns on issues such as drugs, tobacco, baby foods, etc. documentation of relevant materials for the use of activists and training workshops and programmes for Community Development and Community Health Workers.