



Ministry of National Health
Services Regulations & Coordination
GOVERNMENT OF PAKISTAN



Handbook for Civil Society Organizations

Information and Counseling Booklet for
Newly Wedded and to be Wedded Couples

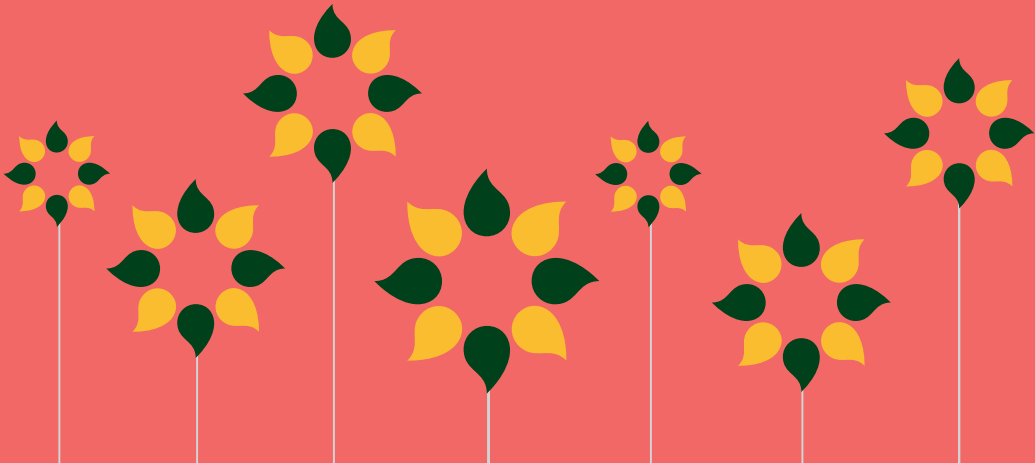


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Introduction

Marriage is a beautiful union, in which two people involved support each other. It is also a big decision and commitment, one that can change their lives forever. Therefore, there is a need to work towards making it successful so that both the parties live a happy and healthy married life. This is where premarital counselling comes into play. Premarital counselling helps prepare couples for the new life ahead by laying a strong foundation for a healthy and successful marriage. It addresses issues that might never be pointed out until some conflict escalates, ensuring that couples have a strong and healthy relationship which can result in a long-lasting, stable, and satisfying marriage.

Premarital counselling includes discussion on topics related to pre-marriage responsibilities, marriage, financial management, decision-making, respecting relations, parenting, family relationships, values, attitudes, domestic roles, and the importance of communication with each other. It is a good investment as studies have shown that couples who have had pre-marital counseling have a 30% lower divorce rate than the other couples.

In Pakistan, with negligible premarital counseling, cumulative adverse effects are now getting more visible in terms of unplanned pregnancies, increase divorce rate, failing maternal and child health, and malnutrition. With the intention to improve the situation, Government of Pakistan at the highest national forum of Council of Common Interest has drafted a set of recommendations that include implementing premarital counseling at large scale through different forums.

In collaboration with the Federal Ministry of Health Services Regulation & Coordination, Forum of Safe Motherhood, with the support of WHO, has developed a Multi-Touch Sensitization Approach – Aghaaz (beginning).

The objective of Aghaaz', is to orientate a potential couple on different topics related to premarital counseling, like definition of marriage, roles and responsibilities of husband & wife, importance

of marriage registration, inter spousal communication, planning for a family considering health timing and spacing of pregnancy, birth preparedness, immunization, child growth and home management.

The arc approach touches adolescents individually through handbook and an exclusive mobile application, at academic institutes through web portal and life skills-based education; in the community through mother-daughter counselling by community workers, through religious leaders before marriage registration and village health committees and community-based organizations in their community sessions.

Understanding your responsibility in the community as a Community Based Organization (CSO), the following module is for your guidance and understanding so it is convenient and systematic for you to counsel to be wedded couples and or newly wedded couples / grooms.

Chapter 1: What is marriage?

Marriage is an important religious and social union between a man and a woman. It is a special contract of a permanent association, which is in accordance with law, for the establishment of conjugal and family life. It is a means of a strong bond, not only between two partners, but also between their families.

Elements of a good marriage:

A good marriage often has the following ingredients:

- Mutual understanding and commitment.
- Love, respect, loyalty, and trust.
- Shared ideas.
- Open inter-spousal communication.
- Financial stability along with shared growth and development.
- Open discussion on family planning, including number of children and family planning methodologies.

Purpose of Marriage:

The purpose of marriage is to:

- Faithfully live with each other.
- Raising children and providing them with protection and care to ensure their healthy development into adulthood.

Chapter 2: Necessary Tests before Getting Marriage

Premarital screening is a group of tests recommended for couples that are going to get married, to prevent, as much as possible, the transmission of diseases to their generation. The medical tests required before getting married includes genetic tests, communicable diseases, and disease that can be transferred through blood.

1. Blood group compatibility test

It may not seem like a very important test but if you are planning to procreate your generation, it is crucial that you and your partner have the same element of blood group i.e. Rh factor (Rhesus factor). If your and your partner's blood groups aren't compatible with each other, then many complications may rise during pregnancy. An Rh incompatibility can be dangerous for the child as well because the antibodies present in blood cells can destroy the blood cells of the baby. With the information of blood group, you can timely get the treatment and prevent the complications. And this treatment can save your expected baby and future babies as well.

2. Thalassemia Test

Thalassemia is blood- related genetic disorder involving the absence of or errors in, genes responsible to produce hemoglobin, a protein present in the red blood cells. The disease has wide-ranging effects on the human body like iron overload, bone deformities and can even cause heart disease in severe cases. Thalassemia is a treatable disorder that can be well-managed with blood transfusions and chelation therapy. A simple blood test for thalassemia before marriage will let couples know if they are carriers or not. When two such thalassemia carriers marry and plan to have children there is a one-in-four chances (25%) of having a thalassemia baby at every conception.

There are other tests that can be done before marriage but may not be very much acceptable in our cultural context, are:

3. Genetically transmitted conditions test:

Genetic diseases can be easily transferred from one generation to the other. It is important to get tested for these chronic medical conditions before it gets too late. Some of the diseases include breast cancer, colon cancer, kidney diseases, and diabetes. Timely diagnosis can also help in getting proper treatment for these medical conditions before they become life-threatening.

4. Sexually Transmitted Disease (STD) Test:

Common sexually transmitted diseases (STDs) can be transmitted from one person to another through unprotected sex and through non-sexual means such as via used syringes or blood transfusion. The sexually transmitted diseases includes:

- HIV / AIDS
- Hepatitis C

These are life-threatening diseases the couple should get tested for STDs before marriage.

Chapter 3: Sexual and Reproductive Health

Reproductive health symbolises mental, physical, and social wellbeing. Therefore, it is necessary to know about the genital diseases and infections that can spread through sexual relations between an infected and healthy person. HIV / AIDS and Hepatitis B&C spreads through infected blood transfusion, however this disease can be passed from person to person through used syringes as well. There are some diseases which can be treated upon diagnosis such as Syphilis, Gonorrhoea, Chancroid, etc. but complications can arise if these conditions are not timely diagnosed.

The following steps can be followed to prevent these diseases:

- Seek preventive care during medical check-ups and consultation.
- Open inter spousal discussion & exchange of ideas
- Avoid unprotected sex.
- Use of condoms and other contraceptive methods.

Disease	Symptoms in women	Symptoms in men
Gonorrhoea	Greenish/yellowish water discharge with smell	Pain during urination
Syphilis	Pain during urination	Discharge of pus from urethra. At times there is no pain during this discharge.
Genital Herpes	Ulcers develop around genitals. Within 4-8 weeks wounds start to appear on whole skin, there is fever and continuous fatigue.	
Chancroid	Small infections around the male reproductive organ & anus.	
Hepatitis B & C	Usually no visible symptoms. This virus affects the liver.	
HIV AIDS	This is also a very dangerous virus, and affects both men and women equally. It weakens the immune system, as a result, the body becomes susceptible to many other diseases.	

Chapter 4: Nikah Nama

In Islam, Nikah is a religious obligation. Nikah Nama is a social and legal contract in the form of a document that records the contents of a Nikah. It records the personal details of the parties to the marriage, amount of Haq Mehr, conditions of the Nikah settled between the parties, and the names and addresses of the witnesses to the marriage. Moreover, the conditions on the Nikah Nama can be altered with the mutual agreement of husband and wife any time after the marriage. It is important for both parties to carefully understand and fill all the clauses at the time of marriage.

Nikah Nama presents several socioeconomic conditions for getting married. These are:

1. *Haq Mehr* or an obligatory gift given to wife by the husband. According to Islamic principles, *mehr* called *Moajjal*, can be given to woman at the time to Nikah and she can take it on the first wedding night. However, woman has the right to decide if she wants a part or may decide to take all at a later stage. (*called Ghair moajjal*)
2. Marriage agreement (Nikkah) should be with the consent of both, the woman and man getting married.
3. The girl and boy should be at least 18 years or above at the time of marriage.
4. It also contains the Right of a woman to initiate divorce.
5. In case of divorce, the financial support of children is the responsibility of the father.
6. The husband is responsible for specific type of family expenses.

Note: It should be ensured that a certificate is attached with Nikah Nama which makes it obligatory for the bride and the groom to get pre-marital counselling before they tie a knot.

Chapter 5: Roles and Responsibilities of Husband and Wife

Marriage is a contract between two individuals (bride & Groom) for spending married life together. They have been assigned roles and responsibilities both under religion and under law, so that they respect each other and spend a satisfied life. Following are some basic rights of husband and wife, that should be informed to a person getting married.

Rights of Husband & Wife:

- It is obligatory for the husband to fulfill the requirements of his wife and children.
- Husband should take care of his wife financially and strive to keep her healthy.
- Husband and wife must ensure each other's physical, mental, and emotional wellbeing.
- A husband should provide protection to his wife and give her the freedom to do what good she wants to do.
- A husband should regard the opinion of his wife while making socio economic and financial decisions.
- Husband and wife should appreciate each other's good qualities and work on areas where improvement is needed.
- Both should exercise tolerance and listen to each other openly under all circumstances.
- If the wife works outside the house, it is commendable for the husband to help her in house chores to reduce her burden.
- Husband and wife both should take care of respect & honor of each other.
- Both should make each other comfortable through mutual cooperation.
- A wife should be mindful of her husband's financial situation and should not make demands beyond his financial capabilities.
- Husband should ensure that at the time of marriage his age and his wife's age is 18 years or more. This is only possible through mutual understanding and counseling.

- Husband and wife should support and encourage each other to follow the righteous path for living and earning.
- A responsible wife should decide, with the consent of her husband, the healthy number and spacing of children.
- A responsible wife should prioritize the welfare and wellbeing of her family in every chore and should perform the domestic affairs with mutual discussions.
- In case of joint family, a wife should understand her and her husband's responsibilities in relation to rest of the family members.
- A wife should play her role along with her husband in upbringing and education of children
- Husband and wife should ensure that their children marriages are planned at age of 18 years or more.

Chapter 6: Inter-spousal Communication

Many experts believe that mutual respect and open discussion is the key for good relationship. Communicating as a couple is important, especially if you both have different styles of communication. This will help in focusing on different issues and specially planning of their marriage.

Importance of Communication:

- Open and respectful communication between a husband and a wife is very essential for successful and healthy marriage.
- Communication develops trust & understanding between a husband and wife.
- Communication between husband and wife helps in understanding the family requirements and effective decision making.
- It helps a couple understand their weaknesses and financial conditions and resolve issues.
- It is necessary for a couple to keep their communication confidential and try not to discuss anything in public.
- Both should respect each other and keep away from expressing their emotions openly.

Chapter 7: Family and its Responsibilities

The existence of family is as important for a society as the brick to a building. It is the basic unit of every society in which parents play the lead role. Usually family consists of husband, wife and children but joint family system is also a part of our culture. The best family is the one in which individuals express their views freely with peace and tranquility and take care of each other's willingness in decision making. They join hands together in training and upbringing of children and take care of each other's rights. Individuals live a prosperous life if they consider and follow these rules.

Chapter 8: Pregnancy

Pregnancy is the term used to describe the period in which a fetus develops inside a woman's womb or uterus. Pregnancy usually lasts about 40 weeks, or just over 9 months, as measured from the last menstrual period to delivery.

Early Signs of Pregnancy:

- Absence of menstruation or amenorrhea.
- Nausea and vomiting (commonly known as morning sickness).
- Increased frequency of urination.
- Breast changes i.e., enlargement and discoloration of nipples and areola.
- Enlargement of the uterus is not visible until the 3rd or 4th month of pregnancy.
- Back ache
- Constipation
- Weight gain
- Pregnancy-induced hypertension
- Hip pain

Pregnancy Trimesters

Pregnancy weeks are grouped into three trimesters, each trimester has medical milestones for both you and the baby.

First trimester:

- The first trimester is from week 1 to 12 weeks.
- The probability of a miscarriage is relatively high during first trimester

Second trimester:

- Time period of the second trimester is 13-17 weeks
- Basic medical tests are done during this time to keep a record of baby's health

Third Trimester:

- Time period for this trimester is 28-40 weeks.
- Your weight increases and you may feel more tired.

- As labor approaches, you may feel pelvic discomfort, and your feet may swell.
- Contractions (tightening up of muscles) that don't lead to labor, may start to occur in the weeks before you deliver.

Antenatal Care

Prenatal/Antenatal care helps decrease risks during pregnancy and increases the chance of a safe and healthy delivery. Regular prenatal visits can help your doctor monitor your pregnancy and identify any problems or complications before they become serious. You should take care during pregnancy to ensure that you and your baby remain healthy.

Prenatal care ideally starts at least three months before you begin trying to conceive. Some healthy habits to follow during this period include:

- Taking folic acid supplements daily (400 to 800 micrograms).
- Talking to your doctor about your medical conditions, dietary supplements, and any over-the-counter or prescription drugs that you take.
- Avoiding all contact with toxic substances and chemicals at home or work that could be harmful.

Below is the four-visit ANC model outlined in WHO clinical guidelines:

First visit (8-12 weeks)	Confirm Pregnancy and EDD (Expected Date of Delivery)
Second visit (24-26 weeks)	Assess maternal and fetal well-being, excluding PIH.
Third visit (32 weeks)	Assess fetal anemia. Review and modify birth and emergency plan.
Fourth visit (36-38 weeks)	Advice and counsel.

Birth preparedness

Birth preparedness and complication readiness main aim is to reduce maternal and neonatal mortality. This concept has been

established by the organizations of the United Nations that permits pregnant women and their families to seek health care without delay in case of obstetric complications and delivery.

Components of birth preparedness include:

- Identifying a place of delivery
- Saving money
- Preparing essential items for childbirth
- Identifying a skilled provider
- Plan for a mode of transportation
- Arranging blood donors
- Arranging a way for communication
- Designating a decision maker

An experienced women should be arranged to take care of the baby and the mother, like a *dai*, midwife, nurse, gynaecologist, obstetrician, nurse or other health care professional who can provides essential and emergency health care services to women and their newborns during pregnancy, childbirth and in the postpartum period.

Postpartum care

The postpartum period extends from birth to six to eight weeks, during this period, the mother goes through many physical and emotional changes while learning to care for her newborn. Postpartum care involves newborn medical check up, breastfeeding, proper rest, nutrition, immunization, and growth monitoring.

Breastfeeding:

Breast milk is the best food for the baby. Through breast milk, a well-nourished mother can provide all the nutrients and fluids an infant need. Encourage breastfeeding on demand, day and night, as long as the baby wants it.

- For the first six (6) months of life, the baby needs breast milk exclusively or exclusive breastfeeding with active discouragement of formula milk.

- After six months weaning food should be started and breast feeding continued till two years.

Benefits of Breastfeeding:

- Breastfeeding promotes child spacing because it delays ovulation and menstruation if the following criteria are met (LAM method):
- Breastfeeding provides optimum nutrition.
- Breastfeeding enhances the mother's health.
- Breastfeeding lowers the danger of at least two kinds of cancer i.e., ovarian and breast cancer
- Breastfeeding establishes bonding or closer relationship between mother and child.
- Antibodies in the milk protect the baby from certain illnesses.

Chapter 9: Healthy Timing and Spacing of Pregnancy (HTSP)

Healthy Timing and Spacing of Pregnancy (HTSP) is an intervention to help women and families delay or space their pregnancies to achieve the healthiest outcomes for women, newborns, infants, and children, within the context of free and informed choice, taking into account fertility intentions and desired family size.

HTSP message for young women:

- It is crucial for the health of mother and child to delay pregnancy until the woman is at least 18 years old. Effective birth control methods can be used to achieve this.

HTSP message for couples who have one living child and wish for another pregnancy:

- Two years gap must be ensured before trying for another pregnancy. During this time period, an effective birth control method should be used.

HTSP message for couples wishing for another pregnancy after miscarriage or death of a newborn:

- For the wellbeing of the mother and child, wait at least 6 months after an abortion or miscarriage before going for another pregnancy. During this time period, an effective birth control method should be used.

Dangers of pregnancy in women aged less than 18 years and having frequent pregnancies:

- The mortality rate during pregnancy is twice as higher in women aged less than 18 years as compared to women aged more than 20 years.
- Women aged less than 18 are at a higher risk of developing pregnancy induced hypertension, anaemia, and prolonged or obstructed labor.
- New-borns may die, be born too soon, too small, or with a low birth weight.

Benefits of Healthy Birth Spacing:

- Baby can be born at the right time and have a healthy weight.
- Baby can develop well because the mother can give attention to the baby.
- The mother will have more energy and be less "stressed out".
- The mother will have more time to bond with the baby.
- Future babies will be healthier because Mom's body had enough time to replace nutrient stores before getting pregnant again.
- Children who are adequately spaced are better prepared to begin kindergarten, and perform better in school.
- Mom has more time to spend with the child and the child receives more attention and assistance with developmental tasks.
- Families have more time to bond with each child.

Benefits for Mothers:

- Frequent and close pregnancies increase the risk of complications.
- Breastfeeding reduces the risk of breast and ovarian cancer.
- Complete mental and physical rest with better nutrition provides an opportunity for revival of financial resources and in this way mother prepares herself ready for next pregnancy.

Less than 24 months from the last live birth to the next pregnancy:

- New-borns can be born too soon, too small, or with a low birth weight.
- Infants and children growth are affected and are more likely to die at an early age.

Less than six months from the last live birth to the next pregnancy:

- Mothers may die in childbirth.
- New-borns can be born too soon, too small, or with a low birth weight.
- Infants and children growth are affected and are more likely to die at an early age.

When pregnancies are too far apart:

- Mothers are at a higher risk of developing pre- eclampsia, a potentially life-threatening complication of pregnancy.
- New-borns can be born too soon, too small, or with a low birth weight.
- When pregnancies occur too soon (less than six months) after a miscarriage or abortion
- Mothers are at a higher risk of developing anaemia or premature rupture of membranes.
- New-borns can be born too soon, too small, or with a low birth weight.

Family planning methods:

1. Injectables
2. Implants
3. Pills
4. Intra-Uterine Devices
5. Vasectomy
6. Tubal Ligation
7. Condoms

Temporary Methods of Family planning

1. Condoms

Benefits	Side Effects
<ul style="list-style-type: none"> ▪ Use of condoms does not require any medical test or prescription ▪ Any married man can use condoms ▪ It is used only at the time of requirement. ▪ There is no problem in the use of condom, neither does it effects women’s menstruation 	<p>Few clients may experience mild effects like:</p> <ul style="list-style-type: none"> ▪ Itchiness ▪ Redness or swelling after using a condom. ▪ Latex allergy

Benefits	Side Effects
<ul style="list-style-type: none"> ▪ Its prevents sexually transmitted diseases like, gonorrhea, syphilis, chancroid etc. ▪ Men of all ages can use it 	
<p>Important note: Use new condom each time when you plan for an intercourse Condom should always be available, so that when ever husband and wife want to mate, they have it with them.</p>	

2. Contraceptive pills:

There are 28 tablets in each packet. Start first tablet from the very first day of menstruation and continue daily

Benefits	Side effects	Treatment
<ul style="list-style-type: none"> ▪ Very reliable ▪ Pregnancy can be prevented with regular use. 	<p>Few clients may have mild affects like:</p> <ul style="list-style-type: none"> ▪ Nausea ▪ Headache ▪ Spotting during the menstrual cycle ▪ Freckles on face ▪ Increase in weight 	<ul style="list-style-type: none"> ▪ No treatment ▪ The issue is resolved with regular use of pills ▪ Avoid oily foods, and daily

A gap of two years is essential for the health of baby and mother.

3. Contraceptive Injections

Benefits	Side Effects
<ul style="list-style-type: none"> ▪ Very Reliable ▪ One injection provides protection for 8-12 weeks ▪ No issue of daily intake ▪ It does not hinder the sexual intercourse 	<ul style="list-style-type: none"> ▪ Few clients may experience side effects like ▪ Irregular menstruation ▪ Amenorrhea ▪ Heavy menstrual flow ▪ Weight increase

Benefits	Side Effects
<ul style="list-style-type: none"> ▪ It is given after six weeks of birth ▪ It increases the breast milk 	

4. IUCD (Intra Uterine Contraceptive Device)

- IUCD is inserted in the uterus with the help of trained health care provider.
- IUCD is inserted during first five days of menstruation when there is no chance of pregnancy
- IUCD is made of either plastic or copper wire

Benefits	Side Effects
<ul style="list-style-type: none"> ▪ No daily use is required ▪ It can remain in the uterus for 5 to 10 years without any side effects ▪ It can be taken out easily whenever you wish for pregnancy ▪ Does not hinder the sexual intercourse ▪ Does not affect the mother's milk 	<p>Few Clients may experience side effects:</p> <ul style="list-style-type: none"> ▪ Irregularities in menstrual cycle. ▪ Menses may prolong ▪ Pain in lower part of abdomen during menstruation ▪ Pelvic inflammatory disease

In case of desire for child, mentioned contraceptive method can be removed and woman can become pregnant. These methods are easy to use and are available in the market.

Permanent Methods:

1. Vasectomy:

This is operation for men. There remain probability of getting pregnant till 3 months, during that period some other temporary method like condom should be used.

Benefits	Side Effects
<ul style="list-style-type: none"> ▪ 100% trustworthy method ▪ Simple 10 minutes surgery 	<p>Few clients may experience side effects like:</p>

Sexual life becomes more satisfying	<ul style="list-style-type: none"> ▪ Body ache for 2-3 days after surgery
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2. Tubal ligation

Benefits	Side Effects
<ul style="list-style-type: none"> ▪ 100% trustworthy ▪ Probability of getting pregnant ends right after the surgery ▪ Woman can comeback home some hours after the surgery ▪ No need of visiting the health facility time to time 	<p>Some clients may show side effects like</p> <ul style="list-style-type: none"> ▪ Mild body ache for two to three days

Chapter 10: Miscarriage/Abortion

Miscarriage

A miscarriage is the spontaneous loss of a fetus before the 20th week of pregnancy. Pregnancy losses after the 20th week are called stillbirths. Miscarriage is a naturally occurring event, unlike medical or surgical abortions.

A miscarriage may also be called a "spontaneous abortion." Other terms for the early loss of pregnancy include:

- **Complete abortion:** All of the products (tissue) of conception leave the body.
- **Incomplete abortion:** Only some of the products of conception leave the body.
- **Inevitable abortion:** Symptoms cannot be stopped and a miscarriage will happen.
- **Infected (septic) abortion:** The lining of the womb (uterus) and any remaining products of conception become infected.
- **Missed abortion:** The pregnancy is lost and the products of conception do not leave the body.

A surgical procedure has to be performed right after any of the above miscarriage happens. This is to cleanse the uterus of any remaining product of conception from the body.

Medical Abortion:

This type of abortion is performed with medicinal or surgical ways that helps in aborting the fetus from the uterus. There are two types of Abortions:

1. Surgical Abortion
2. Medicinal Abortion

Surgical Abortion:

The surgical abortion is mostly done during the first trimester. This usually performed under anaesthesia, and soft suction is used to clear the uterus.

Medicinal Abortion:

This method is applied with the help of medicines. In this type of abortion, a collection of tablets is used.

Chapter 11: Newborn/Child Growth & Nutrition

Diet during first six months:

What to do	Why
<ul style="list-style-type: none"> ▪ A mother should feed the newborn more frequently, i.e. at least 8 times during night and 8 time during day time if the baby is sick. ▪ Stop feeding through bottle or any milk powder ▪ Lactating mothers should take meal frequently ▪ Feed the child with maximum possible comfort. 	<ul style="list-style-type: none"> ▪ Mother’s milk is clean and full of nutrition for a baby ▪ Top feed or bottle milk usually cause diarrhea in newborns ▪ Breast milk is healthy ▪ Breastfeeding helps newborn in peaceful sleep.
<ul style="list-style-type: none"> ▪ In case of non-breastfeeding, give the baby a clean cup and spoonful of milk ▪ Take the child to a healthcare center if illness persists. 	<ul style="list-style-type: none"> ▪ In this ways, a newborn will maintain the habit of taking breast milk. ▪ so that child can be treated as soon as possible

Weaning at Six months of Age:

For better growth and development, a child should be given a soft diet along with mother’s milk when he/she grows 6 months old.

What To Do?	Why
<ul style="list-style-type: none"> ▪ Continue feeding the baby with breast milk, at least 8 times in 24 hours ▪ Do not start with bottle feed rather give him soft diet made of milk ▪ Get him food from his own bowl, so that quantity of intake can be confirmed 	<ul style="list-style-type: none"> ▪ A growing child needs soft diet along with mother’s milk for his better health and growth ▪ Top feed or other food are not necessary as these may be damaging for baby’s health ▪ The germs in the bottle may cause diarrhoea

What To Do?	Why
<ul style="list-style-type: none"> ▪ A soft diet is made of foods that are soft and easy to chew and swallow i.e. banana, potatoes, curd, rice pudding etc. ▪ Start to feed with small quantity and increase it gradually ▪ Feed the baby three times a day ▪ Feeding an infant needs patience and strategy. A talk and play technique can work well during this. 	<ul style="list-style-type: none"> ▪ Mother’s milk is the biggest source of nutrition for baby in this age group ▪ It is necessary to feed the baby the sufficient quantity so that he/she is satisfied and healthy.

Diet of 12-month-old in sickness or during recovery

What to Do?	Why?
<ul style="list-style-type: none"> ▪ Continue feeding the sick child and ensure that diet containing vitamin A should be given. ▪ Increase the frequency of mother’s milk to at least 6 time during the day. ▪ Feed the baby more frequently. Give him ¼ of the cup every time you feed him. ▪ For extra energy add cooking oil or ghee to the food. ▪ If the child has diarrhea feed him at least ten times. ▪ In addition to milk, feed him/her with juice, rice water, and soup etc. 	<ul style="list-style-type: none"> ▪ Breastfeeding is good for maintaining the child’s immune system and health. ▪ A properly fed baby digests the food easily. <p>Diarrhea leads to dehydration because:</p> <ul style="list-style-type: none"> ▪ Water content reduces in a body ▪ Water deficiency in a child affects his urination and thirst. ▪ Lips, eyes and skin become dry. Skin, if pinched does not comes back

What to Do?	Why?
<ul style="list-style-type: none"> ▪ If any water deficiency is observed in child take him immediately to health facility. 	
<p>During next two weeks while recovering from disease</p> <ul style="list-style-type: none"> ▪ Feed the child more frequently ▪ Feed the baby at least 6 times by increase the food on daily basis. Each time you feed, the quantity should be at least 250 grams. ▪ add one spoon oil, boiled carrot, vegetables and mango in it to make it healthy. ▪ It's not easy to feed a child during sickness and recovery, but it is essential for his/her health in the future. ▪ Schedule a proper time for feeding the baby ▪ Play with him during this process ▪ Feed the child with the food that he /she likes. 	<ul style="list-style-type: none"> ▪ A baby needs breast milk and extra food during the recovery period for the next two weeks so that he can recover faster. ▪ Diets rich in 'vitamin A' keep the baby healthy. ▪ Feeding children during illness and recovery is not an easy task but is very important for their health.

A child needs mother's milk and additional diet in the recovery phase so that he/she can recover swiftly.

Growth Monitoring of Child:

For proper care of the child it is essential that husband and wife to mutually decide for regular monitoring of diet and medical examinations.

Following information will help the newly weds in taking care of their child:

Growth Monitoring

The growth monitoring of the newborn is preformed through a Growth Monitoring Chart provided at the time of registration. This chart records the growth & development of child, immunization schedules, supplementary feeding and vitamins etc.

Immunization:

An important area of child health care is the administration of vaccines against the preventable childhood communicable diseases.

Duration	Age	Vaccine
First time	At the time of birth	BCG, OPV-O, Hepatitis-B
Second time	Six (6) weeks	OPV-1, Rotavirus-1, Pneumococcal-1, Pentavalent-1
Third time	Ten (10) weeks	OPV-2, Rotavirus-2, Pneumococcal-2, Pentavalent-2
Fourth time	Fourteen (14) weeks	OPV-3, Rotavirus-3, Pneumococcal-3, Pentavalent-3
Fifth time	Nine (9) months	MR-1, IPV, Typhoid
Sixth time	Fifteen (15) months	MR-2

Chapter 12: Child Education and Upbringing

It's the prime responsibility of parents to equip their children with best education and upbringing. Parents who fulfill their responsibility well have good friendship with their children and the children in turn take care of them. They share their issues and problems with their parents in a friendly manner.

Following points should be kept in mind for better grooming of children:

- Encourage the children, praise them in what good they do.
- Talk to your children and listen to them
- Plan the free time for the children
- Do not order your kids rather talk to them on the basis of facts.
- Be a role model for your children.
- Accept your mistakes and try to improve
- Give your children work according to their capacity, as every child is different
- Keep promises for it builds trust in a child for you.
- Do not take everything seriously.
- Allow your children to correct their mistakes.

Chapter 13: Home Management

Home Management is the process of planning, governing and evaluating family resources to achieve family goals. Proper and wise management of time, energy and family finances are the key elements to effective home management.

Among the things the husband and wife must attend to are:

- Balancing income against expenses through budgeting
- Building savings and investments
- Maintaining hygiene and sanitation in the house and its surroundings
- Maintaining a healthy lifestyle for the family

Healthy Lifestyle for the Family

Good to practice a healthy lifestyle early in the marriage. It is also good training for the children. Tips for a healthy lifestyle:

- Prepare and eat a well-balanced diet of nutritious foods, which may not necessarily be expensive.
- Avoid stress by exercising, reading books, etc.
- Maintain cleanliness and sanitation in the home and surroundings.
- Avoid staying up late.
- Avoid excess of any kind- in eating, drinking, playing, etc.

References

Forum for Safe Motherhood gathered the material related to premarital counselling from different organizations and after carefully scrutinizing the content developed this handbook. The organizations who played their role in the development of the content are as follows:

1. MoNHSR&C
2. UNFPA
3. WHO
4. Aahung
5. Aman Healthcare Services (Sukh Initiative)

Acknowledgement

Marriage is a social matter under which two families tie a knot of relationship with mutual their consultation. The boy and the girl are often not aware of the ways to make their post-marriage life prosperous and better. It is therefore, the responsibility of all of us to convey these information properly. The state, realizing this responsibility, has decided to convey the information related to marriage to young boys and girls before their marriage. The ministry of National Health Services Regulations and Co-ordination, therefore, with the support of the World Health Organization and the Forum for Safe Motherhood, has developed this booklet by mutually collaborating with stakeholders from across Pakistan. For this, a consultative workshop was organized and stakeholders were invited to review the developed material. Content was reviewed unanimously in the presence of following government/ private/ non-governmental organizations.

Educational Institutions:

1. Health Services Academy
2. Quaid-e-Azam University Islamabad
3. International Islamic University Islamabad
4. Higher Education Pakistan

Federal and Provincial Government:

1. District Health Office
2. Population Welfare Department
3. IRMNCH
4. PIMS
5. Council of Islamic Ideology
6. Health Department Azad Jammu and Kashmir
7. Health Department Gilgit Baltistan
8. Reproductive Health Response in Conflict

NGOs:

1. JHPIEGO
2. FPAP
3. United Christian Organization

Religious Leaders:

1. Qibla Ayaz (Chairman Council of Islamic Ideology)
2. Mr. Shahid Gill (Pastor)
3. Mr. Kishor Kumar

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