



POST-NATAL CARE

I will support my wife/partner to have enough rest after the birth of our child and to feed the baby with breast milk only.

A Father/Partner should:

1. Support his wife/partner to choose a family planning method that is right for her, to prevent another pregnancy before she and the family are ready.
2. Support his wife/partner to perform domestic tasks after delivery so that she can recover, rest and feed the baby with only breast milk for at least the first six months. Also perform skin-to-skin care for his small baby.
3. Provide a long lasting insecticide treated net for himself, wife/partner and child(ren) to sleep under to prevent malaria.
4. Give his wife/partner time to physically recover after delivery and be ready for sexual activity before initiating sex.
5. Offer to go with his wife/partner to post-natal visits, take the child for immunizations and any other health facility visit.
6. Be kind, loving and collaborative with his wife/partner to create a strong family environment for the child to grow.



INFANCY AND CHILDHOOD

I will share childcare duties with my wife/partner so that we can build a healthy family together.

A Father/Partner should:

1. Express love for his child and wife/partner by doing things like bathing and feeding the child, changing diapers, taking the child to medical visits, etc.
2. Provide, help prepare and ensure that his child(ren) eat nutritious foods to keep his family healthy and well-balanced at all times.
3. Ensure a stress, conflict, and violence-free home environment to raise a healthy, well-balanced children.
4. Use positive means to teach and discipline child(ren) without harming them physically or emotionally.
5. Send his boy and girl children to school so that they can become educated, well-rounded and productive members of society.

Fathers contribute to Healthy Families



I support my family and care about our health



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Maternal and Child
Survival Program



PRE-PREGNANCY

I will talk to my wife/partner today about visiting a health facility together to learn more about family planning options and make our choice.

A Father/Partner should:

1. Discuss and agree with his wife/partner on how many children they want and can support.
2. Visit a health facility with his wife/partner to learn and decide on the best family planning option to use.
3. Help his wife/partner to provide, prepare and eat nutritious food to ensure a healthy family.
4. Practice, proper hygiene and sanitation with his wife/partner such as hand washing with soap, and keeping the home environment clean to prevent infections.
5. Get tested for HIV and discuss with his wife/partner how they can both protect each other from sexually transmitted infections (STI), by staying faithful or using condoms.



PREGNANCY

I will accompany my wife/partner for ante-natal visit and learn about how to support her to have a healthy pregnancy and a safe delivery.

A Father/Partner should:

1. Encourage his wife/partner to attend all ante-natal visits, offer to accompany her and ensure she has money for transportation costs and fees.
2. Help his wife/partner with household chores and heavy lifting so that she can rest often.
3. Help his wife/partner to provide and prepare nutritious food, especially when she is not feeling strong.
4. Support his wife/partner emotionally with tender loving care/attention to increase her physical and mental strength during pregnancy.
5. Discuss and make a birth preparedness plan with his wife/partner and agree on the health facility to deliver their baby, arrange transport and childcare for other children.
6. Stay faithful to his wife/partner to prevent sexually transmitted infections (STI) and HIV/AIDS.
7. Learn about and watch for signs of pregnancy complications. Visit a health facility immediately if a problem is identified.



LABOUR AND DELIVERY

I will ensure my wife/partner delivers our baby safely in a health facility under the care of a trained provider.

A Father/Partner should:

1. Know his wife's/partner's expected date of delivery to be well prepared in advance for delivery.
2. Make available transportation to the facility during labor to avoid delays and follow his wife/partner to the health facility for delivery.
3. Ensure mother takes with her all necessary mother and baby items e.g. clean clothes, sanitary pads e.t.c. needed for the delivery to avoid last minute purchases.
4. Stay with his wife/partner during labor and delivery (if she wishes) to soothe labor pains and comfort her during the delivery.
5. Reassure his wife/partner that he believes all children are a blessing whether a boy or a girl.
6. Cooperate with the health facility staff during care and feel free to ask questions to clarify any procedure they may not understand.