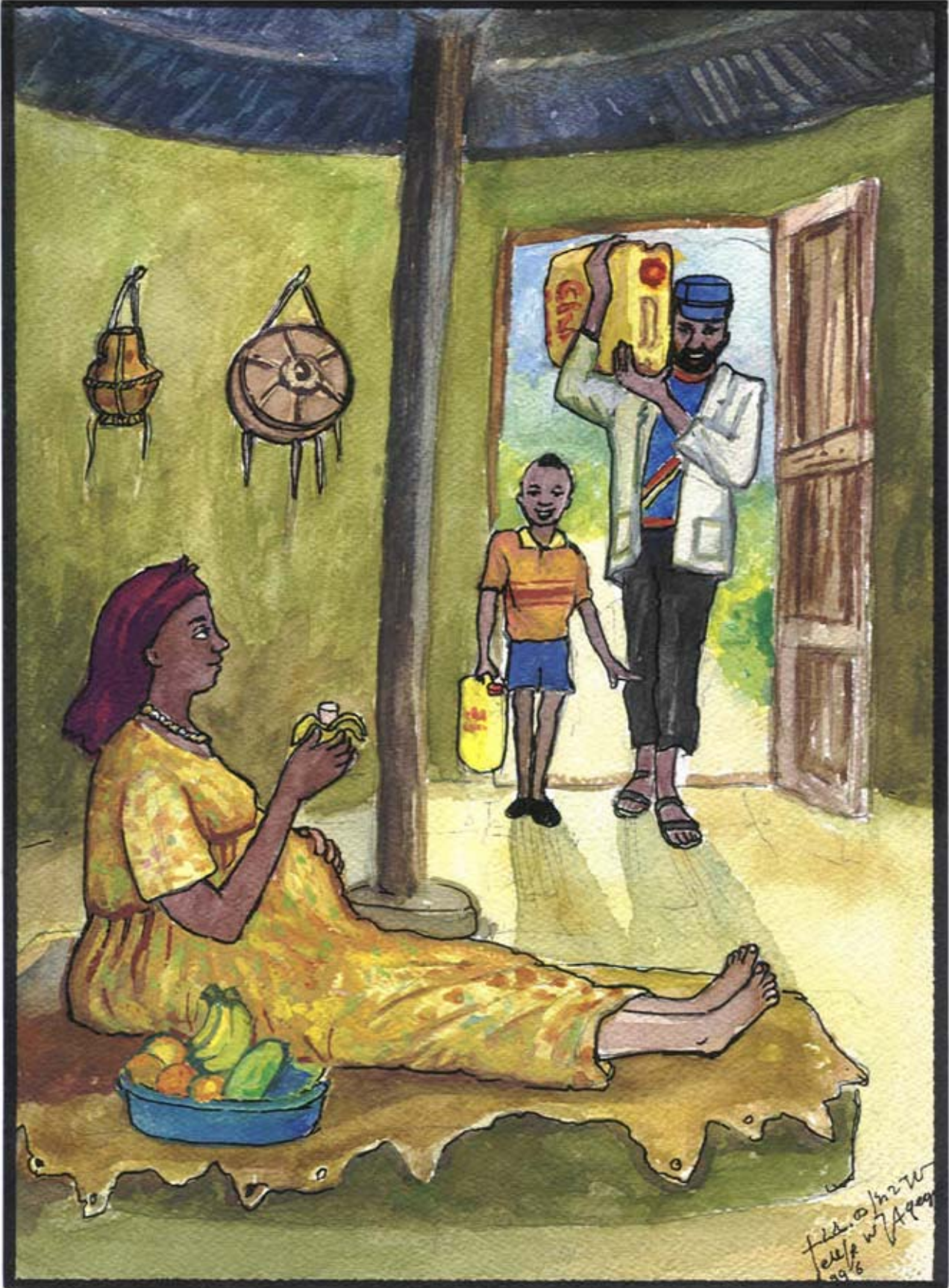


Federal Democratic Republic of Ethiopia  
Ministry of Health

- Care Ethiopia
- CRS
- World Vision
- REST
- SC-USA
- Concern
- EHNRI



The wise father knows how to care for his wife and children so that they can be healthy, strong and happy.





### Messages

Father, ensure that your pregnant wife has one additional meal very day to maintain her strength.

Father, arrange for help with the household chores so your wife gets the rest she needs to remain "healthy" and strong during both pregnancy and childbirth.

### Additional information

When your wife is pregnant, she has to go to the health center to receive Iron/Folate supplemenation, so she will maintain her strength.

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### **Messages**

Father, encourage your wife to put the baby on breast immediately after birth to stimulate her milk production

Father, ensure that your wife gives the yellowish milk to the baby, as it is God's gift of butter the new born

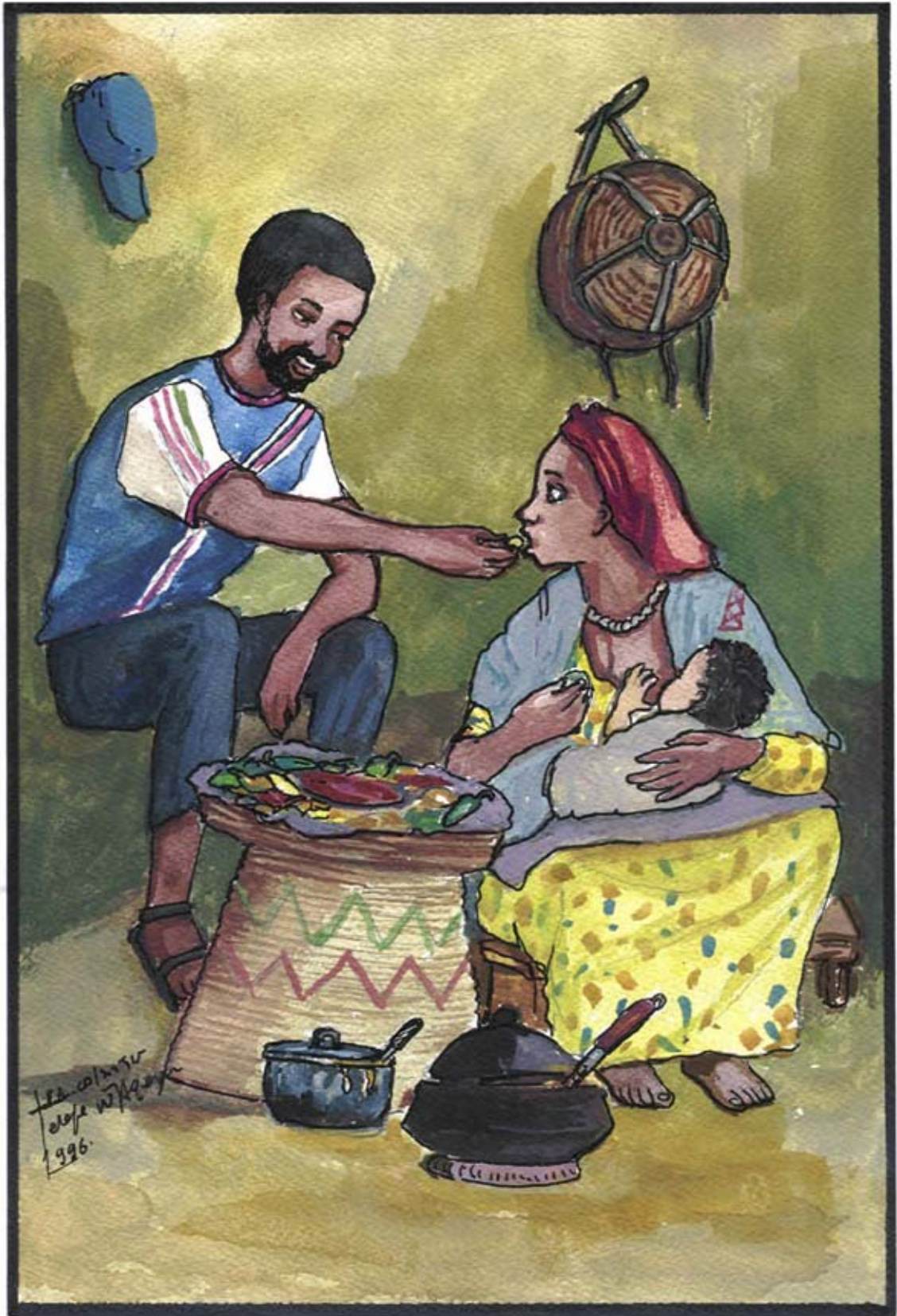
### **Additional information**

When the baby is put immediately on the breast after birth, it helps to expel the placenta and reduces the bleeding.

When the baby gets the yellowish milk or colostrum, s/he will be protected from many diseases

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### Messages

Father, ensure that your wife who is breastfeeding has one or two additional meals every day to maintain her health and the health of the baby

Father, encourage your wife to breastfeed on demand, day and night, so she can produce enough milk.

Father, give your wife enough time to breastfeed, don't rush her, so that the baby can get all the milk s/he needs.

### Additional information

When we nourish the mother we are also nourishing the baby.

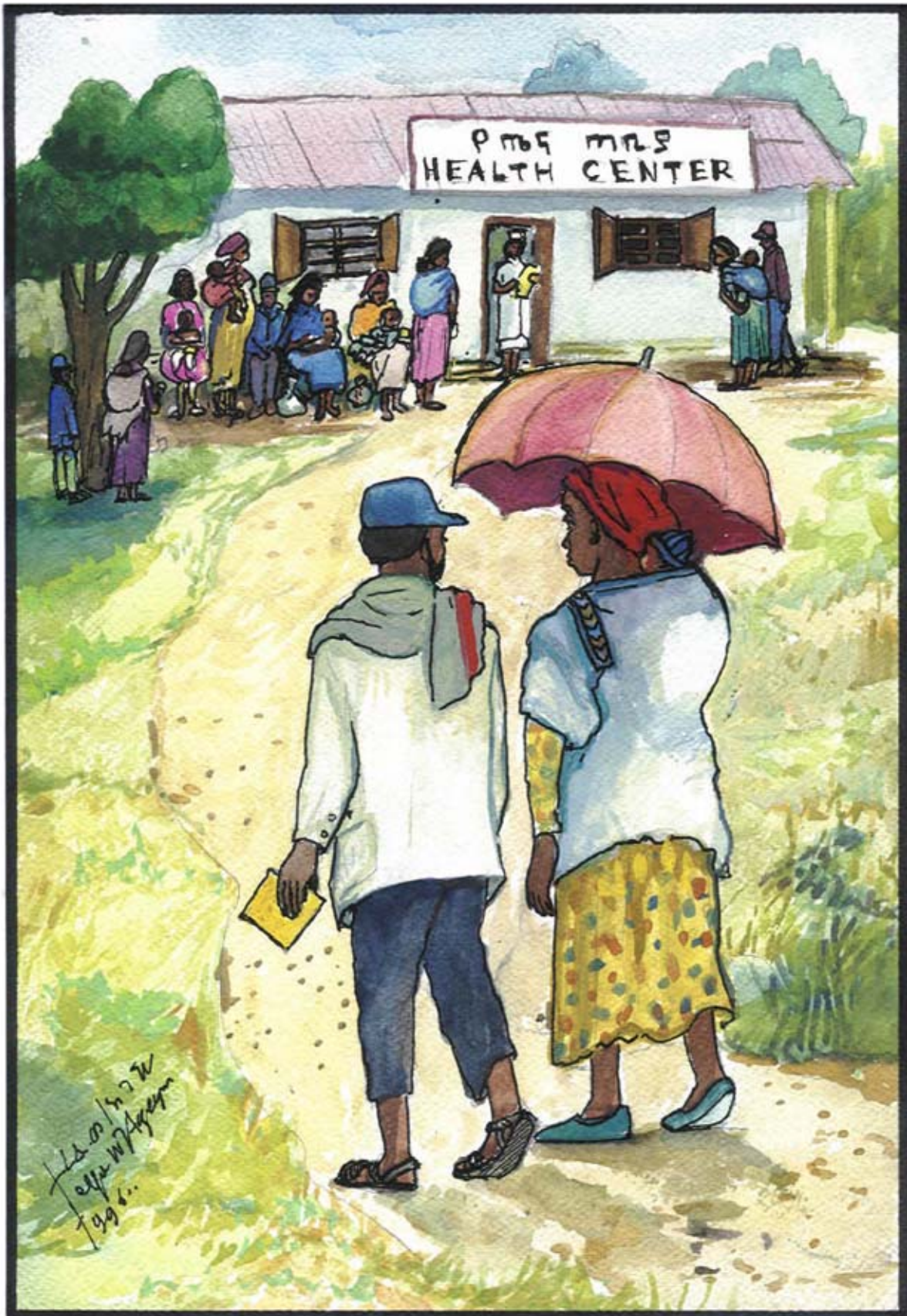
After delivery, your wife has to go to the health center to receive vitamin A supplementation so she will be healthy.

Remember, the breast is like God's well, the more the baby is allowed to suckle the more breast milk there will be.

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Handwritten signature and date: *L.S. M. / M. W. / 1996*



## Messages

Fathers, as soon as possible after birth, take your child to health center for her/his first immunization

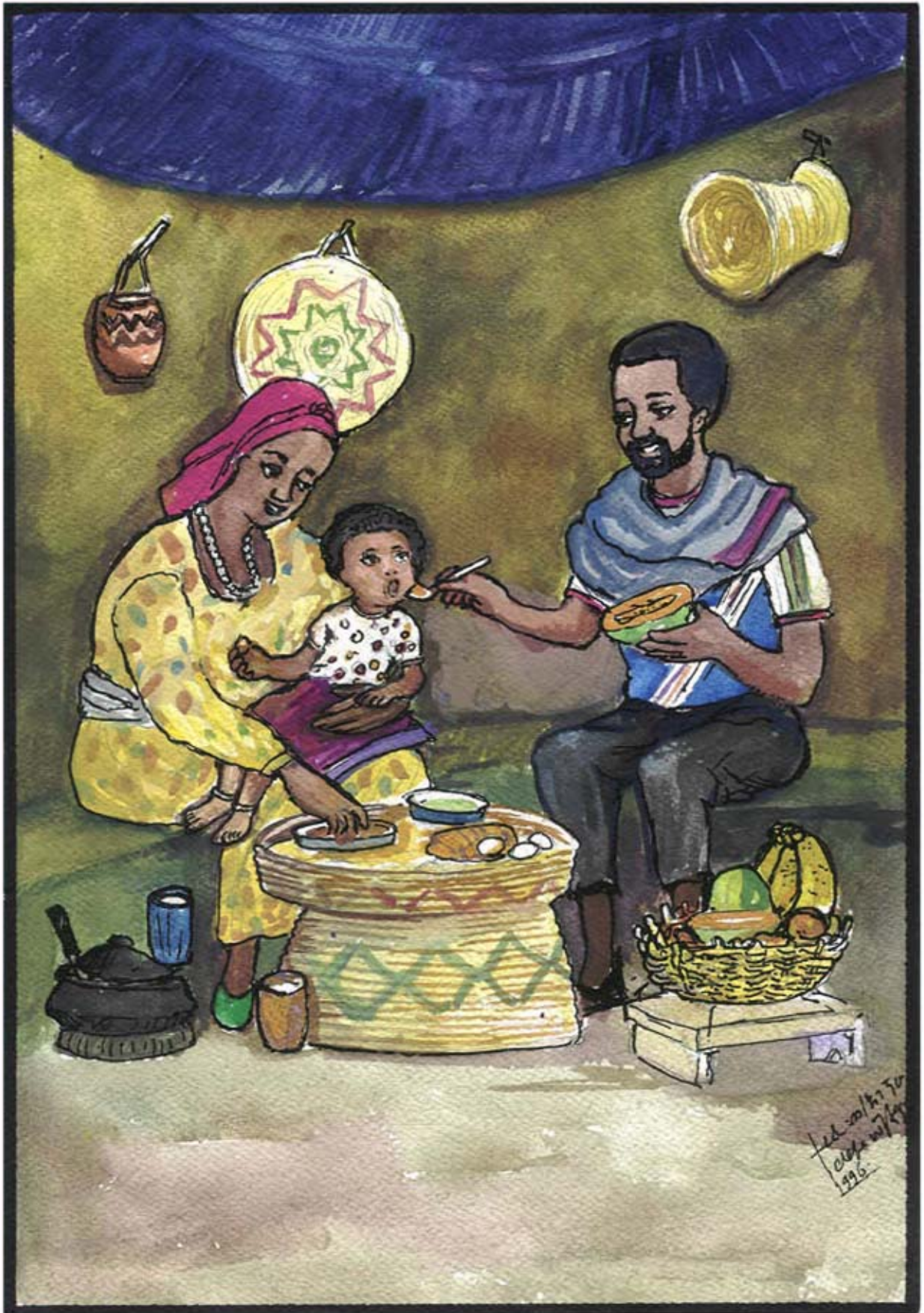
Father, have your baby completes all immunization before one year of age for maximum protection.

## Additional information

The baby needs to visit the health center or the outreach site 5 times to finish all the vaccinations in order to be fully protected from.

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### Messages

Father, ensure that at 6 months, your baby receives additional food along with breast milk so s/he continues to grow healthy and strong

Father, ensure that your wife can add a variety of nutritious food such as peanuts, lentils, oil, meat etc... so that she can prepare adequate meals for the baby to grow strong.

### Additional information

Support and encourage your wife to prepare adequate food in addition to breastfeeding. When you know what to do, it is not so costly and you can do it.

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