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# H Healthy Mothers and Babies

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**INFANT and  
MATERNAL WELFARE  
CLINICS**

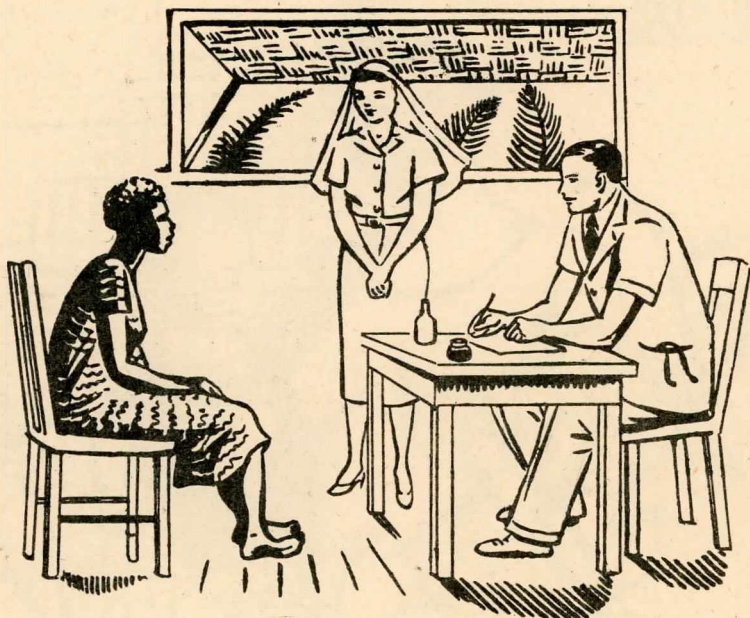
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**Every mother wants her baby to be strong and healthy. When you think you may be going to have a baby come and tell the Doctor or the Sister.**



**The place where you will find the Doctor or the Sister is sometimes called THE INFANT AND MATERNAL WELFARE CLINIC. The Infant and Maternal Welfare Clinics are there to help you have strong and healthy babies.**

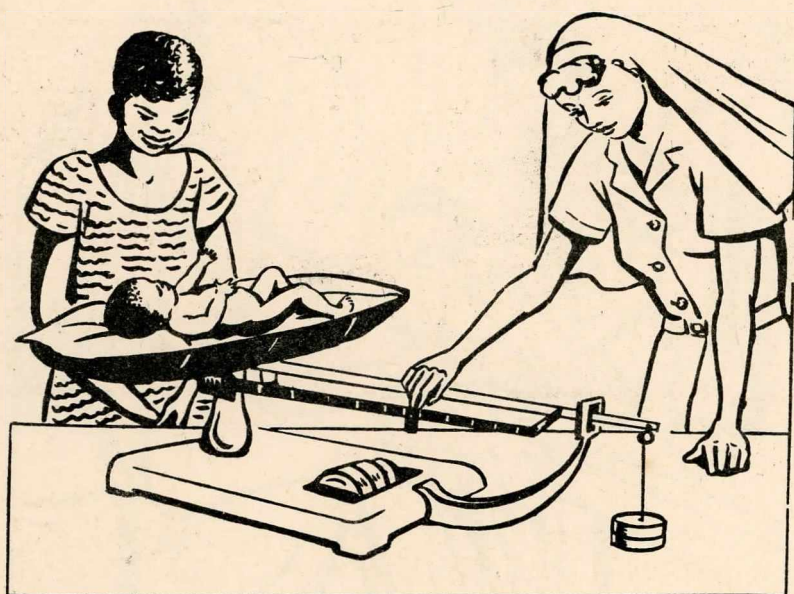


At the Clinic the Doctor or Sister will examine you to see that there is nothing wrong. They will tell you about your food, and will give you special medicine if your blood is not good.

The Doctor or Sister will tell you how to keep healthy while your baby is growing inside you.

If you do not feel well when your baby is growing inside you, come to the Clinic. The Doctor or the Sister will find out what is wrong and will help you to feel well again.

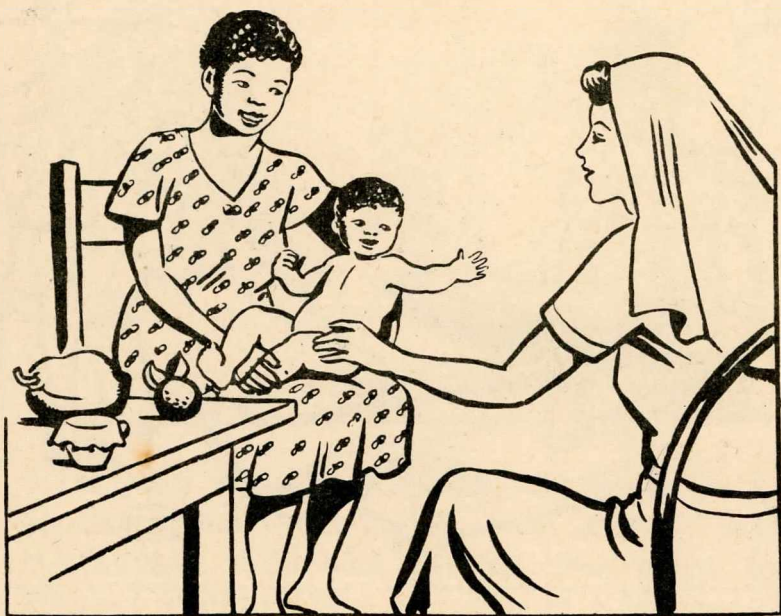
When your baby arrives, bring it to the Clinic. The Sister will weigh and see that it is healthy. Come to the Clinic regularly for weighing your baby.





At the Clinic, Sister will tell you about special foods like marmite and cod-liver oil, which help to make the baby grow strong, and to have good bones and teeth.

As your baby grows older, Sister will tell you the best way to feed it, so as to make the baby strong and to keep it healthy.



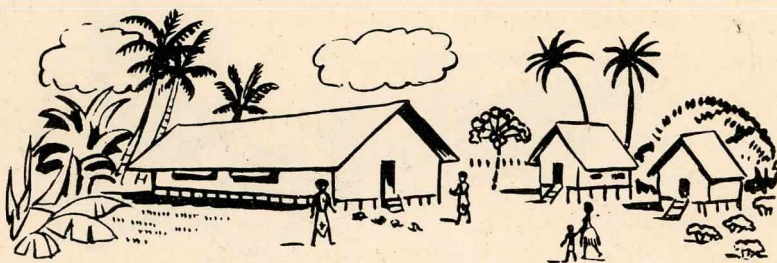


If your baby gets sores, do not wait till they are bad; come to the Clinic at once so that Sister can treat the baby and tell you what to do.

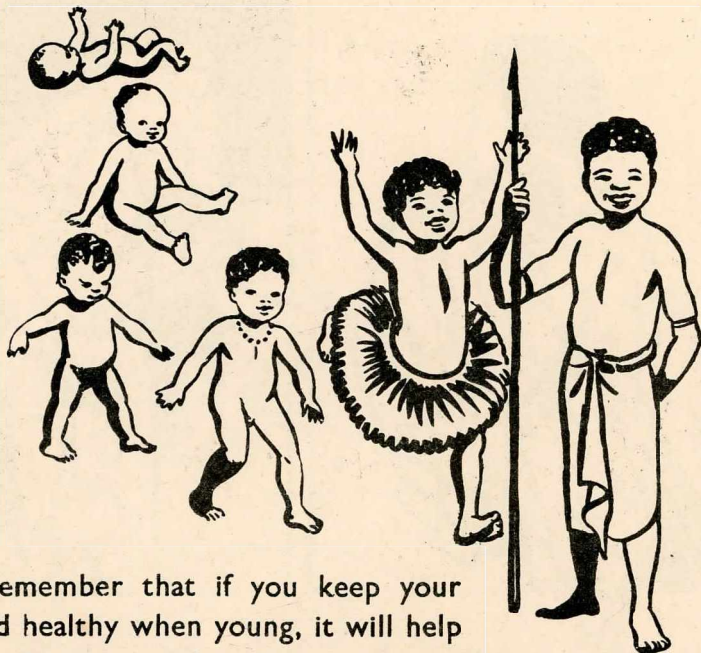


If your baby gets fever or a cold, or cries too much, bring the baby to the Clinic at once so that Sister can see what is wrong, and help it to get well.

Too many babies die because mothers forget to bring them to the Clinics, Hospitals, and Missions.



All these places are there to save your babies and to see also that the mothers do not die.

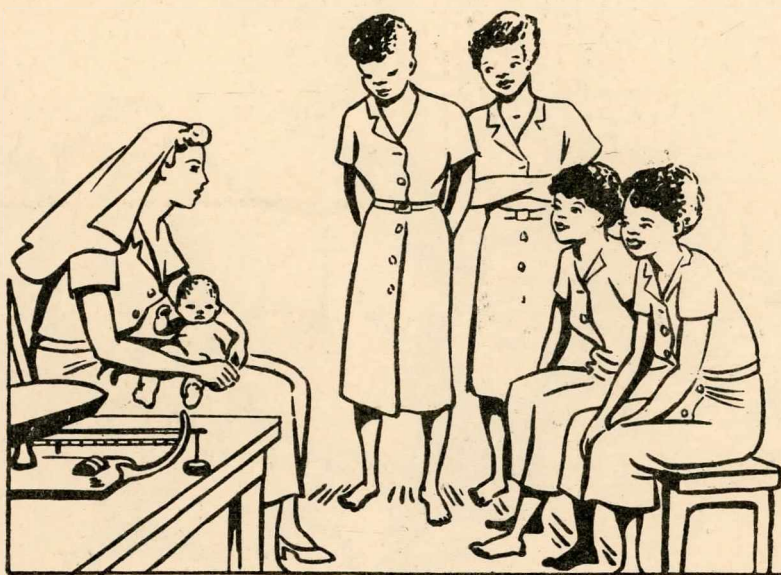


Remember that if you keep your child healthy when young, it will help it to be strong when it grows up. Good health will help him to work better and to be happier.



One of the main works of the Infant and Maternal Welfare Clinics is to train girls, and to help mothers and babies in their own villages.

This is very important work. Some villages are far away from a Clinic, or Hospital or Mission. It is important that many more girls should be trained so that they can help mothers and babies in their own villages.



There are special places where girls can learn to be Infant Welfare Assistants or Nurses. Ask someone to tell you about these training centres. The Nursing Sister in your district or a Missionary or a Government Officer will know about them.

## *How you can help*

- Tell your friends what you have read here.
- Tell them about the work of the Infant and Maternal Welfare Clinics.
- Help all babies to be strong and healthy.

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