

How healthy has your life been... and will be?

Smoking in the house may cause your baby to be born smaller, weaker. In adults, over, time it can cause cancer.

Alcohol can empty the family purse. It can help you do things you would not otherwise do. Is it time to cut down?

Easy sex: Think again about the number of girlfriends you have had, and if you have paid for sex. It is very easy to pick up gonorrhoea or Chlamydia. It is very easy to give it to your wife and can make her unable to have more babies. With the HIV virus it is easy to pass it to your wife and to the baby in her stomach. This could mean a lifetime of illness and hunting for treatment.

Are you **man enough** to do what you should?

- To stick only to your wife?
- If not, to use **condoms** with other women and with your wife ...always?

So you want to be a father...?



If you want to make sure you have a healthy baby, a healthy child, an intelligent school-leaver...

Start planning now!

Give your child the best mother...

Marry a girl who has finished school and is near your age.

- ✔ Your wife will be more of a partner and less of a servant.
- ✔ She will care better for your child.
- ✔ Her body will be fully grown and ready for pregnancy.

Do *not* marry a cousin who shares a grandparent.

- ✗ You may both have genes that will lead to a baby with problems.

Take care of your wife – before, during and after pregnancy...

BEFORE PREGNANCY:

- ✔ She should have a health check - and you too. Have you had a lot of girl-friends? Have you paid for sex? Go to a clinic for Sexually Transmitted Infections. Get checked and treated.

- ✔ Go with her to the Ante-Natal Clinic and check that she has had her vaccination against German Measles (rubella).
- ✔ She should start taking folic acid tablets as advised by the nurses.

DURING PREGNANCY:

- ✔ Continue with folic acid but make sure *no medicines are taken without advice from the nurses.*
- ✔ Help her get to ante-natal appointments.
- ✔ Make sure she eats well.
- ✔ Make sure nobody smokes in the house.
- ✔ Make your house a place with no stress. This is good for parents and the growing baby.

AFTER PREGNANCY:

- ✔ Remember that childbirth is tough. If other family members are not around, help out yourself.
- ✔ If the baby is a boy, consider circumcision. It will reduce his chance of contacting the HIV virus.

