



## TBA Skills 1: Pregnancy

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1. As a traditional birth attendant or TBA it is important to give good advice to pregnant women. A pregnant woman needs to take care of herself and keep healthy. This will help her baby grow strong and healthy inside her until the baby is born.
2. When she is pregnant the woman needs to eat a good mixture of food, including fruit and vegetables, at least 3 times a day.
3. If a pregnant woman does not feel like eating much food, she should try to eat several smaller meals during the day. This is better than eating one large meal each day.
4. Eating frequent small meals will help ease morning sickness and heartburn. Now try to answer these questions.
5. Can a TBA help a pregnant woman before her baby is born?
6. Yes,
7. Or no?
8. Press a button now.

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9. That's right. A very important role of a TBA is to give good advice to pregnant women before the baby is born.
  
10. What is the best way for a pregnant woman to eat her daily food?
  
11. She should have one big meal in the morning,
  
12. or she should eat several smaller meals throughout the day?
  
13. Press a button now.
  
14. Yes! Eating regularly will help the woman feel better during her pregnancy.
  
15. Good food helps the pregnant woman keep strong and helps the baby grow well. As well as your main food there are different types of food a pregnant woman needs to eat.
  
16. Some foods make the baby grow well and keep the mother strong. These grow foods include meat, fish, eggs, beans and lentils.
  
17. Some foods help protect the baby and pregnant woman from disease. These protective foods are mainly fruit and vegetables.

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18. Some foods give the pregnant woman energy and help her body make breast milk after the baby is born. Examples of energy foods are oils and peanuts. Now here are some questions for you.
  
19. Why is good food important for pregnant women?
  
20. Because it helps the pregnant woman keep strong,
  
21. Or because it tastes delicious?
  
22. Press a button now.
  
23. That's right. A pregnant woman needs good food to keep herself strong and to help her baby grow.
  
24. Which of these is a good meal for a pregnant woman?
  
25. Some biscuits and sweets,

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26. Or rice with fish and vegetables?
27. Press a button now.
28. Yes! A healthy meal should have a good mixture of different foods, including fruit and vegetables.
29. Pregnant women should drink cooled, boiled, clean water, fruit juices and tea.
30. They should not drink alcohol during the pregnancy as this can harm the baby.
31. Why is it bad for pregnant women to drink alcohol?
32. Because it is expensive,
33. or because it can harm the baby?
34. That's right. Pregnant women should not drink alcohol as this can harm the baby.

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35. If a pregnant woman is very tired and weak, and has pale skin, fingernails and gums, she may have anaemia, which means her blood is weak. This could harm both her and her baby.
  
36. She may need tablets to help with this, so you should encourage her to go to the clinic.
  
37. Some foods can help people with anaemia. These include eggs, green vegetables and meat. Try to encourage a pregnant woman with anaemia to eat more of these foods.
  
38. What are the signs of anaemia?
  
39. Greasy hair and skin,
  
40. Or pale skin?
  
41. That's the right answer. Someone with anaemia will usually feel very tired and weak, and have pale skin, fingernails and gums.
  
42. What is good advice for a pregnant woman who has anaemia?

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43. To go to the clinic, as she may need tablets,
44. Or to have a cold shower?
45. Yes! You should advise a pregnant woman who has anaemia to go to the clinic. You should also advise her to eat more eggs, meat and green vegetables.
46. It is important for a pregnant woman to rest when she is tired. This allows her body to keep strong and allows the baby to grow healthily. She will need to rest more as the baby inside her grows bigger.
47. Resting or sitting with her feet up can also prevent backache and swollen legs and feet.
48. A pregnant woman should not work too hard or carry heavy loads.
49. Why should you advise a pregnant woman to rest sometimes during the day?
50. So that she will become more beautiful,

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51. Or to help the baby grow strong and healthy?
  
52. Yes. If the pregnant woman rests often this will help her baby grow strong. It can also help prevent backache and swollen legs and feet.
  
53. Some pregnant women can develop problems during pregnancy. If this happens the woman will need to see the doctor or midwife at the clinic.
  
54. It is important for pregnant women to go to an antenatal clinic regularly. If there is an antenatal clinic in your area you should encourage pregnant women to go there.
  
55. The antenatal clinic will be able to check that the woman is well and the baby is growing normally.
  
56. If the pregnant woman does not go to the clinic she may develop health problems and the baby could be harmed.
  
57. Should a pregnant woman go to the clinic to see the midwife during her pregnancy?
  
58. Yes,



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59. Or no?
60. Yes! You should encourage the pregnant woman to visit the midwife at the clinic regularly. This will help prevent problems in her pregnancy for herself and her baby.
61. A TBA can help a pregnant woman by giving advice about minor problems she may have during pregnancy.
62. But there are some problems which can be very serious. These include fever and vaginal bleeding and discharge. You should always refer a pregnant woman with these problems to a clinic for treatment.
63. If a pregnant woman starts bleeding from her vagina it could be very serious and she may have a miscarriage. She should immediately lie down and rest, and then be helped to the clinic to see the doctor or midwife.
64. If a pregnant woman starts bleeding from her vagina is it ok for her to carry on working in the fields or go to market?
65. Yes,
66. Or no?

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67. That's right. The pregnant woman should lie down and rest. She should then go to the clinic because her baby may be at risk.
68. If a pregnant woman has an unusual vaginal discharge it could mean she has an infection.
69. The discharge may be a yellow or pink colour, it may be itchy and it may smell bad. This could mean that the woman has an infection.
70. If so, she will need medicine from the doctor or midwife, so you should refer her. You should also encourage her to wash several times a day.
71. What should a pregnant woman do if she has an irritating vaginal discharge?
72. She should drink traditional medicine,
73. or she should wash several times a day and go to the clinic?
74. Yes. She should wash several times a day and go to the clinic to get some medicine.
75. If the pregnant woman has a fever and it continues for more than 2 days, she should be referred to the clinic.

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76. The fever could be malaria, dengue or another serious illness which would need treatment. The fever could cause early labour or the baby may be born dead.
77. Why should you refer a pregnant woman to the clinic if she has a fever that lasts more than two days?
78. Because the baby could be at risk,
79. Or so that the pregnant woman has a rest?
80. That's right. The baby could be born early or even born dead if the mother's fever is not treated soon enough.
81. As a TBA you have a very important role in the care of pregnant women. You can make a big difference!
82. That was the wrong answer. Let's go back and listen again.
83. Sorry! Wrong answer.

## **TBA Skills 1: Pregnancy**

84. Hello. The title of this lesson is “ TBA Skills - Pregnancy “. To begin, press the arrow pointing to the right. After you have finished this lesson the arrow pointing down will take you to the quiz. To listen again press the middle button.
  
85. You’ve now finished the lesson. Well done! Now press the arrow pointing down to play the quiz and try to win a gold star!
  
86. Correct!
  
87. “TBA Skills – Pregnancy”