Self-Care for Mom & Baby
A WOMEN-CENTERED SOLUTION FOR MATERNAL & NEWBORN HEALTH

830 women die every day from preventable causes related to pregnancy and childbirth. More than 2.7 million children die every year in their first month of life and a similar number are stillborn. Most are preventable.

THE SELF-CARE APPROACH
Self-care addresses important aspects of maternal and newborn health, emphasizing women-centered care that empowers women, their families and communities to make the best decisions, all while strengthening the woman’s relationship with her healthcare provider.

SELF-CARE IS COMMUNITY-LED
SELF-CARE INFORMS
BRINGS ABOUT BEHAVIOR OR ATTITUDE CHANGE
SELF-CARE IS EMPOWERING
SELF-CARE IS SUSTAINABLE

WOMEN-CENTERED
SELF-CARE IMPACT
COUNTRIES
COMMUNITIES
HEALTH CARE PROVIDERS

Self-care helps women gain the knowledge, skills and confidence to proactively maintain their own and their family’s health before, during and after childbirth.

COMMUNITY-LED
Eight indigenous women led by Mesua, Belfita were educated on self-care and nutrition. They are now educating others in 11 communities. The women leaders have continued traditional local recipes in a community cookbook which educates on the nutritional value of vegetables and other local foods.

BEHAVIOR or ATTITUDE CHANGE
In Zimbabwe, the majority of the pregnant women who participated in self-care workshops went for antenatal and other check-ups at the Community Clinic. One woman, motivated by the session on birth preparedness, started to save money for transport and is regularly taking the recommended iron supplements.

EMPOWER
In Zimbabwe, one woman involved in self-care discussions about the benefits of booking antenatal care visits early said, “I booked early so that I can be assessed and be given information about the pregnancy—for example, the well-being of the baby and myself—and that gave me satisfaction and confidence.”

SUSTAINABLE
In Bangladesh, a National Memorandum of Understanding was signed with the Department of Community Based Health Care, which oversee all government health care field workers. They are also developing materials to enhance healthcare workers’ approach and skills to embody self-care practices across the country.

Find out more at whiteribbonalliance.org/self-care