Go to all your antenatal visits
Test for HIV and bring your partner to test
Eat healthy food, take your vitamins and important medications
Avoid things that are bad for you and the baby.
Make sure you deliver at a hospital or a health facility.
Apply for a child support grant, it is your right
Choose an exclusive feeding method. Breast feeding is best for baby.
Bring your baby to clinic regularly and get all your immunisations
Contact:
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