

## SELF CARE TIPS ON MATERNAL AND CHILD HEALTH

Seek regular prenatal care:

Maintain a healthy diet

**Ensure proper immunization** 

Promote exclusive breastfeeding

Provide a safe environment

**Practice good hygiene** 

Foster a supportive emotional environment

**Ensure access to healthcare** 

Adequate rest and sleep

**Regular exercise** 

**Sufficient hydration** 

Avoid harmful substances

