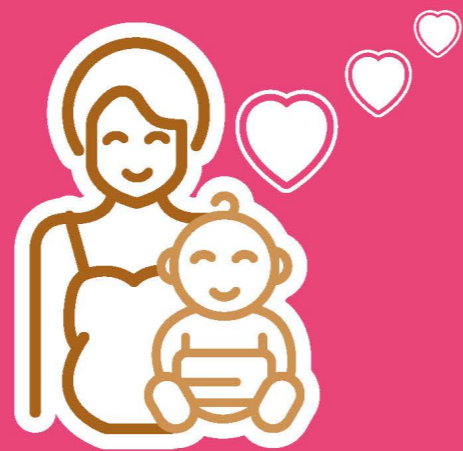


HAPPY MOM HAPPY BABY



BONDING/ATTACHMENT

Praise, encourage and play with your child. Create a loving & caring relationship



STOP ALCOHOL USE

Alcohol use in pregnancy can harm your baby and abuse can lead to violence



STOP VIOLENCE

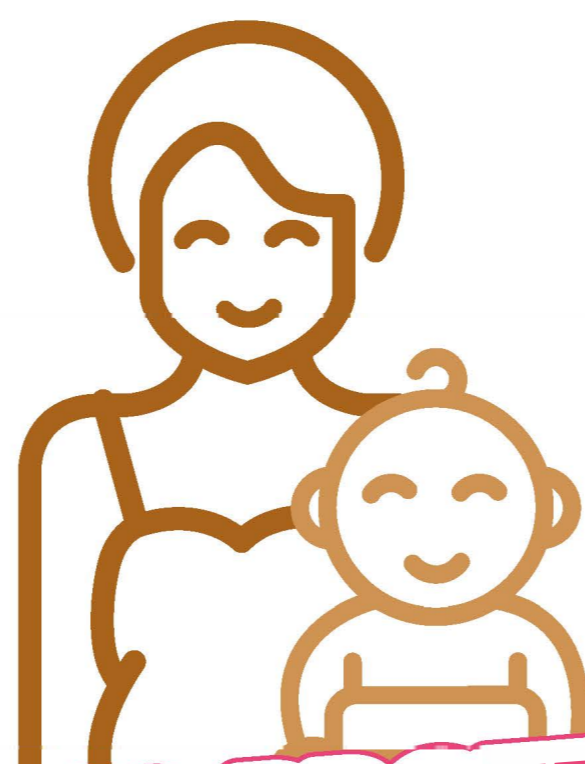
PROTECTION FROM HARM

Support each other to keep children safe and protect them from harm



MOM'S BODY & MIND

Take good care of your health and keep your heart happy. Seek help if you are feeling depressed or have mental health problems



LOVE, PROTECT, CARE, PLAY



BABY'S BODY & MIND

Take good care of your baby's health (breastfeeding & nutrition, immunizations & clinic visits, playing and reading)



AVOID SMOKING & DRUGS

Stop smoking in pregnancy & never do drugs. It is harmful to your baby's health and can have long-lasting bad effects