Manual; flyer and poster about attending check-ups early

The Goal

Welcome to our manual guide posters and flyers designed to inform and motivate women about the importance of regular check-ups during pregnancy. Understanding the significance of timely check-ups can improve mothers' and babies' health outcomes.

Instructions How To Use

The **poster** is designed to be used in clinics or as a visual tool for healthcare workers visiting various communities. The **flyer** is displayed in clinics at receptions and given to women so they can review it at home or share it with others.

If you look at the poster or flyer, you will notice various topics and images that explain the importance of early check-ups. In order to work with the poster and flyer, follow the next steps:

Healthcare workers:

1. Hand the mama the flyer when she is first in the consult room.
2. Each mama gets a flyer when entering the clinic. Make sure the mama keeps the flyer with her other medical documents and takes it with her to every appointment.
3. Give an explanation about the information on the flyer/poster at the first consult or the first handout of the flyer. Make sure the mama understands the information by asking her questions.
4. Repeat the information on the poster at every appointment or consult.
5. If there is a shortage of posters and flyers, use this link to download more to print: (coming soon)

Social workers:

1. Take the flyers with you to every gathering.
2. Hand the flyers to the mama's.
3. Use the poster as tool to spread the information. This can be in a group or individual setting.
4. Answer any questions that the mama's have and check if they understand the information by asking them questions about the poster and flyer.

Essential Qualities

When Someone wants to use this document they need to be able to do the following things:

- They need to know and understand the topics that are displayed in the document.
- They need to be able to explain clearly and answer questions about the topics.
- They need to be able to empathize, by understanding and addressing the needs and perspectives of the women.

The Document

In need of more flyers or posters, they can be downloaded on the following website: https://lighthousesupport.nl/portfolio/checkups/