**Maternal workload during pregnancy**

* In this video, we have discussed about the importance of taking rest for a woman from 6 months of pregnancy until 6 months after the birth of the baby. Taking rest during pregnancy is an important component of the first 1000 days.
* Ahalya Mahanta
* Rukmani Mahanta
* Sabitri Nayak
* Taramani Nayak (Anganwadi Worker)
* Rashmirekha Nayak
* Gitanjali Nayak
* Baikuntha Nayak
* Didi, what are you doing?
* Ginger and Taro (Colocasia) will be cultivated here, so I am working.
* Is your daughter - in - law not at home?
* Yes she is there, cooking at home. As she has completed 7 months of her pregnancy, she needs rest.
* Anganwadi didi had said that if a pregnant women takes more rest after 6 months, the pain during delivery becomes less as her body builds up more energy for labor.
* Now adays the daughters- in- laws are very lazy. During our days we used to work during pregnancy and deliver babies.
* No didi, we were making great mistakes. Therefore, our health was deteriorating and the health of the children was also getting affected.
* My daughter in law is now 6 months pregnant and I am getting her to do all types of work.
* Okay then, Anganwadi didi has come to my home, let’s go and speak to her.
* Namaskar didi, when did you come?
* I came just now.
* Okay, sit.
* So, is the health of your daughter- in- law okay?
* Yes, it is good.
* What all you are giving her to eat?
* She is eating fish, meat , egg, and milk.
* Hope you are giving everything?
* Yes.
* Please call your daughter- in- law, I want to see her.
* Listen daughter – in - law, come, Anganwadi didi is calling you.
* Namaskar didi.
* Namaskar, bring the chair and sit here.
* And is your health ok?
* Yes, my health is good.
* Are you taking IFA tablets or not?
* I am taking them.
* And what about your diet?
* Going on well.
* What all you are eating – is your diet going on well?
* Yes, my diet is going on fine, I am eating fish, egg, meat, seasonal ripe fruits and fresh vegetables.
* Earlier, I had asked you not to do strenuous work. Are you doing strenuous work?
* No, I am not doing strenuous work.
* What all work you are doing?
* I am doing light activities which I can do by sitting.
* Ok, like cooking, cleaning utensils, house cleaning etc.
* And Mausi, are you making your daughter- in- law to do strenuous work?
* No
* Are you doing them?
* I am doing of my own.
* Husband, mother- in- law, sister – in - law and other family members should help the pregnant women by sharing her work load. You should not make her to do strenuous work. She needs rest during this period.
* Didi, one more thing, I had gone to my father’s house. There I saw a lady having lot of complications during child birth as she was doing strenuous work during her pregnancy and the baby born was also weak. Therefore, I am not doing strenuous work and doing only light activities which I can do by sitting like cleaning utensils, house cleaning etc. So, I am feeling strong and healthy. Ok didi, I am going to look after the food which I am cooking now.
* Didi, her daughter- in- law is now pregnant, though I have tried many times to make her understand but she is asking her daughter – in – law to do strenuous work. So, please make her understand.
* Okay listen, if a pregnant women takes rest after 6 months of pregnancy, then energy of the body will be saved, delivery will be easier and the mother will not experience more pain.
* Question: Why a pregnant woman needs rest after 6 months of pregnancy?
* Answer: If a pregnant woman takes rest after 6 months, energy for labor gets built up.
* If a pregnant does strenuous work, then the bay will be born prematurely, with low-birth-weight and the mother will also fall ill again and again.
* Question: What problems will be faced if a woman does strenuous work 6 months after pregnancy?
* Answer: If a woman does strenuous work after 6 months of pregnancy then there could be premature delivery and the baby could have low-birth-weight.
* I said that from 6 months of pregnancy until delivery, strenuous work should not be done. So, do you know what kinds of strenuous work I mean here?
* No, please tell.
* Strenuous work means cutting wood, carrying the wood over head, lifting water from the well, carrying the water over head ,lifting stones, walking for long distance, standing for long time, doing farming activities etc. should be avoided during this period.
* Didi, whether they will not do any work or what?
* No Mausi, they will work, but will not do strenuous work. They will only do light household activities which can be done by sitting like cleaning utensils, house cleaning, cooking etc. so that they can take rest and simultaneously they can work also.

Other family members like you, your daughter, son, and husband should together do the strenuous work. For instance, your son will bring wood from the forest, your daughter will bring water, you, your son or your husband will do farming. You should keep your daughter – in – law away during seed treatment with chemicals and during spraying of pesticides in the field during farming.

* Didi, for how long should we not let the daughter – in –law do strenuous work?
* From three months before the baby is born until 6 months after delivery, you should not make her do any strenuous work. The baby will be exclusively breastfed until 6 months of age. So, during this period, she should avoid strenuous work, as she needs to breastfeed frequently. As your daughter in law is pregnant now, we will discuss about this later.
* I didn’t know about this, so I were making our daughter- in- law work. Now that I got to know and I will discuss this with my son and daughter – in - law and will stop her doing strenuous work. Ok didi, you continue the discussion, I am leaving.
* Gita, Baikuntha where are you all going, please come here.
* What happened mother, why are you shouting?
* Anganwadi didi has told not to do household work like cooking, carrying water, cutting wood and farming etc.
* But who will not do?
* Daughter- in- law, as she is pregnant, she will not do any work.
* Mother, what work sister –in – law will do?
* Your sister – in - law will not do any work like bringing water; cutting wood and will only do light activities whatever she can do.
* Ok mother,I could understand, as she is now pregnant, she needs complete rest. We will do the strenuous work like bringing wood from the forest, doing farming activities and our daughter will bring water.
* Question: How can the family members help the pregnant woman to take adequate rest?

Answer: Family members can support the pregnant woman to not do strenuous work, such as doing farming activities, cutting wood, lifting stones, bringing water, standing or walking for long time etc. (If a pregnant woman does light activities, she can rest more.)

* Leave it sister – in –law. I will do this.
* Rashmi, now you need to take rest as you are pregnant. And whatever strenuous work is there, mother, myself and sister together will manage. If you will take adequate rest, then a healthy baby will be born.
* Ok, let’s go.
* Today in this video, we came to know about a pregnant woman taking rest after 6 months of pregnancy. During this period, if a pregnant woman takes adequate rest, she can save energy for labour and delivery becomes easier. If she does strenuous work from 6 months of pregnancy until the child’s birth, then there could be preterm delivery, the baby could have low- birth- weight, and the health of the mother will suffer. So it’s my request to the family members of a pregnant woman that they do the strenuous work themselves, and allow the pregnant woman to take rest, so that the pregnant woman will be healthy and give birth to a healthy baby.