

SPRING Project, Burkina Faso: Maternal Nutrition P3**BEHAVIOR: IMPROVING THE STATE OF NUTRITIONNEL PREGNANT WOMEN AND SUCKLER****behavior to promote**

a pregnant or nursing woman needs good nutrition to ensure the health and development of her child. During pregnancy, the mother needs an extra meal every day. A breastfeeding mother needs two extra meal per day. These meals will provide energy and nutrients to the mother and the growing baby. The environment plays a very important role because it must ensure that the mother take more rest than usual during pregnancy, and she had time to breastfeed her child.

Reasons

During pregnancy, development a child depends on the health of his mother, if she does not have good nutrition or good health care, the baby's growth will suffer and the child will be less strong and intelligent in the future. A malnourished mother is at greater risk during pregnancy and will give birth to a child with low birth weight.

The risks associated with pregnancy are significantly reduced for both the mother and the child, when women are healthy and well nourished before becoming pregnant. That is why it is important to feed the lactating woman: not to ensure good quality milk because breastmilk is always good, evil-fed or not, but to ensure that it restores its body and it replaces the elements of her body that she has lost in her milk.

During pregnancy and breastfeeding, all women need more nutritious meals, larger quantities of food, more rest than usual, as well as iron supplements and folic acid or multiple micronutrients such as Vitamin A and iodized salt to ensure the mental development of their children.

Barriers to behavior change*ideas*

Several obstacles hampering awareness that nutrition of a mother influences the development of the pregnancy and birth weight of her baby. A proportion of women associates, for example, the thinness of a newborn *sogo* (translated as "meat, fish meat, game, doe"), a traditional cause disease, and not to feed the mother during pregnancy. During pregnancy, some women even avoid eating more than usual. They think that enhanced nutrition during pregnancy will change the size of the fetus and then complicate childbirth, which has no connection beliefs.

Other women avoid certain foods during pregnancy because of traditional. Eat eggs mean that the newborn smell bad, consumption would produce a rat thief child. Nausea during pregnancy can also be an obstacle to good nutrition: frequent small meals (not spicy) can reduce nauseatime.

Overwork of pregnant women and lactating women especially does not help his health and they can spend on breastfeeding. In rural areas, women devote most of their time at work or household chores, child care, and field work. This causes physical strain that adds a level of insufficient and unbalanced nutrition. In case of food insufficiency, it is women (and girls) who served last and it is they who suffer first deficiency anemia and destructive physical energy.

Decision making

The entourage plays a role very important that the woman eats and how long it may take to breastfeed: husband, stepmother, stepfather decided that the woman should (or should not) do. If we want to diminish the work of women during pregnancy and breastfeeding is the entourage who has ultimate responsibility. The environment also influences the proper monitoring of prenatal care.

Elements favoring behavior change

Pregnant and lactating women have more energy and are healthier if they eat a nutritious diet, larger amounts of nutritious food and rely more than usual acid. **quote from foods rich in iron, vitamin A and folic milk, meat, fish, eggs, green leafy vegetables and fruits, and orange or yellow vegetables** Whole food can be safely consumed during pregnancy and lactation FASO:.