



Department of Prevention of Communication Disorders (POCD)  
**ALL INDIA INSTITUTE OF SPEECH & HEARING**  
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## Young girls and expecting mothers..... This is for you

*Tips to prevent communication disorders in infants*



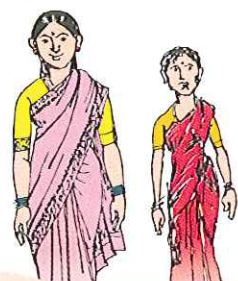
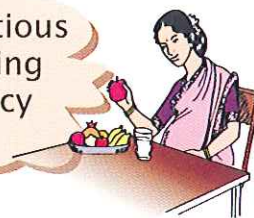


# Do's



Periodically consult and take medication prescribed by physician / Gynaecologist

Take nutritious food during pregnancy

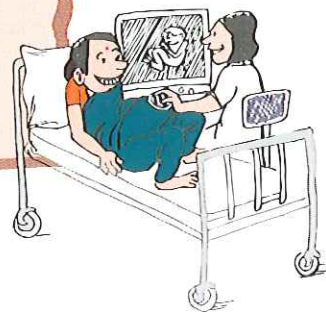


Maintain personnel hygiene

Know your blood group and RH factor



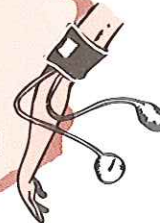
Undergo prenatal screening for genetic deficits if any



Undergo immunization against diseases such as rubella & others as suggested by physician



Control diet to avoid gestational diabetes and high blood pressure



Consume Folic acid supplements to avoid cleft lip and palate



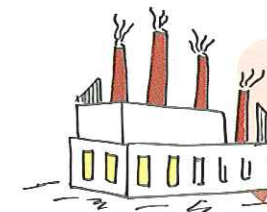
# Dont's

If you are a pregnant woman avoid the intake of following

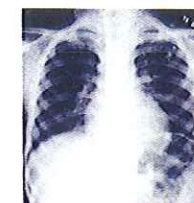
Alcohol



Exposure to chemical fumes



Exposure to radiations (X-rays or any other radiations)



Mycin group medication

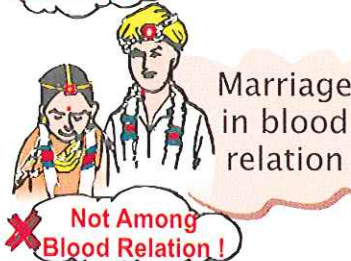


Smoking



## AVOID THE FOLLOWING

Marriages



Marriage in blood relation

I am 40 now



Conceiving after 35 years

Malnutrition during pregnancy



Infections during Pregnancy



Fall / Injury



Traveling in High altitude during pregnancy

