Training and education

Maternal and newborn health practices

- Nutrition during pregnancy
- Antenatal exercises in pregnancy
- Malaria in pregnancy and importance of prevention
- Labor process, including recognition of early signs
- Early initiation and exclusive breastfeeding
- Infant and child feeding practices
- Health education and well-baby classes
- Recognition of danger signs and early care seeking for the mother and the newborn
- Family planning
- Good hygiene and sanitation practices
- Recognition, prevention and treatment of diarrhea in mother and child
- Immunization
- Sexually Transmitted Diseases (STDs), HIV and AIDS

Skills training

- Introduction to Income Generating Activities
- Basic record keeping for simple business activities
- Vocational training, such as sewing of baby clothes and other various crafts applicable to the local context and culture
- Care and maintenance of a vegetable garden

Scott NA, Kaiser JL, Vian T, Bonawitz R, Fong RM, Ngoma T, Biemba G, Boyd CJ, Lori JR, Hamer DH, Rockers PC. Impact of maternity waiting homes on facility delivery among remote households in Zambia: protocol for a quasiexperimental, mixed-methods study. BMJ open. 2018 Aug 1;8(8):e022224.