Following is a response from Senior DHS Specialist, Tom Pullum:

I suppose your quarterly measurement will work but you must limit it to births in the DHS survey for which the information was obtained. For example, sometimes an outcome is measured only for the most recent birth in the past five years, and otherwise the outcome has the NA code ("."). In that case, just the births that are not NA would be in the denominator.

Yes, you should always use the weights, v005. However, some procedures do not allow weights, at least not in the current version. In that case you omit the weights (you have no choice!). I am not familiar with the "itsa" command in Stata. You could go to the Stata forum for help with that. Or maybe another user of the DHS forum can help.