

Ind b

# MATERNAL AND CHILD HEALTH

For Promotion

BRING THE MCH

Everytime you go to the Health Service Facilities

Name of Mother :\_\_\_\_\_

#### DEPARTEMENT OF HEALTH REPUBLIC OF INDONESIA

in Cooperation with

/ADILL

JAPAN INTERNATIONAL COOPERATION AGENCY

THE ENSURING QUALITY OF MCH SERVICES THROUGH MCH HANDBOOK PROJECT

Reg. No :		Date :
Name of Mother	HERE ON THE	AMERICA,
		Blood Type of Mother :
Age when married	: years old	Upper Arm Circumference : cms
Education of Mother	: Uneducated; ES	S /JHS /SHS graduated; or more*
		By Migration of Avecta for Alexand
Name of Child		Missili teesatikkanna og
Date of Birth	:	run- jenmark i
Sex		The middle of the street of th
Name of Father	:	
Age of Father at the present time	: years old	Shi Akii Mari J
Education of Father	: Uneducated; ES	/ JHS/ SHS graduated; or more*
Address	: Street	
	Village	

<sup>\*</sup> Cross out unnecessary words

# II. MONITORING AND ADVICE FOR MATERNAL AND NEONATAL HEALTH

# A. PREGNANT MOTHER

To be filled in by: Health Personnel

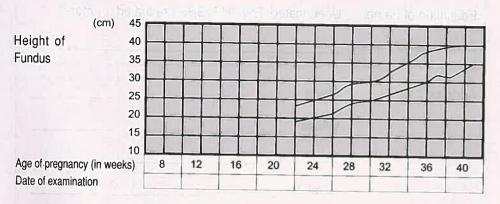
1.	RECORD	OF PAST	<b>PREGNANCIES</b>	AND DELIVERIES
----	--------	---------	--------------------	----------------

Obstetric record G:, P:, A:	THE THE STATE
A STATE OF THE PARTY OF THE PAR	new year has son?
Number of children deceased:	
Interval between now and delivery of last pregnancy:	
Title of person who assisted with the last delivery :	to mileg : mG
Record of the last delivery :	Mir/O to emise
1. Spontaneous :	
2. Operation, Details :	

To be filled in by: Health Personnel

#### 2. EXAMINATION

# a. Pregnant Graph



b.	Estimation of delivery and deli
	First day of the last menstrual period
35	Preunant mather with the following conditions should hauste.
	Estimated date of delivery newton grinub constalass technology
	Date :

#### c. Antenatal Care

Week of pregnancy	8	12	16	20	24	28	32	36	40
Date of visit						hsan	នគ្នាប		
Complaints			.78	iblidi	1 (1)	i' a a		1 1	ı
Weight (Kgs)	Hitelt	and the second	- VI( #L	1851	JUL E	U:CDC	Vi Elst	-	
Blood pressure (mg Hg)	0_1/10		SIL	TALL	eril s	Mile:	ries II		
Edema .ama(a.6)	neil.	225	91 391	cupin	um (	rru A	Bad		
Fetal presentation in State 2									
Fetal heart beat						(ii	2145		
Hb: gram %									
Iron tablet	30 G	Constitu	Tr. Lily	V) 196-1	AL AND	5411	3. (4.	211172	
lodine capsule	xt'-jto-								
Imunization TT (TT1, TT2, TTU)									
Condition of teeth/ mouth:				11,51	25 w		is ilāi		
Name of medical institution/pers						a ma			
Advice:									

If height of fundus is outside of the <u>green</u> zone or the mother feels something abnormal, the mother should be referred to Public Health Center.

fotospe pasesacio da swir of more...

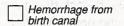
#### 3. DELIVERY PLANNING FOR THIS PREGNANCY

Pregnant mother with the following conditions should have health personnel assistance during delivery.

To be filled in by: Cadre / Pregnant Mother Age is less than 20 years or more than 35 years old. Interval between now and delivery of last pregnancy is less than 2 years. Has more than 4 children Had trouble at the last delivery (breech presentation, premature baby, caesarean section, convulsion, etc.). Height is less than 145 cms. Upper Arm Circumference is less than 23.5 cms. Has chronic disease history (for example malaria, TB, heart disease). Pregnant mother with any of following conditions should have the delivery at hospital: To be filled in by: Health Personnel Severe anemia (Hb is less than 8 gram %). High blood pressure (more than 140/90 mmHg). Significant edema. Has had a pregnancy in breech presentation. Transverse presentation at 32 or more weeks of gestation. If the fetus is assessed as too small. If fetuses assessed as twin or more. If the fetus is assessed as too big. ronds agricultance sind

# 4. SIGNS OF ANY COMPLICATIONS DURING PREGNANCY OR DELIVERY WHICH SHOULD BE REFERRED TO HOSPITAL OR MEDICAL PERSONNEL AS SOON AS POSSIBLE



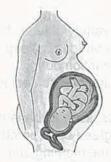




Amnion discharge before delivery



Convulsions/



Seldom or no fetal movement



Fever



Severe pain within the stomach area



Headache or edema of legs



Continuous nausea and difficult eating at the beginning of pregnancy

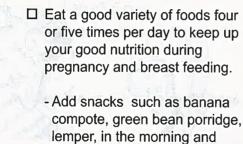


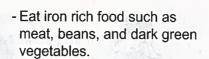
Pale in eyes

#### 5. TIPS TO KEEP MOTHER AND BABY HEALTHY

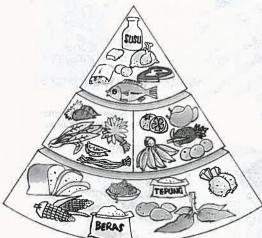


- ☐ Eat a balance diet in order to :
  - Keep up your health with good nutrition.
  - Keep the baby's growth normal before birth for the healthiest baby at birth.
  - Prepare for the best breast milk production.
- ☐ Eat one to two more helpings of food than usual each day during pregnancy and breast feeding.



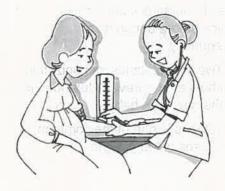


afternoon.



Balanced Nutritious Food

Use lodium salt when cooking



☐ While pregnant, be examined every month so that if there is something wrong with you or your baby, health personnel can help you as early as possible.



- ☐ Measure your body weight every month during pregnancy.
  - Increased body weight during pregnancy should be about 7 to 12 kgs.



☐ Take one iron tablet every day during pregnancy and for at least 40 days after delivery. (totally 90 tablets at least).

In severe and medium endemic area of lodium Deficiency, pregnant woman should take one iodium oil capsule.



- ☐ Ask for tetanus immunization twice before 8 months of pregnancy.
  - Two times tetanus immunization shots are to prevent tetanus for the new born baby.
  - Tetanus is one of the common causes of baby death.



- ☐ Keep your body clean.
  - Take a bath at least twice a day.
  - Brush your teeth at least twice a day, in the morning after break fast and in the evening before bed.
  - If you throw up, immediately rinse your mouth.



- ☐ Make sure you rest enough and reduce heavy work.
  - Pregnant mothers should have a rest, lie down at noon for 1 to 2 hours. Reserving energy is good for mother and baby.
  - Make sure your family is prepared to welcome a new baby and to take care of the new baby with love.



- ☐ Take care of your breasts.
  - A mother should have a plan for breast feeding her baby from early pregnancy.
  - Clean your nipples with coconut oil. If nipples place inside, pull nipples softly so that they come out. Do this every day.

#### **B. MOTHER DURING DELIVERY**

#### 1. SIGNS OF DELIVERY

- · Pain in womb becomes frequent and strong.
- Mucus with blood comes out from the birth canal.
- Amniotic water discharge comes from the birth canal.
- Feeling constant pressure to make bowel movement.

If you have a sign of delivery, contact midwife / doctor immediately. Try to urinate as often as you can. Try to walk as much as you can.

# 2. PREPARATION BEFORE DELIVERY AT HOME

- Prepare a place for the mother to lie down in. The space should be dry and clean. Keep the delivery room clean and well light.
- Prepare boiled water on cooking stove in order to sterilize equipment.

- · Wash hands with clean tap water and soap.
- Prepare some soft cloths, towels, and baby cloths making sure they are clean and dry.
- Prepare cloths that are clean and dry for mother after delivery.
- The equipment for delivery should be prepared by a midwife.



#### 3. SIGNS OF DANGER DURING DELIVERY

- Baby has not been delivered after 12 hours of starting labor pain.
- Bleeding from the birth canal before delivery.
- Umbilical cord or fetus extremity is emerging / coming out before the head comes out.
- · Mother is having problem with pushing.
- Amnion fluid smells bad or is stained with dark color.
- Excess bleeding after baby is born.

If there are any danger signs, the mother should be referred to HOSPITAL immediately.

#### 4. DELIVERY RECORD

To be filled in by: Health Personne

			10	be illied in by. Health Fel	SUITIET
<b>Delivery and Pos</b> Date of Delivery	t Na	tal Examination	Peri	od of pregnancy :	weeks
Birth attendant	: ( [	] Doctor ] Other health personnel ] Family	[ [	] Midwife ] Trained Traditional Birth Attendant ] Other	
Place of delivery		] Own house ] TBA's house ] Maternity clinic ] Village Delivery Pos		] Midwife's house ] Hospital ] Health Center	
Delivery	:[			] Operated	
Status of infant	]:	] Healthy ] Died	[	] Sick ] Physical defect	
Sex	: [	] Male	[	] Female	
				of yeard and years	
Height Height	P <u>B</u>	cms	Ch	nest circumference:	cms
Status of infant at birth	: [	] Cried immediately ] Cried after a few minutes ] Did not cry	le [i	Body color all red Body color part blue Body color all blue	
Cord Cutter	: [ ]	] Scissors ] Boiled	[	] Others	
Cord Care	:[	] Povidone iodine	[	] Others	
First Breast feeding	]:	] Within 30 minutes ] No breast milk	E	] Later than 30 minutes	
Status of mother	: [ ]	] Healthy ] Died	1		
Complications after delivery	] : [	] Bleeding ] Convulsion ] Others	[	] Fever of Johnson	
Service	]:	] Postnatal vitamin A ] lodium oil capsule		] Postnatal iron tablet	
Date of referral Cause for referral Place of referral	:_				

#### C. NEONATAL

#### 1. POST DELIVERY TIPS

- a. Begin breast feeding within 30 minutes after delivery.

  Give only breast milk for 4 months.
- b. Give a report about the delivery to Dasa Wisma cadre in order to fill the delivery record.
- c. Check the mother and neonatal baby by health personnel at least twice during the first month.

#### 2. KEEP BABY WARM

It is easy for a baby to get cold. Exposure to cold may cause death, especially premature babies. To prevent loss of temperature in your baby's body:

- a. Place the baby against mother's chest to make contact between mother and baby.
- b. Keep the baby's room warm and clean.
- Do not leave your baby in a windy place, such as in front of a door, or next to a window.
- d. Cover baby with a dry and clean blanket. Keep a hat on your baby's head.
- e. Change the baby's cloths and blanket immediately if they get wet.



#### 3. BREAST FEEDING

# a. Important things for breast feeding and the last conductive ships

- 1. Breast milk has all the nutrient factors that your baby needs.
- 2. Breast feeding bonds the relationship between mother and baby.
- 3. Breast milk, especially colostrum, contains rich immunological elements.
- 4. Breast milk is the most hygienic and easiest to feed your baby.

#### b. How to breast feed correctly

- 1. Hands of mother should be washed before breast feeding.
- 2. Place the baby on your lap, and your elbow will support the baby's head and your hand will hold the baby's bottom.
- 3. Baby's body is turned toward mother, baby's stomach close to mother's tummy.
- 4. Touch the nipple to the baby's lips or cheek to stimulate the baby's mouth to open.
- 5. After the baby's mouth opens place the nipple or areola to baby's mouth.
- 6. Use both breast evenly.



#### 4. HOW TO TAKE CARE OF UMBILICAL CORD

Here are some ways to prevent a newborn baby from being infected with tetanus.



- a. Clean the umbilical cord everyday with
  - b. Cover the umbilical cord with *clean and* dry gauze.
  - c. Clean the umbilical cord every day until it
  - d. Continue covering it with clean and dry gauze until healed.

# 5. HOW TO PREVENT A NEWBORN BABY FROM CONTRACTING TETANUS

Tetanus is caused by infection through the umbilical cord as a result of not being cleaned or treated with traditional remedy incorrectly.

#### a. Warning Signs:

- 1. Baby, who previously could be breast-fed, suddenly cannot.
- 2. Baby's mouth looks like fish mouth.
- 3. Baby has convulsions, especially when being touched, shown a bright light, or exposed to a loud noise.

# b. This disease can be prevented by following these simple steps:

- 1. Receiving two shots of TT while you are pregnant.
- 2. Cutting the umbilical cord with sterilized tools.
- 3. Hygienic treatment of the umbilical cord every day until it falls off.

#### 6. NEONATAL HEALTH CHECK UP

To be filled in by: Health Personnel

CHECK UP	NEONATAL VISIT				
CHLOR OF	1 - 7 days	8 - 30 days			
Baby weight (grams)	uufaagg	TUE			
Head circumference (cms)	NIIOR				
Umbilical condition (Write D = dry or W = wet)		elaci			

Write (+) if exist, or (	-) if not exist
ET BER CHISTAG	i saliev yumb
11.2	
1000年数	
	-
	Write (+) if exist, or (

If there are any complications or signs of illness, refer to Public Health Center or Hospital immediately.

#### D. FAMILY PLANNING

#### 1. FAMILY PLANNING SERVICES

To be filled in by: Health Personnel

Contraceptive method :	*
IUD Injection Operation	Implant Pil Pil None Other
Date :	

#### 2. IMPORTANT THINGS TO KNOW

Family planning is to arrange delivery, build family stability, and increase family welfare in order to create small, happy, healthy, and safe families.



Circumstances that are not good for the health of the mother and the baby:

- Delivery mother less than 20 years old.
- Delivery mother more than 35 years old.
- · Delivery interval less than 2 years.
- · Delivery more than 4 times.

Get information from family planning professional.

Discuss with your husband and health personnel optimal choices of family planning.

Talk to your husband before receiving family planning service.

# III. GENERAL EXPLANATION ABOUT CHILD HEALTH CARE

## A. IMMUNIZATION

To be filled in by Health Personnel

NAME OF	D	DATE OF IMMUNIZATION						
IMMUNIZATION		J.	Squille ZI	IV				
B.C.G.								
HEPATITIS B*								
D.P.T.	VIII STATE	MARKET STATE	1 2 ph shops					
POLIO								
MEASLES								

#### 2. IMPORTANT POINTS

- a. The Benefit of immunization
   Each immunization may protect your child from one of these illness: Hepatitis B, Tuberculosis, Diphtheria, Whooping Cough, Polio, and Measles.
- b. Immunization schedule (National Standard)

Name of immunization
BCG, DPT 1, Polio 1
HB1*, DPT 2, Polio 2
HB2*, DPT 3, Polio 3
HB3*, Polio 4
Measles

<sup>\*</sup> Hepatitis B cannot be given at all provinces.

# **B. MEASUREMENT OF HEAD CIRCUMFERENCE**

# 1. WHY HEAD CIRCUMFERENCE SHOULD BE MEASURED: As a way of determining that a child's brain growth is normal.

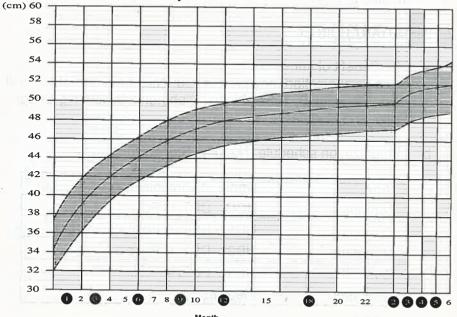
# 2. SCHEDULE OF HEAD CIRCUMFERENCE MEASUREMENTS:

- An infant: age 8 to 30 days, 3 months, 6 months, 9 months, and 12 months.
- A Child under five years of age: 18 months, 24 months, 3 years, 4 years, and 5 years.

Advice: If your child's head circumference measurements are not in the green zone, ask to be checked at a hospital.

Head Circumference for a Boy

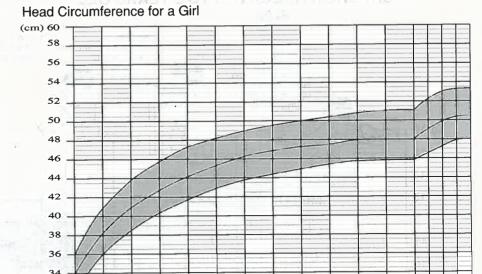
(cm) 60



Black circles are the correct ages for measuring head circumference.

To be filled in by Health Personnel

20



Black circles are the correct ages for measuring head circumference.

32

# C. HEALTH CARD FOR CHILDREN UNDER FIVE

A healthy child will have his/her body weight in the green zone and every month his/her weight will increase following the green zone.

Feed your child healthy foods. Record the weight of your child once a month.

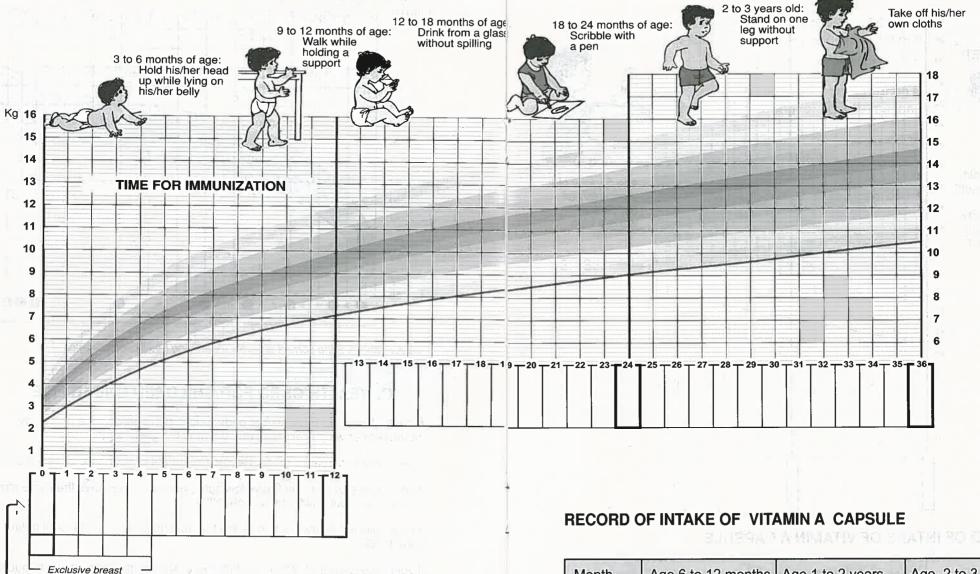
If your child's weight is in the yellow zone, goes down or stays the same month after month, your child may be unhealthy.

If your child is underweight, increase the amount of times and length of time you breast feed.

If your child is old enough to eat other food, increase the amount and frequency of feeding.

If the child's weight ever goes below the red line, seek the advice of a midwife or health professional.

## C.1. GROWTH CURVE 0 TO 3 YEARS OLD



Fill in this box with the date of your child delivery.
Fill in the following boxes with the names of the following months.

Month	Age 6 to 12 months	Age 1 to 2 years	Age 2 to 3 years
February	Date:	Date:	Date:
August	Date:	Date:	Date:

feeding period

### C.2. GROWTH CURVE 3 TO 5 YEARS OLD



3 to 5 years old: vour child should 18 be able to identify and say the name of at least one color

17

16

15

14 13

12

11

10



4 to 5 years old: Wash his/her hands well without help

# RECORD OF INTAKE OF VITAMIN A CAPSULE

MONTH	Age from 3 to 4 years		Age from 4 to 5 years		
February ==	Date :	iete@ :	Date :	.pjedi	F. Insurally
August	Date :	:elsili j	Date :	Pare.	tellariv

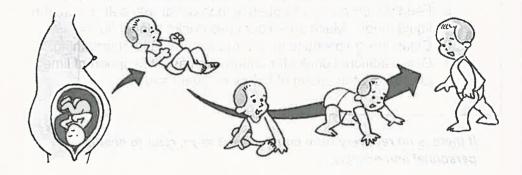
#### D. STIMULATIONS FOR CHILD DEVELOPMENT

Stimulation for child development consists of various activities performed by mother or family to assist appropriate development for a child at each stage of life.

Each stage of development should be monitored during stimulation. These records should include ability to move, speak, reason, socialize and be independent, with the state of the state of

The principles of stimulation are as follows:

- 1. Teach your child to play, run, dance, write, draw, count, and read. Teach your child how to eat and drink by him/her self. Teach your child to help his/her parents.
- 2. Stimulate step by step, continuously.
- 3. Use toys and everyday items that are not dangerous to your child.
- 4. Do not force your child if he/she is tired or does not want to do any more.
- 5. Give your child a complement, praise the child if successful at completing a task concurrent with age level.
- 6. Stimulate and teach your child with patience and love.



#### E. COMMON ILLNESSES CHILDREN SUFFER FROM

#### 1. ACUTE RESPIRATORY INFECTIONS

- a. If you observe frequent cough and difficult fast breathing in your child, it may be life threatening.
- b. Observation of fast breathing
  - 60 times or more a minute for a child of age 2 months or less.
  - 50 times or more a minute for a child of age 2 months to 1 year.
  - 40 times or more a minute for a child of age 1 to 5 years.

If there is a retraction between the bottom rib and the top of the stomach, it can be a sign of breathing problems.

If your child has any of these signs, contact health personnel immediately

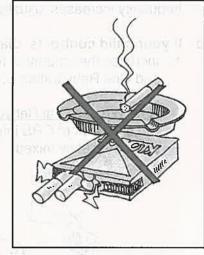
- c. If your child has a mild cough and has none of the signs listed above, treat the child at home.
  - 1. Continue breast feeding if the child is of breast feeding age.
  - 2. Feed the child more frequently than usual with soft, warm and liquid foods. Make sure your child drinks a lot of fluids.
  - 3. Clean the child's nose in order to assure ease of breathing.
  - 4. Give traditional drinks for cough such as 1 tea spoon of lime juice and 1 tea spoon of honey or sweet sauce.

If there is no recovery from cough after 3 days, refer to health personnel immediately.

#### d. How to prevent Acute Respiratory Infections:



Keep your child away from anyone who is coughing



Do not smoke close to your child



Feed your child nutritious food every day



Keep your child's environment clean, and well ventilated

#### 2. DIARRHEA

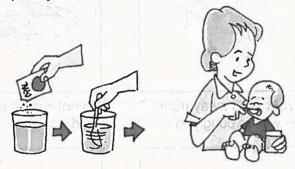
a. Diarrhea is a change in child's stool from solid to watery, where the frequency increases usually to more than 3 times a day.

#### b. If your child contracts diarrhea:

1. Increase the amount of fluids such as breast milk, boiled water, and Oral Rehydrating Solution (ORS).

# How to make Oral Rehydrating Solution (ORS)

Put one pack of ORS into a glass of boiled water (200 cc) and stir until completely mixed.



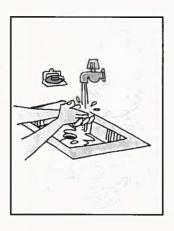
Give it to your child little by little until your child does not fell thirsty. Follow this chart as a reference :

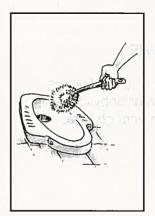
MEASUREMENT OF ORS				
The SHED	in the first 3 hours period of treatment	Every time your child has diarrhea		
Child Under 1 year	1 1/2 glasses	1/2 glass		
Child under 5 years	3 glasses	1 glass		

- 2. You should continue breast feeding if the child is of breast feeding age. Feed the child with soft foods.
- 3. Visit health personnel immediately, if the child is still sick for 2 days or any of these signs are present.
  - Watery stool in every bowl movement
  - Repeated vomiting
  - Very thirsty
  - Fever
  - Eat and drink little
  - Blood inside stool

# c. How to prevent diarrhea:

- 1. Feed your baby only breast milk until 4 months old.
- 2. Wash hands with soap after cleaning up feces and before feeding the child.
- 3. Use the toilet and keep it clean.
- 4. Throw child's waste in the right place.
- 5. Use boiled water for food and drink.







# IV. MONITORING AND INFORMATION FOR CHILD HEALTH

# A. BABY 0 TO 30 DAYS OLD

To be filled in by Mother/Cadre

# 1. **DEVELOPMENT MONITORING**

Things your baby can do during the first 30 days:

a. Drink breast milk efficiently.

b. Move both hands and legs actively.

c. Gaze at mother's eyes.

d. Start to vocalize.





- If your baby is not doing these things, you should stimulate the baby as often as possible.
- If your baby is not progressing one month later, contact health personnel.

#### 2. STIMULATION AT HOME

 When your baby is fussy, find the cause and hold your baby close to your body with enough love.



- Hang toys that make sounds or have bright colors over your baby's bed, so your baby can see the moving objects and try to reach or kick them.
- c. Teach your baby to hold his/her head up while lying on his/her belly.
- d. Encourage your baby to smile especially when your baby is looking at you.



#### 3. IMPORTANT THINGS TO DO

For the first 30 days of your baby's life

- Measure head circumference at least once during age of 8 to 30 days.
- b. Weigh your baby.
- c. Give only breast milk until 4 months (Exclusive Breast Milk), because breast milk contains all necessary nutrients for child growth and development.



### **B. BABY 1 TO 4 MONTHS OLD**

To be filled in by Mother/Cadre

#### 1. DEVELOPMENT MONITORING

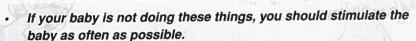
Things your baby can do by the age of four months:

a. Hold his/her head up while lying on his/her belly.

b. Hold an object.

 Follow your movement while turning his/her head from one side to the other.

d. React by smiling.



• If your baby is not progressing one month later, contact health personnel.

#### 2. STIMULATION AT HOME

a. Treat your baby tenderly and peacefully. Speak softly, cuddle often, kiss, sing to your baby. Think of any other soothing, joyous and exciting activities.

b. Imitate your baby's sounds, movements, and expressions.

Encourage your baby to make sounds, for example the sound of a bird, a bell, or a chicken.

 Teach your baby to roll from back to belly and back again.

d. Teach your baby to hold things strongly by placing something in your baby's hand. After your baby holds an object, tug on it slowly.



#### 3. IMPORTANT THINGS TO KNOW

For the age of 1 to 4 months:

- a. Ask health personnel for immunization
  - BCG, DPT1, Polio1 at age 2 months
  - HB1, DPT2, Polio 2, at age 3 months



If the baby is sick but not very sick, you should still bring the baby to be immunized.

- b. Measure head circumference at least once at age of 3 months.
- c. Weigh the baby every month.
- d. Give only breast milk until 4 months.



#### C. BABY 4 - 6 MONTHS OLD

#### 1. **DEVELOPMENT MONITORING**

Things your baby can do by the age of six months:

- a. Change position from lying on the back to lying on the belly, or viceversa.
- b. Grab an object that is within your baby's grasp.
- c. Look in the direction of a sound/voice such as a bell, tapping on a glass or a dish with a spoon. Check if your baby is not watching when you make sounds.
- d. Search for moving things.
  - If your baby is not doing these things, you should stimulate the baby as often as possible.
  - If your baby is not progressing one month later, contact health personnel.

#### 2. STIMULATION AT HOME

- Help your baby to sit by him/her self, start by seating your baby in a supportive chair.
- b. Teach your baby to hold things in both hands at the same time.
- c. Teach your baby to imitate words by using a soothing voice.
- d. Play hide and seek or teach your baby how to clap hands while saying:
  - "...da....da....."
  - "...da....da....."











### 3. IMPORTANT THINGS TO KNOW

For the age of 4 to 6 months:

- a. Ask for immunization HB 2, DPT 3, Polio 3, at the age of 4 months.
  - Ask for immunization HB 3, Polio 4 at the age of 5 months.
- b. Measure head circumference at least once at the age of 6 months.
- c. Weigh your baby every month.
- d. Before teeth come out, clean your baby's gums and tongue by cloth with warm water after each breast feeding.

#### e. Feeding:

- Feed your baby breast milk continuously. Start to give supplementary foods beside breast milk such as mashed food, soup, fine porridge, banana and fruit juice.
- It is better to give breast milk before supplementary food at each feeding.

# How to make mashed food (Fine Milk Porridge)

#### a. Ingredients:

- 2 table spoons of rice flour (20 gram)
- 2 tea spoons of sugar (10 gram)
- 1 cup of fresh milk or 2 table spoons of powdered milk dissolved into 1 cup of water.

#### b. Preparation:

- Mix rice flour and sugar into milk
- Cook it on the stove with medium fire and stir until it is cooked.



### D. BABY 6 TO 9 MONTHS OLD

#### 1. DEVELOPMENT MONITORING

Things your baby can do by the age of nine months.

- a. Sit by him/her self.
- b. Move an object from one hand to another.
- c. Laugh / scream when the baby sees interesting things.
- d. Eat biscuits without help.

To be filled in by mother/Cadre



- If your baby is not doing these things, you should stimulate the does to baby as often as possible. All in tagend evip of refred at the
  - If your baby is not progressing one month later, contact health

#### STIMULATION AT HOME We would be to be the same of word

- a. Pick your baby up and help him / her to stand up on a flat and hard surface.
- b. Teach your baby to put in or take out thing from a container.
- c. Show your baby pictures and teach him / her the names of things.
- d. Encourage your baby to play with other people.



#### 3. IMPORTANT THINGS TO KNOW

For a age of 6 to 9 months:

- a. Ask for measles immunization, at the age of 9 months.
- b. Measure head circumference at least once at age of 9 months.
- c. Weigh your baby every month.
- d. Ask for vitamin A capsule on February or August
- e. Keep your baby's teeth healthy:
  - · Baby teeth have already grown in.
  - Brush baby's teeth once a day without toothpaste while baby's head is lying on the mother's lap.

#### Feeding:

- Feed your baby breast milk continuously and also fresh fruit juice.
- Feed your baby mashed food at least 3 times a day.

# How to make mashed food (Refine Porridge)

#### a. Ingredients:

- 2 table spoons of rice.
- 1 piece of tempe/ tofu/ beans/ fish/ egg.
- 10 pieces of spinach leaf or other green vegetable.
- · 2 to 3 cups of water.
- 1 table spoon of oil or 2 table spoons of coconut milk, a pinch of salt. Effects and your install paint a picture.

#### b. Preparation:

- Cook the rice with 2 to 3 cups of water and oil/coconut milk. Cut tofu or tempe and spinach leaf or other green vegetable into small piece.
- After the rice becomes porridge, put the other ingredients in.
- Add a little salt for favorite.
- After well cooked, you may soften it more it necessary.

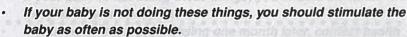


#### E. BABY 9 TO 12 MONTHS OLD

#### 1. DEVELOPMENT MONITORING

Things your baby can do by the age of 12 months:

- a. Walk while holding onto support.
- b. Pick up small things like beans with his/her fingers.
- c. Say the same syllables over and over such as ma-ma-ma, da-da-da.
- d. Differentiate between you and a stranger.



 If your baby is not progressing one month later, contact health personnel.

#### 2. STIMULATION AT HOME

- a. Teach your baby to walk by him/her self.
- b. Teach your baby to roll a ball.
- c. Encourage your baby to paint a picture.
- d. Encourage your baby to eat with family.



To be filled in by mother/Cadre

# 3. IMPORTANT THINGS TO KNOW:

For the age of 9 to 12 months:

- a. Measure head circumference at least once at age of 12 months.
- b. Weigh your baby every month.
- c. Keep baby's teeth healthy:
  - Brush baby's teeth at least once a day without toothpaste with baby's head lying on mother's lap.
  - Have your baby's teeth checked at dental polydinic in Health Center

#### d. Feeding:

- · Breast feed before giving other foods.
- Feed soft food at least 3 times a day.
- Feed nutritious snacks such as pancakes, layered cakes and biscuits.
- Give fresh fruit or juice.

# How to make Snack

### a. Ingredients:

- 1/4 cup of flour (25 grams)
- 1/2 cup of fresh milk
- 4 tea spoons of sugar (20 grams)
- 1/2 an egg
- A little margarine and oil

#### b. Preparation:

- Mix all ingredients. Half to bridge and the little of the little of
- Divide into 4 parts and fry with a little oil.
- Serve with a little margarine or syrup.



#### F. CHILD 12 TO 18 MONTHS OLD

To be filled in by Mother/Cadre

#### 1. DEVELOPMENT MONITORING

Things your child can do by the age of 18 months

a. Walk by him/her self without falling

b. Pick up small things with his/her fingers.

c. Express his/her will in a simple way.

d. Drink from a glass by him/her self without spilling.



- If your baby is not doing these things, you should stimulate the baby as often as possible.
  - If your baby is not progressing one month later, contact health personnel.

#### 2. STIMULATION AT HOME

- a. Teach your child to go up and down stairs.
- Play ball with your child. Teach him/her to catch and throw back a big ball.
- c. Teach your child the names of parts of the body while pointing his/her finger at the parts. Teach your child to repeat the names of the parts of the body.
- d. Let your child practice taking off his/her own cloth.



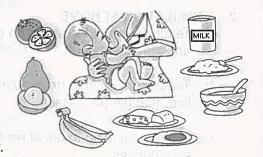
#### 3. IMPORTANT THINGS TO KNOW

For the age 12 to 18 months old:

- a. Measure head circumference at least once at the age of 18 months.
- b. Weigh your child every month.
- c. Ask for vitamin A capsule every February and August.
- d. Keep your child's teeth healthy:
  - · Practice toothbrush with mother's help from behind.
  - Use fluoridated toothpaste that is not too sweet, if possible.
  - Brush teeth twice a day after breakfast and before bed.
  - Do not eat sticky and sweet food (candy, chocolate) between meals.

Give your child a chance to do something that he/she wants to do, but forbid your child from doing dangerous things.

- e. Feeding for a child 12 to 18 months old:
  - Feed breast milk continuously before supplementary food.
  - Feed your child common foods which will allow for balanced nutrition.
     Feed your child half an adult portion 3 times a day.



- Give snacks 1 to 2 times a day such as small cakes or biscuits.
- Give your child fresh fruit or juice.

#### G. CHILD 18 TO 24 MONTHS OLD

To be filled in by Mother/Cadre

#### 1. DEVELOPMENT MONITORING

Things your child can do by the age of 24 months.

a. Walk backward at least 5 steps.

b. Scribble with a pen.

c. Point at parts of the body and mention the names.

d. Imitate household work such as helping to prepare lunch.



- If your baby is not doing these things, you should stimulate the baby as often as possible.
- If your baby is not progressing one month later, contact health personnel.

#### 2. STIMULATION AT HOME

- a. Teach your child to stand on one leg and stay balanced.
- Teach your child to draw a circle, line, triangle and a face.
- Teach your child to tell of his/her experiences.
- d. Teach your child to keep clean and how to go to the toilet. But, do not force your child or be too strict.



#### 3. IMPORTANT THINGS TO KNOW

For the age of 18 to 24 months old:

- a. Measure head circumference at least once at the age of 18 months.
- b. Weigh your child every month.
- c. Ask for vitamin A capsule every February and August.
- d. Keep your child's teeth healthy:
  - · Milk teeth are already grown in at the age of 24 months.
  - Brush teeth with mother's help.
  - When there is a dental problem, take your child to a Health Center.
- e. Give your child breast milk continuously until the child is 2 years old. Feed your child common foods which will allow for balanced nutrition 3 times a day.

## H. CHILD 2 TO 3 YEARS OLD

To be filled in by Mother/Cadre

#### 1. **DEVELOPMENT MONITORING**

Things your child can do by the age of 3 years old

a. Stand on one leg without support at least 2 seconds.

b. Imitate drawing straight lines.

c. Express his/her will with at least two words.

d. Take off his/her own cloths.

- yes On Port of the Port of the
- If your baby is not doing these things, you should stimulate the baby as often as possible.
- If your baby is not progressing one month later, contact health personnel.



#### STIMULATION AT HOME

- a. Teach your child to hop on one leg.
- b. Teach your child to pile blocks.
- c. Teach your child to identify shapes and colors
- d. Teach your child to wash his/her hands and feet and dry them.



Go to Health Personnel for examination when your child is sick

# 3. IMPORTANT THINGS TO KNOW

For the age of 2 to 3 years old:

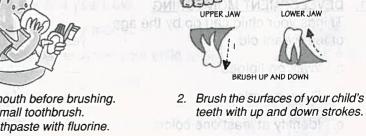
- a. Measure head circumference at least once at the age of 3.
- Weigh your child every month.
- c. Ask for vitamin A supplement every February and August.
- d. Keep your child's teeth healthy:
  - Your Child's teeth should be examined every 6 months.
  - When there is a dental problem, take your child to the Health Center.

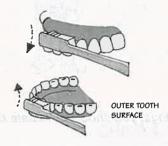


e. How to brush your child's teeth

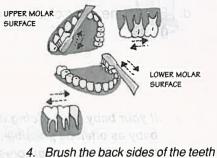


1. Rinse mouth before brushing. Use a small toothbrush. Use toothpaste with fluorine.





3. Brush the surfaces of your child's teeth in the front and on the sides.



as well.

Brush the teeth gently up and down with short strokes for at least 2 minutes, then rinse.

- f. A balanced diet for good nutrition of a child 2 to 3 years old:
  - · Wean your child gradually replacing breast feeding with whole milk.
  - Feed your child a balanced diet with a variety of different foods. Give your child three meals a day.
  - Feed your child nutritious snacks daily.
  - Make sure your child eats fresh fruit.

#### I. CHILD 3 TO 4 YEARS OLD

yes

#### DEVELOPMENT MONITORING

Things your child can do by the age of four years old.

- a. Walk on tiptoes
- b. Draw a circle.
- Identify at least one color.
- d. Follow the rules of a simple game.

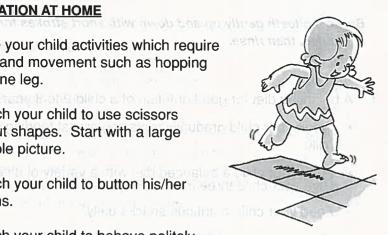
To be filled in by Mother / Cadre



- If your baby is not doing these things, you should stimulate the baby as often as possible.
- If your baby is not progressing one month later, contact health personnel.

#### STIMULATION AT HOME

- a. Give your child activities which require skill and movement such as hopping on one lea.
- b. Teach your child to use scissors to cut shapes. Start with a large simple picture.
- c. Teach your child to button his/her cloths.
- d. Teach your child to behave politely such as saying thank you, and pleasing.



#### IMPORTANT THINGS TO KNOW

For the age of 3-4 years old:

- a Measure head circumference at least once at the age of 4 years old.
- b. Weigh your child every month.
- c. Go to a health center when your child is sick.
- d. Ask for vitamin A capsule every February and August.
- e. Teach your child to keep his/her teeth healthy.
- f. Teach your child to avoid bad habit such as sucking thumb, eating candy and chocolate.
- g. Give your child easily obtainable foods, snacks, and fresh fruits every day.



#### J. CHILD 4 TO 5 YEARS OLD

To be filled in by Mother / Cadre

#### DEVELOPMENT MONITORING

	ings your child can do by the ag	е
of :	5 year old:	yes
a.	Hop on one leg.	
b.	Button cloth by him/her self.	Wei State

- Tell a simple story.
- d. Wash his / her own hands



- · If your baby is not doing these things, you should stimulate the baby as often as possible.
- If your baby is not progressing one month later, contact health personnel.

#### 2. STIMULATION AT HOME

 a. Give your child activities which require skill and movement such as jumping/ skipping rope, engklek.

b. Teach your child to complete picture such as drawing a person with clothes, a house with tree and flowers.

c. Answer child's questions correctly without hesitating

d. Let your child accompany you during family activities such as shopping, cooking, and putting toys away in order.



# 3. IMPORTANT THINGS TO KNOW

For the age of 4 - 5 years old:

- a. Measure head circumference at least once at the age of 5 year old.
- b. Weigh your child every month.
- c. Ask for vitamin A capsule every February and August.
- d. Pay attention to the development of your child's teeth. Teach your child to keep his/her teeth healthy.
- e. Give your child various local foods consisting of balanced nutrition, healthy snacks, and fresh fruits everyday.

#### RECORD OF MOTHER AND CHILD HEALTH

To be filled in by Health Personnel

Date	romach Disease	Medication*)
	<u> </u>	

<sup>\*)</sup> Compress, medical, medication, etc.

# RECORD OF MOTHER AND CHILD HEALTH

To be filled in by Health Personnel

Date	Toitabib Disease	Medication*)
g land		
	111 4	
Vin		A
	# F I	
	115,	
	1 4 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	
	II VI T	
H III		

<sup>\*)</sup> Compress, medical, medication, etc.

