



INDONESIA  
SEHAT  
2010

# MATERNAL AND CHILD HEALTH HANDBOOK

**FOR PROMOTION ONLY**

**BRING THE MCH  
HANDBOOK**  
Every time you go to  
Health Service  
Facilities



**Mother's Name:** \_\_\_\_\_

**Child's Name :** \_\_\_\_\_



# MATERNAL AND CHILD HEALTH HANDBOOK



**Mother's Name:** \_\_\_\_\_

**Child's Name :** \_\_\_\_\_

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Catalogue published by. The Ministry of Health R.I  
362.198

Ind Indonesia. The Ministry of Health RI  
b Maternal and Child Health Handbook  
Jakarta: The Ministry of Health RI and JICA  
(Japan International Cooperation Agency),  
1997

Title:

1. MOTHER - CHILD RELATION
2. MATERNAL - CHILD NURSING
3. MATERNAL HEALTH SERVICES

**Latest publication year 2003**

## GENERAL EXPLANATION

The Maternal and Child Health Handbook (MCH Handbook) contains records of the mother's health (pregnancy, childbirth, and post-partum) and also child well-being (newborn, infant up to five years of age) with information on how to maintain and care for the health of the mother and child.

Each pregnant mother will receive one MCH Handbook. If a mother delivers twins, she will receive one more MCH Handbook.

The MCH Handbook is available at Health Centers, midwives' Practices and some Hospitals.

### **Read the MCH Handbook**

You as a mother should read this handbook because it contains useful information important to the health of both the mother and child. Your spouse and other family members should read it as well.

### **Bring your MCH Handbook**

You should bring the handbook and give it to the health workers each time you visit the Village Integrated Health Service Post (Posyandu), Village Delivery House, Health Center, midwives'/doctors' Private Practice or Hospital.

### **Take Good Care of your MCH Handbook**

You should keep the MCH handbook. Do not lose it because it contains health records of you the mother and your child. These records are very important to mother, child, and their health workers.

### **Ask Health Personnel about your Problems**

You should ask your health workers (midwives, doctors or others) if there is anything you would like to know or if there are any problems relating to the health of you and your child. Do not be embarrassed or reluctant to ask questions.

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## MOTHER'S SECTION

Reg.No. : ..... No : .....

Date Received MCH Handbook : .....

Name of health facility : .....

### A. Family Identification

Mother's Name : .....

Birth Date : .....

Religion : .....

Education : None/Primary School/Junior High School/  
Senior High School/University\*

Occupation : .....

Spouse's Name : .....

Birth Date : .....

Religion : .....

Education : None/Primary School/Junior High School/  
Senior High School/University\*

Occupation : .....

Home Address : .....

.....

.....

Sub-district : .....

District/Municipality : .....

Phone number : .....

\* Circle the appropriate one



## B. Pregnant Woman

### 1. What you should do during your pregnancy

- Check your pregnancy as soon as possible and as often as possible in accordance with health personnel's advice.

So, you, your spouse, and your family will know quickly of any problems that may occur during pregnancy.



- Weigh yourself each time you check your pregnancy.

Your weight increases along with the growth of your baby in your womb.



- Take one iron tablet every day during your pregnancy.

Iron tablets prevent maternal anemia. Taking iron tablets during pregnancy is not dangerous for your baby.



- Ask the health personnel for Tetanus Toxoid Immunizations.

Tetanus Toxoid Immunization will prevent tetanus in the newborn baby.



- Ask for advice from your health personnel on nutritious food to eat during pregnancy.

Eating nutritious food during pregnancy will make both you and your baby healthier.



- After the 4th month of your pregnancy, talk to your baby frequently, and cores your stomach with your hands.

*Check with your midwife or doctor if you have a long-lasting cough (TBC), high fever (such as from malaria), experience fainting, rapid heart beat, itching in your vagina, or have a smelly white discharge.*

### 2. How to maintain your health while pregnant

- Bathe yourself with soap every day, in the morning and in the evening. Brush your teeth twice a day, after morning meal and before bed.

Regular bathing prevents skin diseases. Regular brushing of your teeth prevents tooth decay and gum disease.



- Lie down to rest for at least one hour during the day. Reduce heavy work.

Getting enough rest will restore your energy.



- You may have sexual intercourse.

Ask your midwife or doctor for advice about safe sexual intercourse during pregnancy.



- Do Not: smoke, use drugs, drink medicinal herbs or alcohol.

Take your medicine as prescribed by your doctor/midwife.

Avoid cigarette smoke.

Smoking, drinking alcohol, using drugs, medicinal herbs and medicines can affect your baby's growth in the uterus.



- In malaria areas, it is better for mothers to sleep using bed-nets.

### 3. How to eat healthy food during pregnancy

- Eat nutritious food as advised by health personnel.
- Eat one more plate of food per meal than before you are pregnant .
- To add to your energy eat snacks in the morning and evening such as "kolak" (sweet compote made of starchy cassava/bananas), green beans porridge, cakes or cookies.
- There is no forbidden food during pregnancy.



### 4. What are danger signs during pregnancy?

- Bleeding.
  - Bleeding at an early stage of pregnancy may cause miscarriage.
  - Bleeding at an advanced stage of pregnancy may endanger the mother and/or the fetus.



- Swollen feet, arms and face; or headaches, sometimes followed by convulsions.

Swelling or headaches in pregnant woman may indicate a danger to the mother and/or the fetus.



- High Fever.

High fever is usually caused by infection or malaria. It may endanger the woman's safety and may cause miscarriage or premature labor.





- Amniotic fluid discharge comes out before the expected delivery date.

This is a sign of a pregnancy disorder and is a danger to the fetus.



- Fetus' movement is decreasing or there is no movement at all.

This indication is a sign that the fetus is in danger.



- A pregnant woman keeps vomiting and doesn't want to eat.

This may endanger the mother's health.

*Your spouse or a family member should bring you to the midwife or doctor immediately if any one of the above signs occurs. Your spouse should be with you.*

## 5. What are the preparations before delivery?

- You and your spouse should decide in the beginning whether the delivery will be assisted by a midwife or a doctor.

Plan to have your delivery in the Village Delivery Post, Health Center, Delivery House, or in the Hospital, midwife's house, or at home.



- Your spouse or family should save some money for delivery expenses.



- Prepare a blood donor, in case you need a blood transfusion.



- You and your spouse should ask the midwife or doctor for the estimated delivery date.

- Your spouse and community should be prepared with transport in case you and your baby need to go to the Hospital immediately.



- If you decide to deliver your baby at home, your spouse or family should prepare:

- A room with sufficient lightning and a bed with a clean soft cover.
- Clean water and soap for hand washing.
- Sheets, towels and clean dry baby's clothing.
- Sheets and a clean dry change of clothes for the mother after delivery.





## C. Woman during Delivery

### 1. What are the signs of delivery?

- Regular contractions coming more often and lasting longer.
- Mucus mixed with blood coming out of the birth canal.
- Amniotic fluid discharge coming out from the birth canal as a consequence of splitting open of the amniotic membrane.



*Your spouse or family should contact your midwife or doctor immediately if any of the above signs occur.*

### 2. Things to do for a woman in labor

- The labor process may last for 12 hours from when the contractions begin. The pregnant woman may still eat, drink, urinate and walk around during this time.
- If the contractions increase, take a deep breath through the nose and release it from the mouth.
- If the pregnant woman feels a need to defecate, this means that the baby is going to come soon. Tell the midwife/doctor immediately.
- Follow the midwife's/doctor's instructions when to push the baby out.



### 3. What are the danger signs for a woman in labor?

- The infant does not deliver after 12 hours of contractions.
- Bleeding from the birth canal.
- The umbilical cord or the baby's hand comes out first from the birth canal.
- The woman is not strong enough to push during delivery or is having convulsions.
- Smelly and/or cloudy amniotic fluid.
- The placenta does not come out after the baby is delivered.
- The pregnant woman is restless or having severe pain.

*Your spouse or a family member should bring you to the midwife or doctor immediately if any one of the above signs occurs. Your spouse should be with you.*

## D. Post-Partum Mother

### 1. What things should a post-partum mother do?

- Breastfeed your baby within 30 minutes after delivery to prevent bleeding and to stimulate breast milk.
- Breastfeed your baby as often as possible and every time he/she wants.
- Take good care of your newborn baby.
- Ask your midwife/doctor about exclusively breastfeeding your baby and how to care for a newborn baby.

*Check your condition with the midwife/doctor at least three times during post-partum.*

## 2. How to maintain the health of a post-partum mother

- Eat nutritious food. Eat one more plate of food per meal than before you were pregnant.
- Rest enough, so that you are in good condition and producing enough breast milk.
- Take one high dose capsule of Vitamin A.
- Take one iron tablet every day during the post-partum period.
- Keep your vagina clean, change your sanitary napkin each time it is wet.



## 3. What are the danger signs and disorders in a post-partum mother?

- Bleeding from the birth canal.
- Smelly discharge from the birth canal.
- Having a fever for more than two days.
- Swollen face, arms or legs. Possibly with headache and convulsions.
- Swollen breast(s) with a reddish color.
- Showing signs of mental/emotional distress.

*Your spouse or a family member should bring you to the midwife or doctor immediately if any one of the above signs occurs. Your spouse should be with you.*

## 4. Why a mother needs to follow a family planning program after delivery?

- To have sufficient time to breastfeed and take care of her new baby, maintain her health, and take care of her family.
- To control her next pregnancy so that it won't be too close to the last one (ideally, more than two years apart).



*Consult your midwife or doctor to select the appropriate family planning method(s) for you and your spouse. The post-partum period is the right time to start family planning.*

## 5. What are the types of contraception/Family Planning methods?

- Types of contraception for the man/husband:
  - **Condoms**  
Roll condom onto the erect penis before sexual intercourse.
  - **Vasectomy**  
The tube that carries sperm is tied off/cut in a minor surgery.
- Types of contraception for the woman/wife:
  - **Oral contraceptives (Pill)**
    - Take regularly one pill daily and continuously.
    - Breastfeeding mothers should take a specific kind of birth control pills.
  - **Injection**  
Injected into the right/left-side buttock every one or three months, depending on the type of injection.
  - **Implanted hormones**  
Placed under the skin of the upper arm.
  - **IUD**  
Inserted into the uterus two days or six to eight weeks after childbirth.
  - **Tubal ligation (female sterilization)**  
The fallopian tubes are tied off/cut in a minor surgery.



## Records of Mother's Health Services

(Filled in by health personnel only)

### Pregnant Woman

First Day of Last Menstruation, Date: .....

Estimated Date of Delivery (EDD), Date: .....

Circumference of Upper Arm: ..... cm Height: ..... cm

Type of contraception used before this pregnancy: .....

Medical History of Mother: .....

No. of this Pregnancy : ..... No. of Deliveries : ..... No. of Miscarriages : .....

Number of children living : ..... Number of still births : .....

Number of premature births : .....

Interval from the last pregnancy : .....

Last delivery assistant: .....

Last delivery\*\* : ☐ Spontaneous/Normal ☐ With actions : .....

\*\* Put check-mark ( ✓ ) in the appropriate box

Date	Complaint	Blood Pressure (mmHg)	Weight (Kg)	Cycle of Pregnancy (Week)	Height of Fundus (cm)	Fetal Position Cephalic/ Breech/ Transverse	Fetal Heart-beat	Lab.	Specific Examination	Intervention or Treatment (TT/Fe, REFERRAL, FEED-BACK)	Advice Given	Remarks (Name of examiner, Health services site, Signature)

## Delivery

Date of delivery : ..... Time: .....

Cycle of pregnancy : ..... week

Birth attendant:

Doctor/Midwife/Traditional Birth Attendant/Others.....\*

Name/Address of birth attendant : .....

Place of delivery :

Midwives' house/Hospital/Maternity Clinic/Health Center/  
Village Delivery Post/Own house/Others .....

Type of delivery:

Normal/With Action .....

Mother's condition:

Healthy / Sick / Deceased \*

Newborn baby's condition at the birth:

Live birth / Stillbirth\*

Post-partum disorder:

Hemorrhage / Fever / Convulsions / Smelly Lochia /  
Others .....

\* Circle the appropriate one

## REFERRAL :

Date/month/year : ...../...../..... Time: .....

Referred to : .....

Temporary Intervention : .....

Referred by:

## REFERRAL FEED-BACK

Diagnosis : .....

Intervention : .....

Advice : .....

Date : .....

Referral feed-back by:



## Post - Partum Mother

Date Time	Anamnesis	Blood Pressure (mmHg)	Pulse (/minute)	Resp. Rate (/minute)	Temp. (°C)	Uterus Contraction	Hemorrhage	Lochia	Defecation	Urinate	Early Breast-feeding	Intervention and Treatment (Fe, Vit. A, REFERRAL, FEED-BACK)	Advice Given	Remarks (Examiner, Health services site, Signature)

### Final Conclusion of Post-Partum Condition

Mother's condition \*\* :

☐ Healthy      ☐ Sick      ☐ Deceased

Infant condition \*\* :

☐ Healthy      ☐ Sick      ☐ Deceased

\*\* Put check-mark (✓) in the appropriate box

### Family Planning Service for Post-partum Mother

Date/month/year					
Health Facility					
Type of contraception					

### BIRTH NOTIFICATION

No: .....

The undersigned, declares that:

Today ....., Date ....., Time .....

a baby : Boy / Girl\* was born

at Home / Midwife's house / Village Delivery House / Maternity House /  
Health Center / Hospital : .....

Birth weight : ..... grams

Body length : ..... cm

Name of mother : ..... Age : ..... year old

Occupation : .....

ID No. : .....

Name of father : ..... Age : ..... year old

Occupation : .....

ID No. : .....

Address : .....

Sub-district : .....

Dist./Municipality : .....

..... date .....

Delivery Assistant

\_\_\_\_\_  
(complete name)

\* Circle the appropriate one

### BIRTH NOTIFICATION

No: .....

The undersigned, declares that:

Today ....., Date ....., Time .....

a baby : Boy / Girl\* was born

at Home / Midwife's house / Village Delivery House / Maternity House /  
Health Center / Hospital : .....

Birth weight : ..... grams

Body length : ..... cm

Name of mother : ..... Age : ..... year old

Occupation : .....

ID No. : .....

Name of father : ..... Age : ..... year old

Occupation : .....

ID No. : .....

Address : .....

Sub-district : .....

Dist./Municipality : .....

..... date .....

Delivery Assistant

\_\_\_\_\_  
(complete name)

\* Circle the appropriate one

## CHILD'S SECTION

### A. Child Identification

No of Registration : ..... No.: .....  
Birth Order : .....  
Name of Child : .....  
Birth Date : .....  
Birth Weight : ..... grams  
Body Length : ..... cm  
Head Circumference : ..... cm  
Sex : Boy / Girl \*

\* circle the appropriate one

Newborn baby's condition when delivered at the birth \*\* :

☐ Cried immediately      ☐ Cried after a few second      ☐ did not cry  
☐ Whole body red      ☐ Body parts blue      ☐ Whole body blue

When was the first breastfeeding given\*\* :

☐ Within 30 minutes      ☐ .....  
(write down clearly).

No. of Birth Notification .....

\*\* Give checkmark [ ✓ ] into the appropriate box

## B. Newborn Baby (Less than 1 month)

### 1. What are the signs of a healthy newborn baby?

- Cries immediately after birth.
- Whole body is red.
- Moves actively.
- Able to suck breast-milk deeply.
- Having birth weight weighing 2,500 grams or more.



### 2. What should be done for the newborn?

- **Give breast-milk exclusively. Do not give other food.**
  - Breastfeed your baby within 30 minutes after delivery to stimulate breast milk (Ask midwife / doctor how to do it).
  - Breastfeed you baby as often as possible and any time he/she wants.
  - The first-produced breast milk contains immunity against diseases. Give it directly to the newborn, do not throw it away.



### • Keep the newborn warm.

- Only bathe your baby 6 hours or more after birth.
- Wrap your baby with a dry sheet. Change it if it gets wet.
- Do not put your baby in a cold or windy place.
- If birth weight is less than 2,500 grams hold your baby closely in order to have a skin to skin contact with the mother (kangaroo method).

Ask your midwife/doctor how to do it.



### • Prevent infection from affecting your baby.

- Ask for an eye antibiotic ointment soon after birth.
- Ask for a Hepatitis B immunization before newborn is seven days old.
- Keep the umbilical cord clean and dry. If it gets dirty, clean the umbilical cord with clean water and then dry it.
- Do not apply any herbs or other material to the cord.





- **Stimulate your baby to help with his/her development.**

- Embrace and Cores your baby with love and affection as often as possible.
- Hang a moving object with bright colours above the baby so that the baby can see it
- Smile and talk to your baby and listen to music with your baby.



**At the age of 1 month, a baby is able to :**

- Stare at his/her mother
- Utter small sounds
- Smile
- Move legs and arms actively

- **Check the newborn's health with the midwife/doctor at least twice.**

- Ask for a Hepatitis B immunization before newborn is seven days old.
- Ask for advice on how to:
  - Give breast-milk exclusively.
  - Keep the newborn warm.
  - Treat the umbilical cord.
  - Provide development stimulation.



### 3. What are the signs of a seriously ill infant?

- Refuses to breastfeed.
- Has convulsions.
- Has cold hands and feet during a fever.
- The infant's body turns yellow.
- Umbilical cord is wet and smelly.
- Weak movement of arms and legs.



*Father and mother should bring the baby to midwife/doctor immediately if any one of the above signs occurs.*

## C. Baby through Childhood (Age 1 month up to 5 years)

### 1. What are the signs of a healthy baby and child?

- Body weight is increasing every month following the green band of the Growth Chart (in Health Monitoring Card, KMS).
- Growth and development are improving as the child gets older.
- Child is rarely ill and is happy, cheerful, active, energetic and responsive.

## 2. How can a mother keep her baby and child healthy?

### • Monitor the child's growth regularly.

- Weigh your child once a month in the Village Integrated Health Service Post (Posyandu), start from the age of 1 month up to 5 years.
- Ask for the result and have the health volunteers record it in the MCH Handbook (Health Monitoring Card KMS; page 40-42).
- Signs that a **child is growing well** :
  - Child's weight is increasing each month.
  - The child's growth line is increasing in the Growth Chart (in KMS), following one of the colors and moving to the other color above.
- Signs that a **child is growing poorly** :
  - Body weight is not increasing.
  - In the Growth Chart (in KMS), the child's growth line is declining, flat, moving to the color below or is below the red line.
- If your child is growing poorly, ask for nutritional advice from a health worker.
- Play and chat with your child. It is important for child development.



### • Ask for immunizations as scheduled at: Posyandu, Health Center, Hospital, or Private Practice.

- A child should have complete immunization before the age of one year.

- Immunization prevets TBC, Hepatitis (yellow fever), Polio, Diphtheria, 100 day-cough, Tetanus, and Measles.



- Light illnesses such as cold, diarrhea, skin diseases are not obstacles for immunization.

### - Schedule of immunization:

Age	Immunization types
0 - 7 days	Hepatitis B 1
1 months	BCG
2 months	Hepatitis B 2, DPT 1, Polio 1
3 months	Hepatitis B 3, DPT 2, Polio 2
4 months	DPT 3, Polio 3
9 months	Measles, Polio 4

### • Ask for Vitamin A in February and August at Posyandu

- Vitamin A makes eyes healthy, prevents blindness and increases stamina.
- Vitamin A is given to children from age 6 months up to 5 years.



for infant  
from age 6 - 11 months



for child  
from age 1 - 5 years



### 3. How should the mother feed her child and stimulate her child's development?

#### BABY AT THE AGE OF 4 TO 6 MONTHS

##### Feeding advice

##### Up to 4 months old

- ✓ Give breast milk anytime the baby wants it at least 8 times a day, in the morning, noon, and night.
- ✓ Do not give other food; only breast milk.
- ✓ Breastfeed your baby with your left and right breast evenly by turns.



##### Age 4 to 6 months

- ✓ Give breast milk anytime the baby wants it at least 8 times a day, in the morning, noon and night.
- Give complementary food besides breast milk twice a day, two spoonfuls each time.
- ✓ Give breast milk first then followed by complementary food.
- ✓ The Complementary Foods are as follows: milk porridge or "bubur tim lumat" plus egg yolk/ chicken/fish/tempe/tofu/meat/ carrots/spinach/green beans/ coconut milk/oil.

6 months = 6 TS.  
7 months = 7 TS  
8 months = 8 TS.

##### Suggestions for Development Stimulation:

##### Up to 4 months old:

- Embrace and Cares your baby with love and affection as often as possible.
- Hang a moving object with bright colours above the baby so that the baby can see it.
- Smile and talk to the baby, and listen to music with your baby.



##### Age 4 to 6 months:

- Place your baby on his/her belly often.
- Move an object to the left and right side in front of the baby's eyes.
- Stimulate your baby with various sounds.
- Provide big and colorful toys for your baby to reach for.



##### At the age of 3 months a baby is able to :

- Support his/her head upward while lying on his/her belly
- Laugh
- Move head to left and right side
- Observe its own hands



##### At the age of 6 months a baby is able to :

- Imitate sounds
- Reach the nearest object
- Roll over on its own
- Turn his/her head to follow a sound



Increasing age, Increasing weight and increasing intelligence

##### Check the baby's health at least twice :

- If your baby is developing slowly, discuss with your health worker.
- Ask for advice on :
  - How to succeed at exclusive breastfeeding.
  - How to provide development stimulation.



## BABY AT THE AGE OF 9 TO 12 MONTHS

### Feeding advice

- Breastfeed your baby every time he/she wants it.
- Add egg yolk/chicken/fish/tempe/tofu/meat/carrots/spinach/green beans/coconuts oil/oil to rice porridge.
- Give rice porridge three times a day. The amount given each time is based on the age of the baby :
  - ~~6 months: 6 tablespoons;~~
  - ~~7 months: 7 tablespoons;~~
  - ~~8 months: 8 tablespoons;~~
  - 9 months: 9 tablespoons;
  - 10 months: 10 tablespoons;
  - 11 months: 11 tablespoons.
- Give snacks beside breast milk twice a day between meal times such as green beans, banana, biscuit, and "nagasari (traditional rice cake with banana)".
- Give your baby fruit or juice.
- Teach your baby to eat by him/her self using a plate and spoon.



### Suggestions for Development Stimulation:

- Assist and teach your baby to sit.
- Ask your baby to play "Peek-a-Boo".
- Give your baby a biscuit and teach him/her how to hold it.
- Play with your baby; teach him/her how to pinch a small object with his/her two fingers. Teach your baby to walk holding on to you.



- Talk to your baby as much as possible.
- Persuade your baby to imitate "ma... ma..." "pa... pa.....".
- Assist your baby to stand.
- If your baby is able to stand, assist and train him/her to walk holding your hands.
- Provide clean and safe toys to hit and play with.



### At the age of 9 months a baby is able to :

- Sit on its own
- Say ma..ma..ma.., da..da..da..
- Enjoy playing alone and clapping hands
- Hold a biscuit



### At the age of 12 months a baby is able to :

- Play "Peek-a-Boo"
- Pinch a small object
- Imitate simple words papa, dada
- Stand and walk while holding on



*Your baby learns by seeing, touching, feeling, imitating and trying. Encourage your baby to play. Support him/her in case he/she needs help.*

### Check the baby's health at least twice :

- If your baby is developing slowly, discuss with your health worker.
- Ask for advice on :
  - How to give complementary food.
  - How to provide development stimulation.



## CHILD AT THE AGE OF 1 TO 2 YEARS

### Feeding advice

- Give breast milk anytime your child wants it.
- Give soft rice three times a day.
- Add egg yolk/chicken/fish/tempe/tofu/meat/carrots/spinach/green beans/coconut milk/oil to soft-cooked rice.
- Give snacks twice a day between meal times, such as green beans, banana, biscuits, and "nagasari".
- Give your child fruit or juice.
- Help the child eat by him/her self.



### Suggestions for Development Stimulation:

- If your child is able to walk, teach your child to climb a ladder, be with your child when he/she climbs.
- Teach your child to do simple chores such as cleaning the table, putting his/her toys back in their places, sweeping the floor.
- Teach your child to write on paper.



- Show and point to your child's body parts. Ask your child to name them.
- Encourage your child to tell a story. Tell him/her children's stories. Teach your child to sing. Encourage your child to play with other people.



### At the age of 2 years a child is able to :

- Point and identify body parts
- Climb a ladder and run
- Imitate chores such as sweeping the floor, moping
- Write things on paper



*Compliment your child each time he/she accomplishes things appropriate for his/her age.*

### Check the baby's health at least twice a year:

- If your child is developing slowly, discuss with your health personnel.
- Ask for advice on :
  - How to give complementary food.
  - How to provide child development stimulation.
  - How to care for your child's teeth.

## CHILD AT THE AGE OF 2 TO 3 YEARS

### Feeding advice

- Give family food three times a day, which consist of rice and a side dish, vegetables, and fruits.
- Give snacks twice a day between meal times such as green beans, banana, biscuit and "nagasari".
- Do not give sweet and sticky food between meal times.



### Suggestions for Development Stimulation:

- Teach your child to dress on his/her own.
- Show him/her an illustrated book, read and tell stories to your child.
- Have your child eat food from his/her own bowl or plate.
- Teach your child to wash his/her hands, urinate and defecate in the right places.



#### At the age of 3 years a child is able to :

- Stand on one foot without holding on
- Talk in understandable words
- Identify colors and numbers
- Eat without any assistance
- Hug and kiss the nearest person
- Throw a ball



Check the child's health and development at least twice a year.

## CHILD AT THE AGE OF 3 TO 5 YEARS

### Feeding advice : same as a child at the age of 2 to 3 years

### Suggestions for Development Stimulation:

- Ask your child to tell you what he/she is doing.
- Listen to your child when he/she is talking.
- If your child stutters, help your child to speak slowly.
- Let your child play and try new things. Watch your child as he/she plays.



#### At the age of 5 years a child is able to :

- Jump
- Draw a person with three body parts (head, body, arm/legs)
- Describe his/her experiences
- Understand antonyms such as hot-cold; tall-short
- Play together with others
- Answer simple questions
- Count to ten
- Wash and dry his/her own hands
- Put on his/her own clothes
- Give the names of his/her playmates



Check the child's health and development at least twice a year.



#### 4. How should a mother keep her child clean to prevent illness?

- Bathe your child every day, in the morning and evening, using soap.
- Wash your child's hair two to three times a week.
- Wash your child's hands with soap before eating and after defecation.
- Cut your child's fingernails and toenails when they get long.
- Clean the house every day to remove dust and standing water.
- Keep your child away from cigarette smoke and kitchen smoke.
- Teach your child to defecate in the toilet.



#### 5. How should a mother take care of her child's teeth to prevent tooth decay?

- If teeth have not emerged, clean the baby's gums after breastfeeding with warm moist cotton cloth.
- If teeth are emerging, brush the teeth using tooth paste twice a day, after breakfast and before bed.
- Teach your child to brush his/her own teeth from 3 years of age.
- Do not let your child eat sweet and sticky food.



*Check your child's teeth every 6 months after the child reaches the age of 2 years.*

### D. How to Treat Common Childhood Illnesses at Home

#### 1. Cough

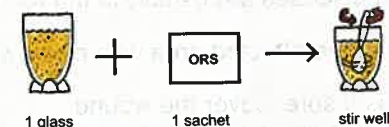
- If your child is still breastfeeding, give breast milk more often.
- Give your child boiled water more frequently.
- If your child is more than 1 year old, give him/her sweet sauce mixed with honey or lemon juice.
- Keep your child away from cigarette smoke and other smoke.
- Do not burn the trash near the house.



*Bring your child to the health center if cough does not stop within two days*

#### 2. Diarrhea

- If your child is still breastfeeding, give breast milk more often.
- Give ORS, boiled water, tea, plain vegetable soup each time the child has diarrhea until it stops.



- Your child should still eat as usual.
- Prevent your child from having diarrhea by: being sure he/she drinks boiled water, washes hands with soap before eating and after defecating. Make sure your child defecates in the toilet.

*Bring your child to the health center if diarrhea does not stop, you see blood in the feces, or your child refuses to drink, has sunken eyes, or is irritated and restless.*

### 3. Fever

- Fever is a symptom that accompanies cold, malaria, measles, DHF, ear pain and other infections.
- If your child is able to breastfeed, give breast milk more frequently and more often.
- Give more liquid than usual such as boiled water, tea, and plain vegetable soup.
- Do not dress your child in heavy clothing or cover the child with a thick blanket.
- Apply a compress to the child's head with room temperature or warm water. Do not apply compresses to the child with cold water as it causes chills.
- Give Paracetamol if the fever is high, as advised by health personnel.
- Try to sleep with bed-nets to avoid mosquito bites.



*Bring your child to the health center if the fever does not disappear within 2 days.*

### 4. Skin Disease

- Skin diseases are usually in the form of a rash, ulcer, or sore.
- Clean the effected area with clean water and dry it with a clean cloth.
- If it is a sore, cover the wound with a clean cloth. Do not apply any herbs.
- To prevent skin diseases bathe your child regularly, change his/her clothes if they are wet or dirty, and wash his/her hands and feet after play.



*Bring your child to the health center if the skin is reddish, or itching, or if the wound is wet, smells or is draining pus.*

### E. What are the Signs of a Sick Child?

- Unable to breastfeed.
- Unable to drink or is drinking poorly.
- Vomits everything.
- Suffers convulsions.
- Is unconscious.



*Bring your child to the health center immediately if any one of the above signs occurs.*

### F. When should a Child be taken to the Health Service Facilities?

- If the illness gets worse.
- If he/she has bloody diarrhea.
- Coughing is followed by difficult breathing or rapid breathing.
- Your child has a fever with :
  - Epigastric pain and restlessness.
  - Cold feet and palms.
  - Bleeding from nose or gums.
  - Red rash on the skin.





## G. What Emergency Medicines should be Provided in your Home

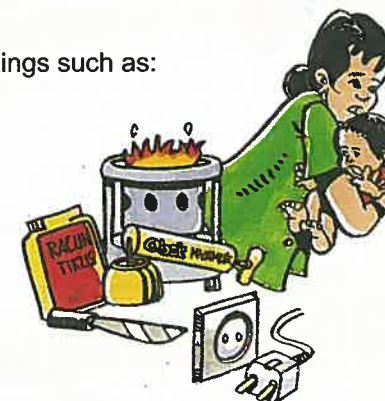
- Povidone iodine (Betadin) to treat wounds.
- ORS to replace fluids lost because of diarrhea.
- Paracetamol for fever.



Give medicine appropriately with the right dosage, time and treatment duration, as advised by health personnel. Keep drugs out of children's reach.

## H. How can a Mother Protect her Child from Accidents

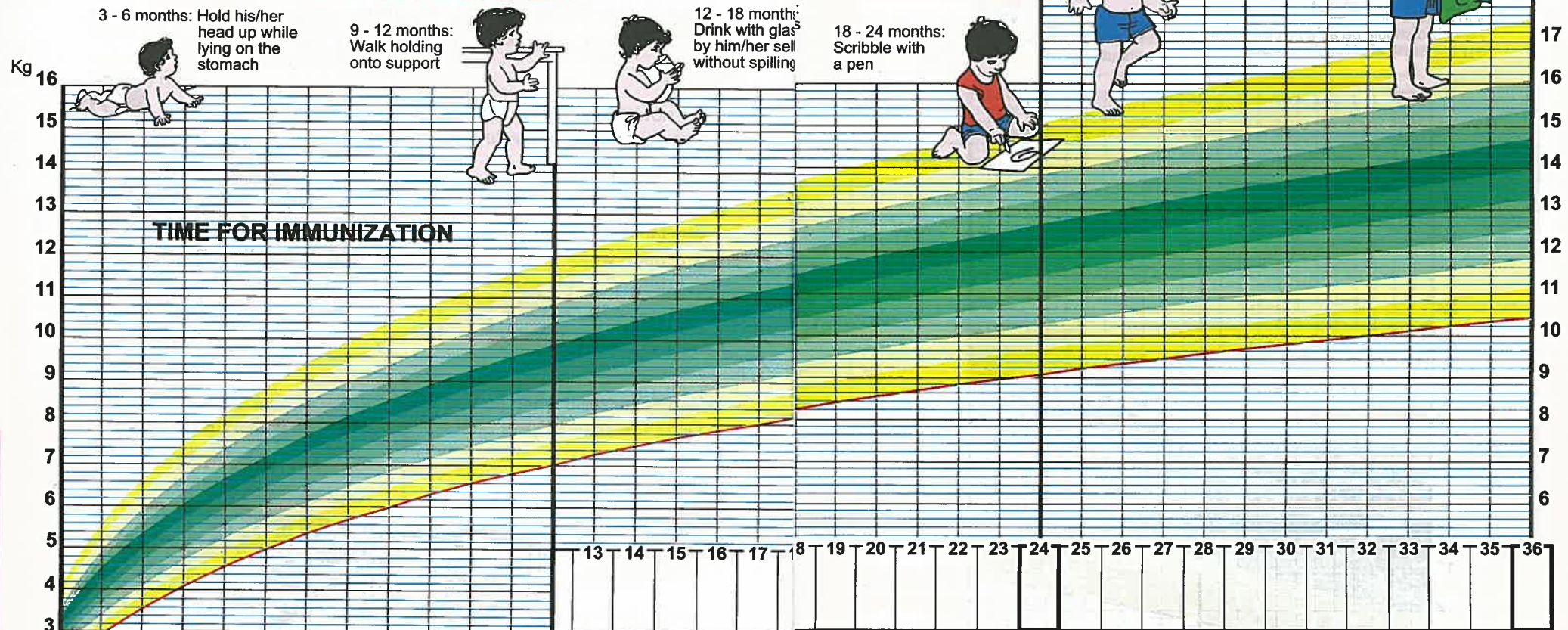
- Keep dangerous things out of the child's reach such as: knives, drugs, insecticides, radon poison, kerosene, detergent.
- Do not let your child play near hot things such as: stove, iron, and hot water thermos.
- Do not let your child play with an electric cord. Pay attention to any open wires.
- Watch the child when he/she is playing.  
Do not let him/her play near wells, ponds, rivers, streams or highways.



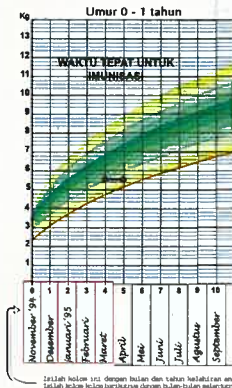
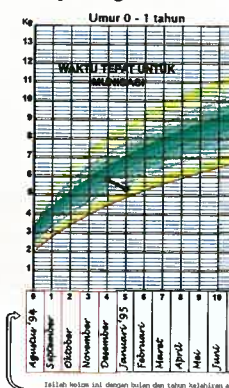


# I. Health Monitoring Card (KMS)

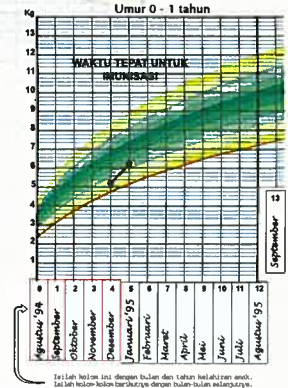
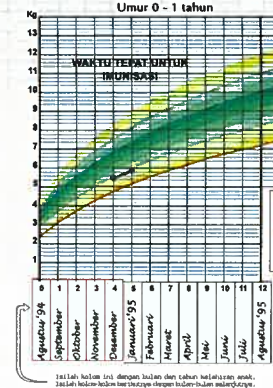
## A HEALTHY CHILD, INCREASING AGE, INCREASING WEIGHT CHILD GROWTH AND DEVELOPMENT



Body weight is declining or remaining the same



Body weight is increasing each month



Exclusive breast feeding period

Fill in column with child delivery month and year  
Fill in column with following month

RESULT: THE CHILD IS GROWING POORLY

RESULT: THE CHILD IS GROWING WELL

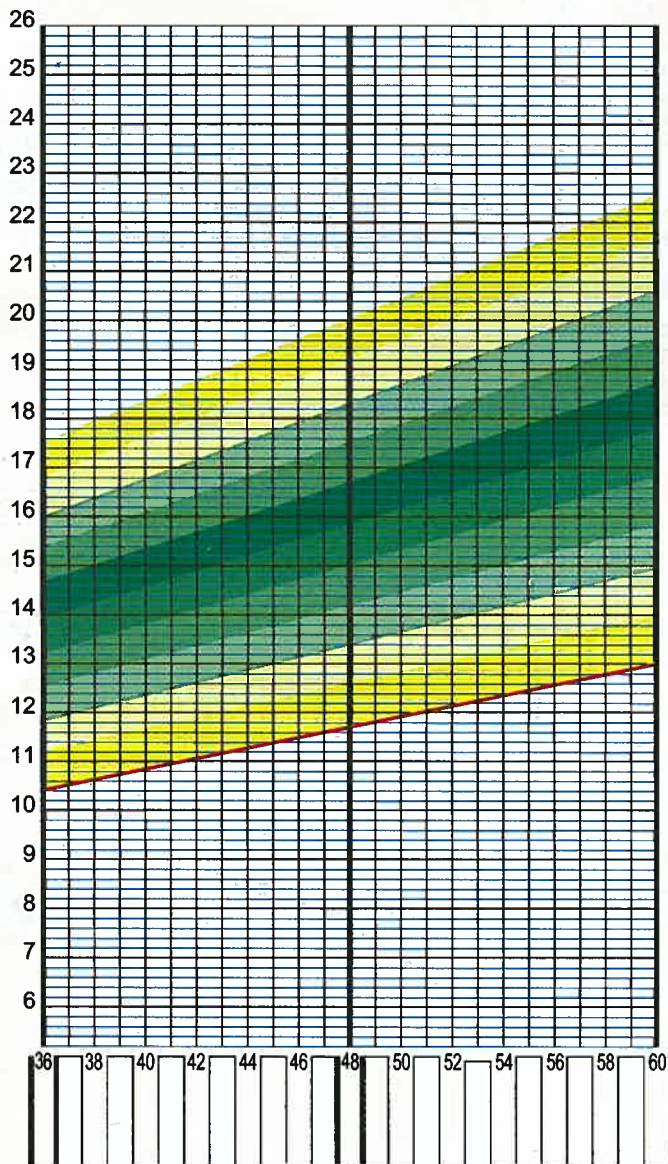




3 to 5 years old:  
your child should be able to identify and  
say the name of at least one color



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



## Records of Child's Health Services *(Filled In by health personnel only)*

### Neonatal Examination

Type of examination	KN 1	KN 2	.....
	Date:	Date:	Date:
Check for possible convulsions			
Check for breathing problem			
Check for hypothermia			
Check for possible bacterial infection			
Check for jaundice			
Check for possible digestive problem			
Check for diarrhea			
Check for breastfeeding problem and weight problem			
Check other complaints : .....			
Intervention (Treatment, REFERRAL, FEED-BACK)			

### Immunization Status

Immunization Type	Date of Immunization			
B.C.G.				
Hepatitis B				
D.P.T.				
Polio				
Measles				
Others :				

## Vitamin A

Months	Year				
	20.....	20.....	20.....	20.....	20.....
February					
August					

Put Checkmark (✓) in the column.

### Suggestions for Development Stimulation and Feeding Advice

Age	Suggestions for Development Stimulation by health worker				Feeding Advice by health worker			
	Date							
0 - 30 days								
1 - 6 months								
6 - 12 months								
1 - 2 years								
2 - 3 years								
3 - 5 years								

Remarks :  
Fill the date in for each column if suggestions development stimulation and feeding advice are given.

### Record of Illnesses and Growth or Development Problems

[illegible]





### 3. Porridge/Mashed Food (Nasi Tim Bayi)

#### Ingredients :

- 2 tablespoons of rice.
- 1 piece of tempe, tofu, beans, fish, chicken egg.
- 10 spinach leaves or other green vegetables.
- 2 - 3 glasses of water, 1 tablespoon of coconut oil or coconut milk.
- some salt.



#### How to make :

- Cook the rice, tempe or tofu with water mixed with coconut oil or coconut milk. Add some salt.
- Cook it until done.
- Add the spinach or *kangkung* leaves or other vegetable cut into pieces.
- After the vegetables are done, lift the porridge from the stove.
- Cool it down.
- The food is ready to serve.

### 4. Small Cakes (Bolu Kecil)

#### Ingredients :

- 1/2 glass of wheat flour (25 grams).
- 1 glass of fresh milk.
- 8 teaspoons of sugar (40 grams).
- 1 chicken egg.
- Some butter and frying oil.



#### How to make :

- Break the egg and mix it with all the ingredients.
- Divide the dough into 8 parts and fry it with some oil.
- Serve it with butter and syrup.

**DEPARTMENT OF HEALTH REPUBLIC OF INDONESIA**  
in cooperation with



**JAPAN INTERNATIONAL COOPERATION AGENCY**

**THE ENSURING QUALITY OF MCH SERVICES THROUGH MCH HANDBOOK PROJECT**