

# MOTHER AND CHILD HEALTH HANDBOOK

## CENTRAL JAVA PROVINCE



PROVINCIAL OFFICE MINISTRY OF HEALTH  
IN CENTRAL JAVA  
AND



JAPAN INTERNATIONAL COOPERATION AGENCY (JICA)

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I. IDENTIFICATION AND BACKGROUND OF FAMILY

Reg. No.

Date :

Name of Mother :	Blood Type of Mother :
Religion :	
Name of Child :	Blood Type of Child :
Birth Date / age :	
Sex :	Male / Female
Name of Father :	
Religion :	
Address :	Street :
	Village :
	Subvillage :
	Hamlet :

BACKGROUND OF THE FAMILY

Age of Mother :	Year
Age when married :	Year
Education of Mother :	
Occupation of Mother :	
Education of Father :	
Occupation of Father :	

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## II. PREGNANT MOTHER

### 1. RECORD OF PREVIOUS PREGNANCY

G ☐ P ☐ A ☐

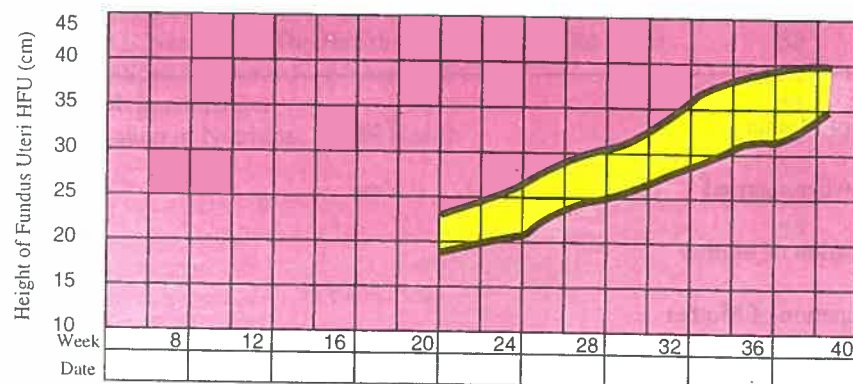
No. of Pregnancy	CHILD				Abnormality of Delivery *	Remark **
	Sex M/F	Age	Alive	Dead		

\* In this column, if miscarriage, write miscarriage and age of pregnancy.

\*\* In this column, write the cause of death, etc.

### 2. THE CURVE OF FUNDUS HEIGHT

Filled in by : Health Personnel  
Gravidograf



IF :

- The height of fundus uteri/height of the womb is under the GREEN Area (Possibility of **DISTURBANCE** on the fetal growth). The mother should get nutritious food of 1-2 plates more than while not pregnant, and should consult a doctor for further examination.
- The height of fundus uteri (HFU) is above the GREEN Area (Possibility of **ABNORMALITY** on the fetal growth, e.g. : twin, hydramnion, etc.) -----> REFER

### 3. RISK FACTORS AND HIGH RISK PREGNANCY OF MOTHER

Filled in by : Health Personnel on the first visit .

Write + if the answer is yes and - if not. DO NOT write anything if the answer is unknown.

Risk Factor	High Risk
1. Primigravida is less than 20 years or more than 35 years. <input type="checkbox"/>	1. Hb is less than 8 gr. <input type="checkbox"/>
2. Have more than 4 children. <input type="checkbox"/>	2. Blood pressure is high (Systole 140 mmHg, Diastole - 90 mmHg). <input type="checkbox"/>
3. Interval between the last pregnancy and the present pregnancy is less than 2 years. <input type="checkbox"/>	3. Significant edema. <input type="checkbox"/>
4. Body height is less than 145 cm. <input type="checkbox"/>	4. Eclampsia. <input type="checkbox"/>
5. Body weight is less than 38 kg and circumference of upper arms is less than 23.5 cm. <input type="checkbox"/>	5. Hemorrhage per vagina. <input type="checkbox"/>
6. Family history suffers from diabetes, hypertension and congenital abnormality. <input type="checkbox"/>	6. Amnion discharge. <input type="checkbox"/>
7. Abnormality of body shape, e.g. abnormality of vertebral bone or hip. <input type="checkbox"/>	7. Breech presentation on primigravida. <input type="checkbox"/>
	8. Severe infection of sepsis. <input type="checkbox"/>
	9. Premature delivery. <input type="checkbox"/>
	10. Multiple Pregnancy. <input type="checkbox"/>
	11. Huge fetus. <input type="checkbox"/>
	12. Chronic disease on mother : heart, lung, kidney, etc. <input type="checkbox"/>
	13. Bad obstetric record, cesarean section record and complication on pregnancy. <input type="checkbox"/>

- If you are classified as having high risk, you are suggested to deliver in a hospital.
- If you are classified as having risk factors, you are suggested to deliver in a hospital.

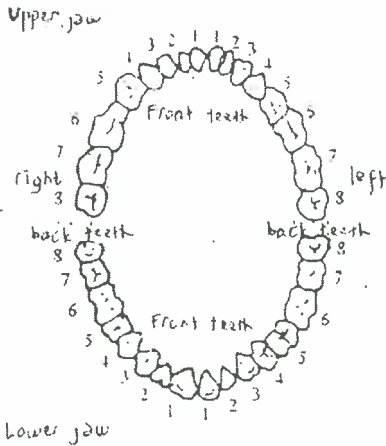
4. ANTENATAL CARE

Filled in by : Health Personnel

Gestational Week	8	12	16	20	24	28	32	36	38	40
Date of visit										
Weight										
Blood pressure										
Fundus height										
Fetal presentation										
Fetal heart beat										
Tetanus Toxoid										
Iron tablet										
Iodine capsule										
Suppl. feeding/ Nutrition Education										
Edema										
Lab.examination*) - urine : protein reduction - blood : Hb VDRL - others										
FDLM : (First Day of Last Menstruation)		Estimation Day of Delivery :								
Complaint										
Record : - Medication  - Refferal										

\*) Laboratory examination is only based on the condition.

5. TEETH CLEANLINESS DURING PREGNANCY AND  
AFTER DELIVERY



BRUSH YOUR TEETH  
AFTER EVERY MEAL

HAVE YOUR TEETH EXAMINED  
BY THE DENTIST OR IN  
HEALTH CENTRE, AT LEAST  
ONCE EVERY SIX MONTHS

Filled in by : Health Personnel

Filled in by : Dental Health Personnel

EXAMINATION	I	II
Date		
Age of pregnancy		
Toothache		
Cavity		
Filled teeth		
Bleeding gum		
Others		
Advice		

DIAGNOSIS	MEDICATION



## 6. SIGNS OF COMPLICATION ON PREGNANCY

Watch out for these Sign of Complication

Get help as soon as possible



Nausea and vomiting more than 6 times/day



Hemorrhage



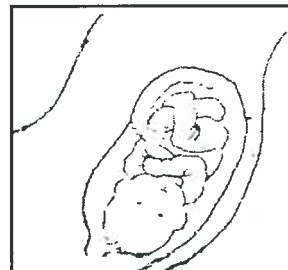
Convulsion



Edema on leg + headache



Amnion discharge



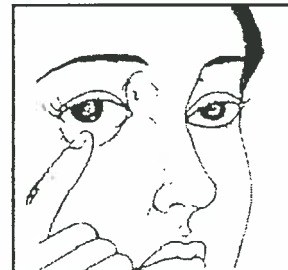
No fetal movement



Severe pain on the stomach or fainting during delivery



Fever more than 3 days



Pale

7.

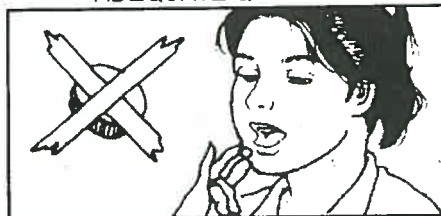
## PREVENTION MEASURES TO AVOID COMPLICATION DURING THE PREGNANCY AND THE CHILDBIRTH

1. Eat 1 - 2 plates MORE of food than usual every day during pregnancy and breast-feeding.
2. EXAMINE your pregnancy AS EARLY AS POSSIBLE and REGULARLY for at least 4 times :  
once when the pregnancy is 1 - 3 months of age  
once when the pregnancy is 4 - 6 months of age  
twice when the pregnancy is 7 - 9 months of age.
3. Ask for T.T (Tetanus Toxoid) injection twice during pregnancy.
4. Take IRON TABLET during pregnancy until 42 days after delivery.  
(at least 90 tablets)
5. PREPARE for breastfeeding by breast care regularly during pregnancy.  
Give BREAST MILK exclusively to your baby SOON AFTER DELIVERY until the baby is 4 months age and continue giving breastmilk and add supplementary food at least until the baby is 2 years.
6. Ask for help to the HEALTH PERSONNEL if you feel any abnormality during pregnancy.
7. Ask for delivery to :  
HEALTH PERSONNEL AND / OR TRAINED TRADITIONAL BIRTH ATTENDANT (TBA).
8. Do not do any heavy work.
9. Get 1 high dose of vitamin A capsule soon after delivery.

## TIPS FOR PREGNANT MOTHER



TAKE NUTRITIOUS FOOD AND  
ADEQUATE QUANTITY



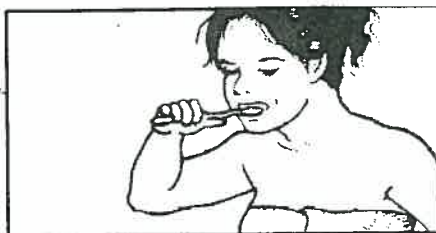
DO NOT TAKE ANY MEDICINE  
WITHOUT DOCTOR'S ADVICE



TAKE IRON TABLET REGULARLY



ASK FOR TT INJECTION  
TWICE WITH ONE MONTH  
INTERVAL



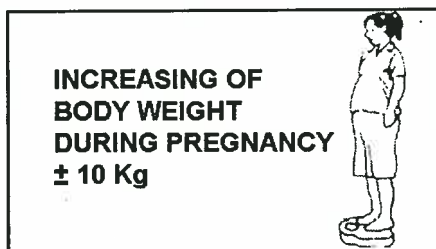
KEEP THE BODY CLEAN



SUFFICIENT REST



HAVE HEALTH EXAMINATION



INCREASING OF  
BODY WEIGHT  
DURING PREGNANCY  
 $\pm 10$  Kg

CONTROL YOUR BODY  
WEIGHT

## MEAL SUGGESTED FOR ONE DAY

CLASSIFICATION	Body Weight (kg)	RICE 200 g or its substitution	SIDE -DISHES 50 g of 25 g of fish / tempe (soybean curd) or its substitution	VEGE TABLE 100g	FRUITS 100g papaya or its substitution	MILK 200 cc
WOMAN						
20-39 years	50	3 1/2 x	1 1/2 x	1 1/2 x	2	
40-59 years	50	3 x	1 1/2 x	1 1/2 x	2	
Pregnant		4 x	2 x	3 x	2	1 x
Lactating		5 x	2 x	3 x	2	1 x

NOTE : 100 gr raw rice = 200 gr boiled rice

EAT ONE EGG PER  
DAY OR EAT ANY  
EGG RICH FOOD



10.

### GOOD FOOD FOR PREGNANT MOTHER

Every day, pregnant mother **SHOULD** eat nutritious food 1-2 plates **MORE** than usual.

OR

Add some more food in each meal or **EAT SEVERAL SNACKS**, such as: **GREEN BEAN PORRIDGE, CAKE, CROQUETTE**, etc.

For the growth of **BONES AND TEETH** of the **FETUS**, the Pregnant Mother **SHOULD EAT CALCIUM** rich food such as **SOYBEAN CURDS (TEMPE), TOFUS BEANS, MUSTARD GREENS, SPINACHES, FISHES, LIVERS, SHELLFISHES**, etc.

To prevent from catching **ANEMIA**, the Pregnant Mother should eat **IRON** rich foods, such as : **DARK GREEN VEGETABLES, LIVERS, MEATS, EGGS, BEANS, SOYBEAN CURDS**, etc.

11.

### IRON TABLE






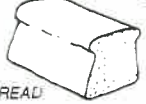






















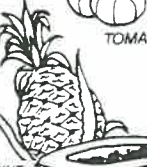


**DON'T FORGET! PREGNANT MOTHER** should take **IRON TABLET**:

- \* Since the **FIRST MONTH** of pregnancy
- \* **ONE TABLET** every day
- \* Will be very useful if taken regularly
- \* It can be obtained from :
  - Integrated Health Post (POSYANDU)
  - Health Center (PUSKESMAS)
  - Village Delivery Post (POLINDES)
  - MATERNITY HOSPITAL / CLINIC
  - GOVERNMENT / PRIVATE HOSPITAL
  - PRIVATE MIDWIFE
  - PRIVATE DOCTOR

12.

### FOOD GROUPS

Healthy food for pregnant mother and under five children should content 3 groups of food as follows :

1. SOURCE OF ENERGY	2. SOURCE OF BUILDER	3. SOURCE OF REGULATOR
 RICE  CORN  BLACK RADISH  POTATO  SWEET POTATO  BREAD  CASSAVA	 CHICKEN  MEAT  SHRIMP  LIVER  SALTY FISH  EGG  FISH  TOFU(TAHU)  TEMPE (SOYABEAN CURD)  PEANUT  GREEN BEAN  MILK  KIDNEY BEAN	 WATER CABBAGE  SPINACH  CASSAVA LEAF  LONG BEAN  WING BEAN  MUSTARD GREENS  TOMATO  JACK FRUIT  PINEAPPLE  PAPAYA  BANANA

1. Energy element or Carbohydrat forms energy in our body for living and activities. This element is very easy to be obtained.
2. Builder element or protein is needed for good growth of body, especialy for children and pregnant mothers, they require sufficient protein for defence of body.
3. Vitamin and mineral are required for good care of body and regulate digestion.

### III. DELIVERING MOTHER

#### 1. PREPARATION BEFORE DELIVERY

1. THE HANDS OF THE BIRTH ATTENDANT should be washed with SOAP and BRUSH.  
(The dirt under the nails as well)
2. THE SHEET for the mother to lie should be CLEAN.
3. The SCISSORS/ KNIFE for cutting the umbilical cord should be sharp, not rusty and have been boiled for 15 MINUTES.
4. The binder for the Umbilical Cord should also be boiled for 15 minutes.
5. The umbilical cord care must be sterile do not add any ingredient / kitchen ash.
6. Pregnant Mother must get twice Tetanus Toxoid injections during pregnancy.

#### 2. SIGNS OF COMPLICATION DURING DELIVERY

1. Obstructive Labor : - more than 18 hours at the first pregnancy  
- more than 12 hours at the seconds, third pregnancy and so on.
2. Fetus is in BREECH presentation, lie across or twins.
3. BLEEDING from the birth canal before the delivery.
4. The umbilical cord or extremity is emerging/coming out first
5. Fainting.
6. Convulsion.
7. Amnion fluid SMEELS BAD or is dark in color.

APGAR SCORE (check 1 and 5 minutes after delivery):

--	--

SIGN	SCORE		
	0	1	2
- Heart rate	None	<100	>100
- Respiratory effort	None	Weak/irregular	Good and regular
- Muscle tone	Flaccid	Flexed extremities	Active move
- Reflex	None	Little movement	Cry strongly
- Skin color	The whole body is pale or blue	Blue extremities	The whole body is pink

### 3. DELIVERY RECORD

Filled in by : Health Personnel /  
Traditional Birth Attendant

Date of delivery : .....

Age of pregnancy : .....

Status of infant : Alive / died / miscarried / healthy / asphyxia /  
others : .....  
refer to : .....

Status of mother : Good Health / Sick / Died,  
refer to : .....

Apgar score : ☐ 7 - 10 (normal baby - low risk baby)  
☐ 4 - 7 (moderate asphyxia)  
☐ 0 - 3 (severe asphyxia)

Sex : Male / Female

Place of delivery : - Hospital - Midwife's house  
- Maternity clinic - Traditional Birth Attendant  
- Her own house - Others .....

Address : .....

Birth Attendant : Name .....  
- Doctor - Trained traditional birth attendant  
- Midwife - Untrained traditional birth attendant  
- Nurse - Others .....

Address : .....

Delivery : Spontaneous / operated

Cord cutter : - Scissors  
- Razor - others  
- Common knife .....

Cord care : - Povidone Iodine - others  
(Bethadine) .....  
- alcohol .....

Weight : ..... gram

Height : ..... cm

Abnormality of the baby : .....

Abnormality of the mother : .....

Vit. A for postnatal mother : Date : .....

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

1. The umbilical cord should be cleaned EVERYDAY.
2. Clean with Povidone Iodine / Alcohol 70%.
3. Apply Povidone Iodine / Alcohol 70%.
4. COVER with GAUZE which is WETTED with Povidone Iodine / Alcohol 70%.
5. Continue this care until the umbilical cord is TAKEN OFF.

***Soon after THE BABY IS BORN, the baby must be embraced to his/her mother and BREASTFED***

***It is better for the baby to ROOM IN with his/her MOTHER.***

***While BREASTFEEDING, HOLD the baby on your LAP and give him/her WARMTH and Pleasant Situation.***

#### 5. LOW BIRTH WEIGHT INFANT (LBWI)

birth weight is less than 2500 gram

1. This happens because the baby is born before 9 months or is born in sufficient months but does not grow well in uterus.
2. These babies are weak, easy to catch cold, often get choked, easy to suffer from illness, breathing problems and easy to die when suffer an illness.
3. Wrap the baby with clean, thick and dry sheet, and it should be changed every time the baby urinates.
4. Put something warm near the baby (wrap a bottle of hot water with cloth).
5. Keep on giving BREAST MILK (if the baby can not suck, squeeze the BREAST MILK and give it to the baby with spoon).

6.

#### WHAT IS TETANUS NEONATORUM ?

Tetanus neonatorum is a disease suffered by the NEWBORN BABY which can cause DEATH in just a few days.

This disease is caused by : Tetanus germs enter through the UMBILICAL CORD which is not clean or APPLIED WITH INGREDIENTS.

##### SIGNS :

1. Baby which previously can be breastfed, SUDDENLY CANNOT.
2. Baby's mouth looks like FISHMOUTH.
3. Baby suffers CONVULSION, especially when touched, glittered, or hit by a loud sound.
4. When cramped, the baby's face sometimes becomes blue and the JAW IS LOCKED / cannot open wide.
5. Baby sometimes suffers from fever.

##### THESE SIGNS START :

3 - 4 DAYS after birth.

##### THIS DISEASE CAN BE CAUSED BY :

1. Unhygienic cutting of umbilical cord.
2. The unhygienic treatment of umbilical cord until it is taken off, or applied with ingredients.
3. The mother DID NOT get Anti Tetanus (TT) injection when she was pregnant, so the mother and the baby do not immune against tetanus germs.

*Hold your baby on your lap and hug your baby as often as possible.  
Do not let the baby cry too long.  
Crying indicates that your Baby : DOES NOT  
FEEL COMFORTABLE and NEEDS YOUR  
HELP.*

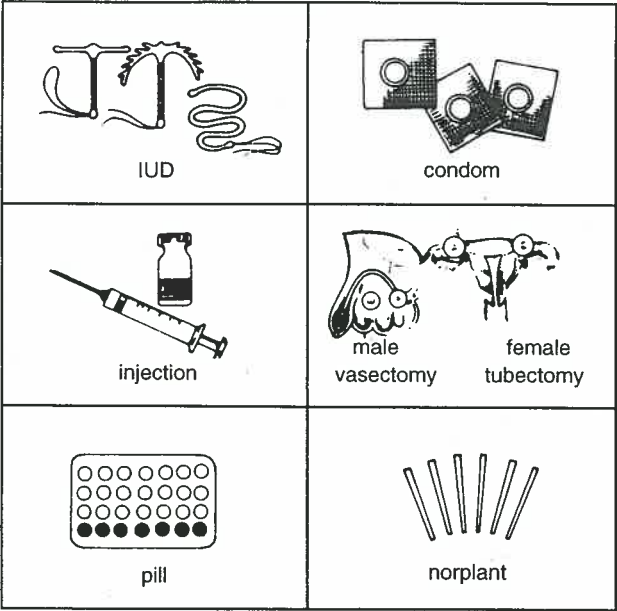
# VARIOUS CONTRACEPTIVE INSTRUMENTS / MEDICATIONS

## IV. FAMILY PLANNING

FAMILY PLANNING	
Filled in by : HEALTH PERSONNEL	
Contraceptive method :	
- Condom	: dated .....
- Pill	: dated .....
- Implant	: dated .....
- I.U.D.	: dated .....
- Injection	: dated .....
- Operation for female	: dated .....
- Operation for male	: dated .....

## BASIC PATTERN OF RATIONAL USE OF CONTRACEPTIONS

Period of Postponing fertility (Pregnancy)	Period of Adjusting fertility/ Spacing out pregnancy 3 - 5 years	Period of Ending fertility (do not pregnant anymore)
Under 21 years	21-30 years	Over 30 years
Pill Condom	IUD Injection Norplant Pill Condom	Vasectomy & Tubectomy Norplant IUD Injection Pill Condom



### • EVERY COUPLE CAN CHOOSE ONE OF

### CONTRACEPTIONS MENTIONED ABOVE

TO OBTAIN THE SERVICE, COUPLES CAN GO TO:

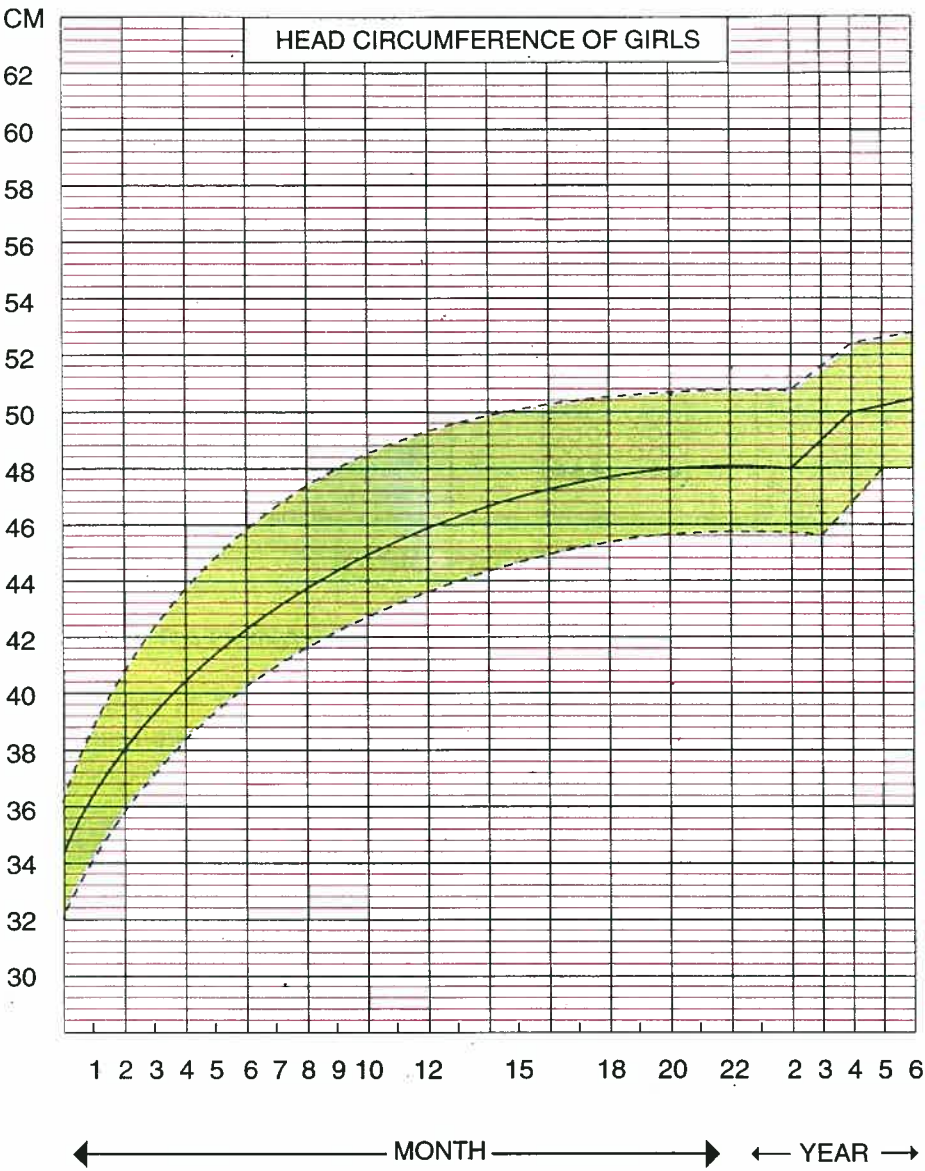
- Hospital
- Maternity Clinic
- Health Center (Puskesmas)
- Integrated Health Post (Posyandu)
- Village Midwife
- Others



V. UNDER FIVE YEARS OLD CHILD

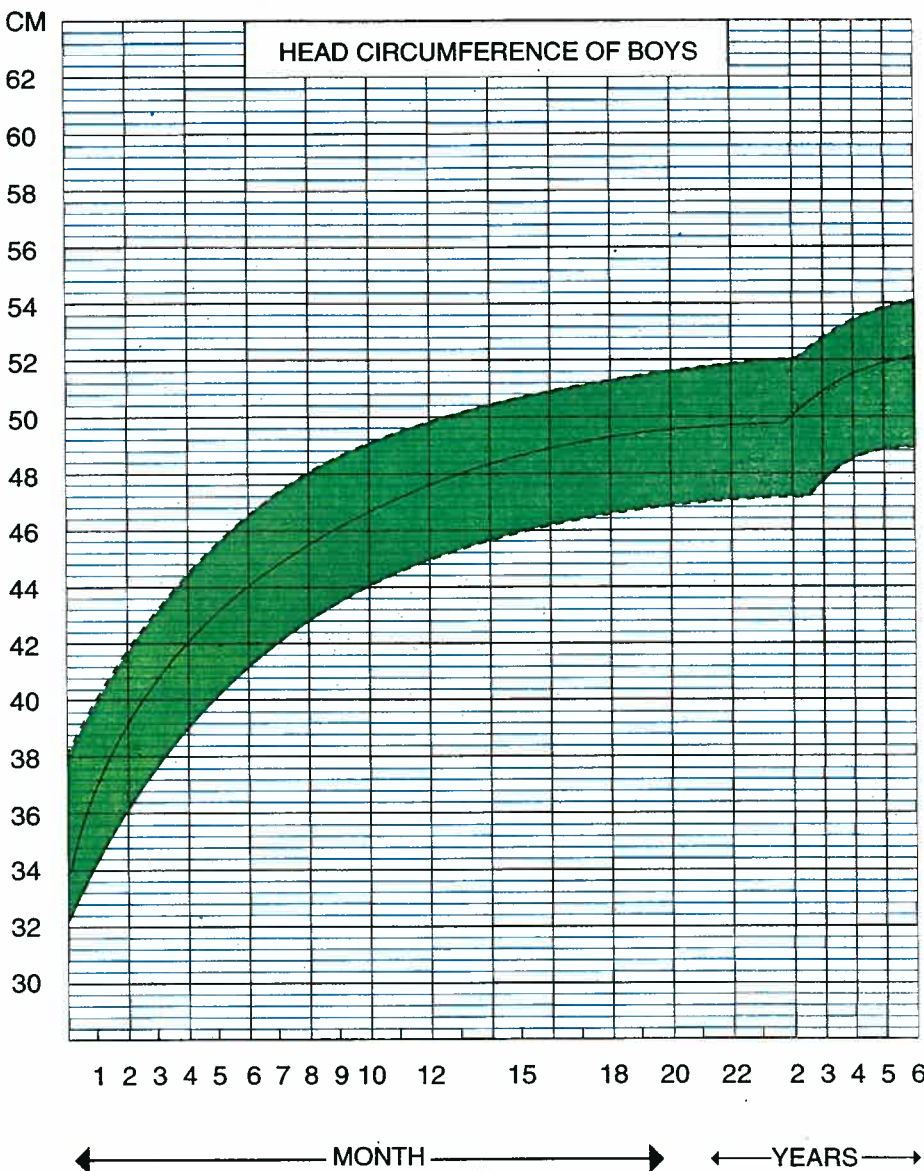
1. MEASUREMENT OF HEAD CIRCUMFERENCE (MHC) OF GIRLS

Filled in by : Health Personnel

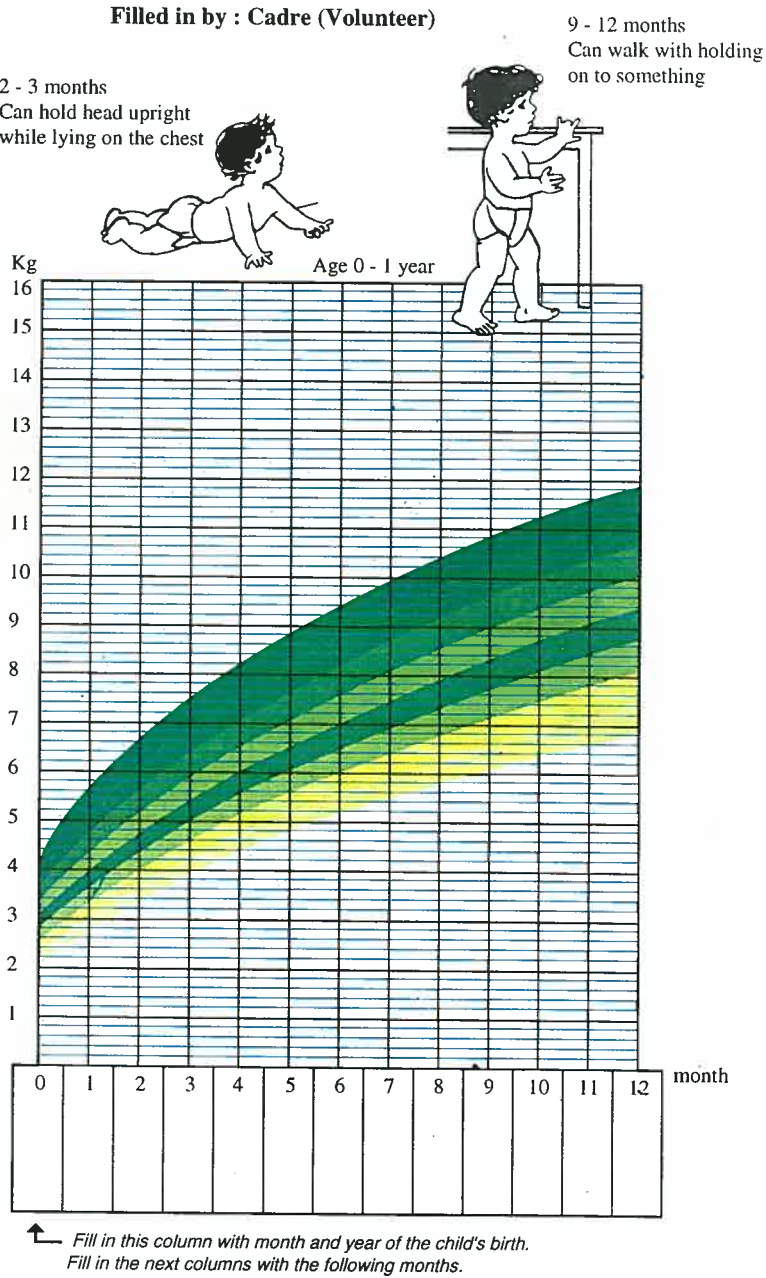


2. MEASUREMENT OF HEAD CIRCUMFERENCE (MHC) OF BOYS

Filled in by : Health Personnel



3. BODY WEIGHT CURVE OF 0 - 1 YEAR OLD BABY



4. RECORD OF IMMUNIZATION

IMMUNIZATION TYPE	DATE OF IMMUNIZATION			
	I	II	III	IV
B.C.G.				
HEPATITIS B				
D.P.T.				
POLIO				
MEASLES				

IMMUNIZATION FOR	VACCINE GIVEN	TO PREVENT THE ILLNESS OF	IMMUNIZATION GIVEN
BABY	B.C.G	TUBERCULOSIS (TBC)	1 x
	D.P.T	DIPHTHERIA, PERTUSSIS, TETANUS	3 x
	POLIO	POLIOMELITIS (PARALYSIS)	4 x
	MEASLES	MEASLES	1 x
	HEPATITIS	HEPATITIS B	3 x

- ☐ Immunization or vaccination means giving immunity so that the baby will not easily suffer from the illness of :  
TBC, Diphteria, Pertussis, or whooping cough, Tetanus, polio or paralysis, Measles, Hepatitis B.
- ☐ Get the immunization as early possible to prevent those illness.
- ☐ To get immunization, go to : HEALTH CENTER, HOSPITAL or HEALTH SERVICE POST and PRIVATE MIDWIFE / DOCTOR.
- ☐ Colostrum contains a lot of immune elements, give Colostrum as first Immunization before giving another Immunization.



## 5. ILLNESS THAT OFTEN SUFFERED BY BABIES & CHILDREN

### • ACUTE RESPIRATORY INFECTION (ARI)

*If the child COUGHS, observe :*

- Does the child find it difficult to breathe such as FAST BREATHING AND CHOKED.
- Does the child suffer from CONVULSION, Cannot DRINK, or is Unconscious.

*If so, go for help to HEALTH PERSONNEL.*

*If the child coughs commonly without those indications, just treat at home, i.e.:*

- Give the child meal as usual and a lot of drinks.
- Clean his nose if necessary.
- Keep on breastfeeding the child.
- Give him traditional medicine for cough : 1 tea spoon of lime water + 1 tea spoon of sweet soybean sauce or honey

### • DIARRHEA

(Watery stool/water, usually more than 3 times a day)

#### THE DANGER OF DIARRHEA

1. Child will be dehydrated.
2. Child will feel tired and weak.
3. Child may die if he is dehydrated furthermore.

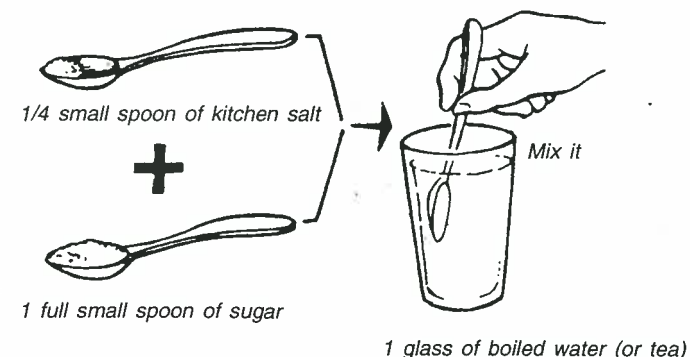
Child with diarrhea should be given drink, any form of home made drink :

- Breast milk
- Boiled water
- Tea
- Soup
- Sugar-salt solution
- Oral rehydrated solution (ORS)

### HOW TO MAKE ORAL REHYDRATING SOLUTION (ORS) :

1. Provide 1 glass of boiled water or weak tea (220 cc).
2. Put in one pack of ORS: 200 cc (in red color).
3. Stir until completely mixed.

If there is no ORS, you can make a drink by yourself : sugar-salt solution. Mix :



#### MEASUREMENT OF ORS/HOME MADE DRINK (SUGAR-SALT SOLUTION)

	The First 3 Hours	Everytime the child have diarrhoea
Child under 1 year	1 1/2 glasses	1/2 glass
Child under 5 years	3 glasses	1 glass
Child over 5 years	6 glasses	1 1/2 glasses
Child over 12 years	12 glasses	2 glasses

*NOTE : Breast milk is still given especially for babies.*

## CHILD GROWTH AND DEVELOPMENT

### CHILD GROWTH :

Change of body measurement, i.e. from small to big.

### CHILD DEVELOPMENT :

Change of ability, i.e. : from limited ability after birth into more ability such as walking, smiling, speaking, etc.

### CHILD DEVELOPMENT :

- a. Gross motor development
- b. Fine motor development
- c. Passive language development
- d. Active language development
- e. Intellectual development
- f. Self-help development
- g. Social development.

### THERE ARE 4 TYPES OF DEVELOPMENTAL COMPONENT

#### MONITORED AND STIMULATED, i.e. :

1. Gross motor development (GM).
2. Fine motor development (FM).
3. Language and intellectual development (LI).
4. Self-help and social development (SS).

## STIMULATION AND CHILD DEVELOPMENT

### OBJECTIVE

Helping the child to reach optimum level of development / in conformity with the expectation.

### ACTIVITY

- It is covering various activities to stimulate the child development :  
Practice of moving, speaking, thinking, self-help, and socializing.
- These should be done by PARENTS / FAMILY every time.
- The practice is adjusted with age and principle of stimulation.

### THE PRINCIPLE OF STIMULATION

1. As an expression of love and care, play with the child and be happy together.
2. Phase by phase & continuously, cover 4 components of development.
3. Start from the phase reached by the child.
4. Conduct naturally, without force / punishment / scolding if the child can not do it.
5. Give the child complement if he / she succeeds.
6. Simple aids can be obtained easily, such as :  
toy made of used material, or any material found at home or anything found in surrounding.
7. Pleasant, varied and fresh situations are to be made in order not to make it boring

## VI. BABY OF 0 - 3 MONTHS

### A. WHAT IS NEEDED FOR THE HEALTH OF 0 - 3 MONTHS OLD BABY.

Filled in by : Cadre / Parents

Child development

	Month		
	1 mo	2 mo	3 mo

1. Moving both hands and legs actively. (GM)

--	--	--



2. Reacting by looking at the direction of light source. (FM)

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3. Mumbling & reacting towards sound / voice. (LI)

--	--	--



4. Reacting by smiling towards asking (SS).

--	--	--

### B. EARLY STIMULATION FOR 0 - 3 MONTHS OLD BABY.

By : Parents / Care takers.

1. Social and self-help development (SS) :

Treat your baby softly; love, cuddle and sing for him / her a song, etc.

2. Language and intellectual development (LI):

Ask your baby to listen to various kinds of sound (bird's singing, radio, etc).



3. Gross motor development (GM) :

Teach your baby to hold his / her head in a straight position while lying on the chest and to observe a moving object.



4. Fine motor development (FM) :

Teach your baby to grip small things.

## C. HEALTH EXAMINATION

Filled in by : HEALTH PERSONNEL

		1 MTH	2 MTHS	3 MTHS
1.	Weight (Normal Gaining/Under Red Line)			
2.	Head Circumference (Normal/Not Normal)			
3.	Child Development			
	- Normal (N)			
	- Observation (O)			
4.	Visual Test (Normal/Not Normal)			
5.	Hearing Test (Normal/Not Normal)			

BREASTFEED EXCLUSIVELY YOUR BABY  
UNTIL HE/SHE IS 4 MONTHS OLD.

\* GO TO HEALTH PERSONNEL FOR EXAMINATION  
"WHEN YOUR BABY IS ILL"

### "ASK FOR" IMMUNIZATION

0 Month	HB.1	BCG	POLIO.1
2 Month	HB.2	DPT.1	POLIO.2

### SUGGESTION/REFERENCE/ADVICE

Date
1.
2.
3.
4.

## VII. BABY OF 3 - 6 MONTHS

### A. WHAT IS NEEDED FOR THE HEALTH OF 3 - 6 MONTHS OLD BABY

Child development

Filled in by : Cadre / Parents

- |   | Months                   |                          |                          |
|---|--------------------------|--------------------------|--------------------------|
|   | 4 mths                   | 5 mths                   | 6 mths                   |
| 1. Lifting head in a straight position while lying on the chest. (GM) | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Touching reachable things. (FM)                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Looking to the direction of sound / voice source. (LI)             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Searching for moving things. (SS)                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



### B. EARLY STIMULATION FOR 3 - 6 MONTHS OLD BABY

By : Parents / Care Takers

- Gross motor development :  
Teach your child to go up and down the stairs.
- Fine motor development :  
Play throw-and-catch with your child.  
First with a big ball, then small one.
- Language and intellectual development :  
Teach your child to point and name parts (organ) of the body.
- Social and self-help development :  
Give the child a chance to take off his/her own cloth.



\* GO TO HEALTH PERSONNEL FOR EXAMINATION  
" WHEN YOUR BABY IS ILL "

## C.

## HEALTH EXAMINATION

Filled in by: Health Personnel

		4 MTHS	5 MTHS	6 MTHS
1.	Weight (Normal Gaining / Under Red Line)			
2.	Head Circumference (Normal / Not Normal)			
3.	Child Development			
	- Normal (N)			
	- Observation (O)			
4.	Visual Test (Normal / Not Normal)			
5.	Hearing Test (Normal / Not Normal)			

- D. Starting from 4 months of age, give supplement mashed food (e.g. MILK PORRIDGE). Start with one small plate twice a day.  
"BREAST MILK" is continued to be given until at least 2 years of age.

#### HOW TO MAKE MASHED FOOD (MILK PORRIDGE) :

Ingredients :

- |                |                 |
|----------------|-----------------|
| - Rice flour   | 1.5 table spoon |
| - Formula milk | 3 table spoon   |
| - Boiled water | 1 big glass     |
| - Sugar        | 1 table spoon   |

Mix all ingredients, cook it on the stove with medium fire and stir until it is done.

#### " ASK FOR " IMMUNIZATION

3 Months	DPT.2	POLIO.3
4 Months	DPT.2	POLIO.4

#### SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

# VIII. BABY OF 6 - 9 MONTHS

## A. WHAT IS NEEDED FOR THE HEALTH OF 6 - 9 MONTHS OLD BABY

Child development

Filled in by : Cadre / Parents

Month  
7 mths 8 mths 9 mths

1. While seated, the child can keep his/her head straight. (GM)
2. Passing thing from one hand to another . (FM)
3. Laughing / shouting / watching interesting things. (LI)
4. Eating biscuits without help. (SS)

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## B. EARLY STIMULATION FOR 6 - 9 MONTHS OLD BABY.

By : Parents / Care Takers

1. Gross motor development :  
Teach your child to walk by holding onto some support.
2. Fine motor development :  
Teach your child to put in or take out thing from a container.
3. Language and intellectual development :  
Teach your child to imitate words.
4. Social and self-help development :  
Ask your child to play with other person.



\* GO TO HEALTH PERSONNEL FOR EXAMINATION  
" WHEN YOUR BABY IS ILL "

" ASK FOR " IMMUNIZATION

6 Months  
9 Months

HB.3  
MEASLES

## C.

## HEALTH EXAMINATION

Filled in by: Health Personnel

		7 MTHS	8 MTHS	9 MTHS
1.	Weight (Normal Gaining / Under Red Line)			
2.	Head Circumference (Normal / Not Normal)			
3.	Child Development			
	- Normal (N)			
	- Observation (O)			
4.	Visual Test (Normal / Not Normal)			
5.	Hearing Test (Normal / Not Normal)			

## D.

During 6 months of age, child needs MASHED FOOD 4 or 5 times a day of 1 small plate (1 - 2 table spoon). After 9 months, gradually (at first 1 plate and so on) food changed with SOFT FOOD.  
"BREAST MILK" is continued until at least 2 years old.

## HOW TO MAKE SOFT FOOD :

For one portion of food, mix the following :

- Rice 2 table spoon
- Fish / chopped meat / chicken liver 3 table spoon
- Vegetable (choose 1 or 2 kinds of vegetable e.g. spinach, water cabbage, carrot, cassava leaf, yellow pumpkin, etc.)
- Water 3 - 4 big glasses
- Salt a little
- Wash the ingredients, cut into small pieces.
- Put the rice and fish into the pan and water them. Cook it on the stove with medium fire and cover the pan.
- After it is boiling, keep on stirring until it is done, then put in tempe / tofu and vegetable.
- Keep on stirring until it is thick & done.

THE TEETH of the baby have already GROWN.  
Clean the baby's teeth with wetted COTTON DIPPED INTO WARM WATER  
AFTER breastfed and other food supplement or AT LEAST after bath.

## SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.



## IX. BABY OF 9 – 12 MONTHS

### A. WHAT IS NEEDED FOR THE HEALTH OF 9 – 12 MONTHS OLD BABY.

Child development

Filled in by : Cadre / Parents

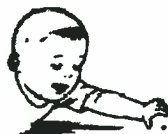
1. Walking with holding onto support. (GM)

2. Ability to seize small things. (FM)

3. Saying two same syllables. (LI)

4. Reacting to "peek-a-boo" game. (SS)

Month  
10 mths 11 mths 12 mths

### B. EARLY STIMULATION FOR 9 – 12 MONTHS OLD BABY.

By : Parents / Care Takers

1. Gross motor development :  
Teach your child to walk by himself.

2. Fine motor development :  
Ask your child to roll the ball.  
Roll the ball towards the child and ask him to roll it back to you.

3. Language and intellectual development :  
Teach your child to imitate words, teach him new words while pointing at picture.

4. Social and self-help development :  
Ask your child to join the family activity e.g. having dinner together.



## C.

### HEALTH EXAMINATION

Filled in by : Health Personnel

		10 MTHS	11 MTHS	12 MTHS
1.	Weight (Normal Gaining/Under Red Line)			
2.	Head Circumference (Normal/Not Normal)			
3.	Child Development			
	- Normal			
	- Observation			
4.	Visual Test (Normal/Not Normal)			
5.	Hearing Test (Normal/Not Normal)			

D. \* GIVE SOFT FOOD GRADUALLY 4 - 5 TIMES A DAY OF 1 MEDIUM PLATE, BESIDE KEEP ON GIVING " BREAST MILK "

\* START TEACHING THE CHILD TO USE TOOTHBRUSH, TWICE A DAY WITHOUT TOOTHPASTE  
Morning after meal, night before bed.  
EXAMINE THE CHILD'S TEETH.

\* GO TO HEALTH PERSONNEL :  
" WHEN YOUR BABY IS ILL "

### SUGGESTION / REFERENCE / ADVICE

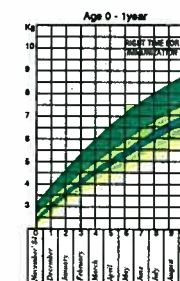
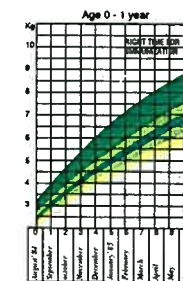
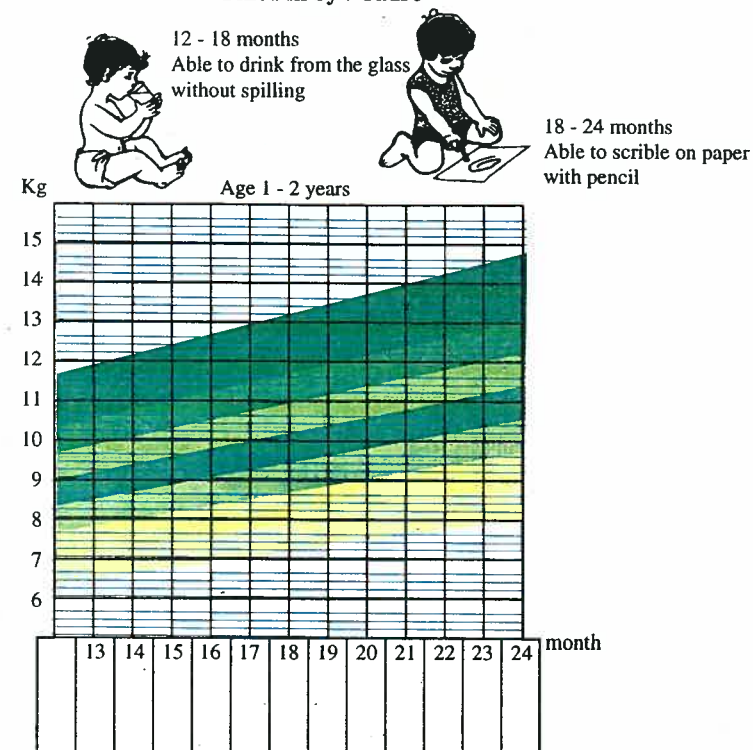
Date
1.
2.
3.



## NOTES :

## X. BODY WEIGHT CURVE OF 1 - 2 YEARS OLD CHILD

Filled in by : Cadre



If the body weight does not increase or decreases,  
it means that the child is not healthy

GET VITAMIN A CAPSULES every FEBRUARY and AUGUST for  
1 - 5 YEARS OLD CHILD

## XI. CHILD OF 12 - 18 MONTHS

### A. WHAT IS NEEDED FOR THE HEALTH OF 12 - 18 MONTHS OLD CHILD

Child development

Filled in by : Cadre / Parents

1. Ability to walk by himself and not to fall. (GM)
2. Ability to seize small things with thumb and index fingers . (FM)
3. Ability to express his/her will in a simple way. (LI)
4. Ability to drink from the glass by himself without spilling. (SS)

15 mths 18 mths


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### B. EARLY STIMULATION FOR 12 - 18 MONTHS OLD CHILD.

By : Parents / Care Takers

1. Gross motor development :  
Teach your child to go up and down the stairs.
2. Fine motor development :  
Play throw-and-catch with your child.  
First with a big ball, then small one.
3. Language and intellectual development :  
Teach your child to point and name parts (organ) of the body.
4. Social and self-help development :  
Give the child a chance to take off his/her own cloth.



## C.

## HEALTH EXAMINATION

Filled in by: Health Personnel

		13	14	15	16	17	18
1.	Weight (Normal Gaining / Under Red Line)						
2.	Head Circumference (Normal / Not Normal)						
3.	Child Development						
	- Normal (N)						
	- Observation (O)						
4.	Visual Test (Normal / Not Normal)						
5.	Hearing Test (Normal / Not Normal)						
6.	Teeth Growth (Normal / Not Normal)						

- D. \*
- Accustom the child to eat sources of natural vitamin A e.g. spinach, cassava leaves, carrots, eggs, livers, etc.
  - Vitamin A is for the CHILD'S SURVIVAL and TO PREVENT BLINDNESS and TO IMPROVE the body resistance against any illness.
  - Give SOLID FOOD to your child and KEEP ON giving breast milk until the child is at least 2 years.  
Solid food is rice and its side-dishes.

Filled in by : Cadre

NOTE OF VIT. A CAPSULE GIVING FOR CHILD OF 1 - 2 YEARS			
FEBRUARY	DATE	AUGUST	DATE

### SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

**XII. CHILD OF 18 - 24 MONTHS**

**A. WHAT IS NEEDED FOR THE HEALTH OF 18 - 24 MONTHS OLD CHILD**

Child development  
Filled in by : Cadre / Parents

- |  | 21 mths              | 24 mths              |
|--|----------------------|----------------------|
| 1. Walking backwards at least 5 steps. (GM)          | <input type="text"/> | <input type="text"/> |
| 2. Scribbling with pen. (FM)                         | <input type="text"/> | <input type="text"/> |
| 3. Pointing at parts of the body & naming them. (LI) | <input type="text"/> | <input type="text"/> |
| 4. Imitating household chores. (SS)                  | <input type="text"/> | <input type="text"/> |



**B. EARLY STIMULATION FOR 18 - 24 MONTHS OLD CHILD**

By : Parents / Care Takers

1. Gross motor development :  
Teach the child to stand on one leg.
2. Fine motor development :  
Teach the child to draw circles and triangles and faces.
3. Language and intellectual development :  
Teach the child to follow simple order.
4. Social and self-help development :  
Train the child to stay without his/her mother for a while.



**\* GO TO HEALTH PERSONNEL FOR EXAMINATION :  
" WHEN YOUR CHILD IS ILL "**

**C. HEALTH EXAMINATION**

Filled in by: Health Personnel

		19	20	21	22	23	24
1.	Weight (Normal Gaining / Under Red Line)						
2.	Head Circumference (Normal / Not Normal)						
3.	Child Development						
	- Normal (N)						
	- Observation (O)						
4.	Visual Test (Normal / Not Normal)						
5.	Hearing Test (Normal / Not Normal)						
6.	Teeth Examination : Caries						
	Gingivitis						

- D. \* GIVE "SOLID FOOD" TO YOUR CHILD and KEEP on giving breast milk until he is at least 2 years old. Solid food is rice with its side-dishes.

\* At 24 months of age, baby teeth have already been completed (20). Teach your child to BRUSH HIS/HER TEETH with fluorized toothpaste.

\* Bring your child to dental check at Health Center if he/she has trouble.

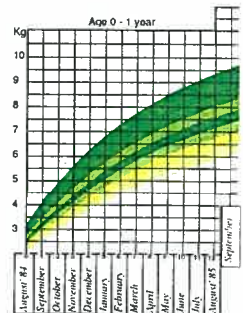
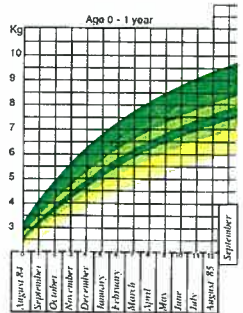
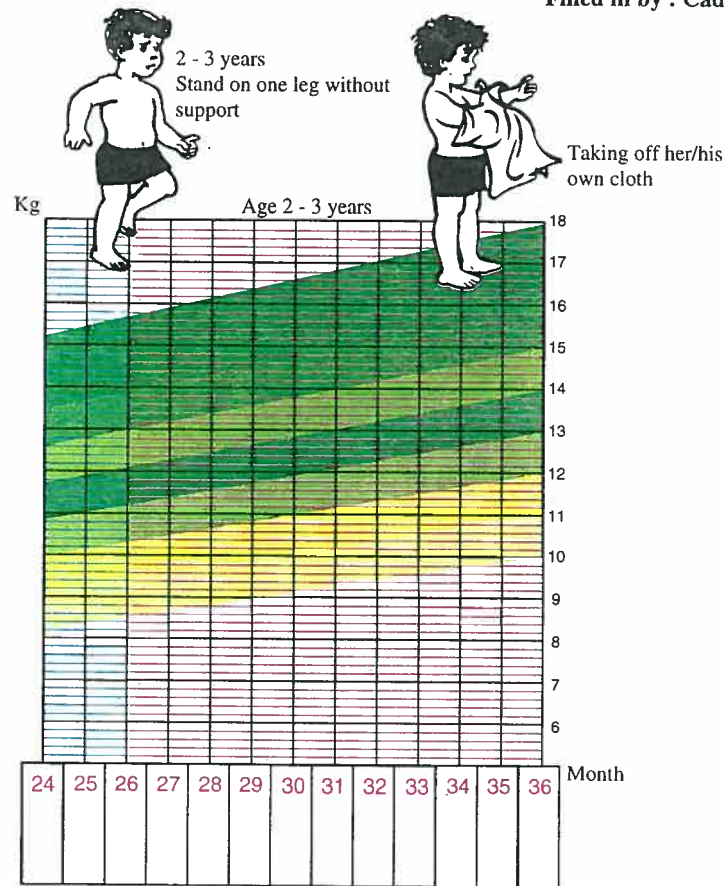
**SUGGESTION / REFERENCE / ADVICE**

Date
1.
2.
3.

NOTES :

XIII. BODY WEIGHT CURVE OF 2 - 3 YEARS OLD CHILD.

Filled in by : Cadre



If the body weight increases, it means the child is healthy



XIV. CHILD OF 2 - 3 YEARS

A. WHAT IS NEEDED FOR THE HEALTH OF 2 - 3 YEARS OLD CHILD.

Child development

Filled in by : Cadre / Parents

30 mths 36 mths

- 1. Standing on one leg without holding on at least 2 counts. (GM)
- 2. Imitating to draw straight lines. (FM)
- 3. Expressing his/her will at least with two words. (LI)
- 4. Taking off his/her own cloth. (SS)




B. EARLY STIMULATION FOR 2 - 3 YEARS OLD CHILD

By : Parents / Care Takers

- 1. Gross motor development :  
Teach the child to hop on one leg.
- 2. Fine motor development :  
Ask the child to play formats and piling building blocks
- 3. Language and intellectual development :  
Teach the child to identify structures and colors.
- 4. Social and self-help development :  
Give the child a chance to wash his hands and legs and dry them by himself



GO TO HEALTH PERSONNEL FOR EXAMINATION :  
"WHEN YOUR CHILD IS ILL"

C. HEALTH EXAMINATION

Filled in by: Health Personnel

		27	30	33	36
1.	Weight (Normal Gaining / Under Red Line)				
2.	Head Circumference (Normal / Not Normal)				
3.	Child Development				
	- Normal (N)				
	- Observation (O)				
4.	Visual Test (Normal / Not Normal)				
5.	Hearing Test (Normal / Not Normal)				
6.	Teeth Examination : Caries				
	Gingivitis				

- D. \* WEAN YOUR CHILD, SUBSTITUTE BREAST MILK WITH COW MILK/FORMULA TWICE A DAY. CHILD FOOD OF " 4 HEALTHY 5 EXCELLENT "
- \* BABY TEETH ARE COMPLETE. HAVE YOUR CHILD'S TEETH EXAMINED TWICE A YEAR WHEN THERE IS A TOOTH DAMAGE, TAKE THEM TO HEALTH CENTER
- \* BRUSH TEETH REGULARLY \*

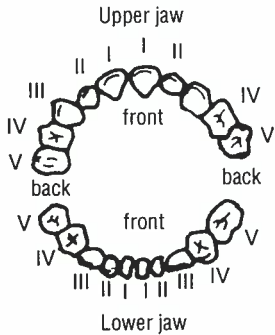
E. NOTE OF VIT. A CAPSULE GIVING			
FEBRUARY	DATE	AUGUST	DATE

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

XV. EXAMINATION OF TEETH CLEANLINESS OF 2 - 6 YEARS OLD CHILD

Filled in by :Health Personnel



Upper jaw

front

back

Lower jaw

front

back

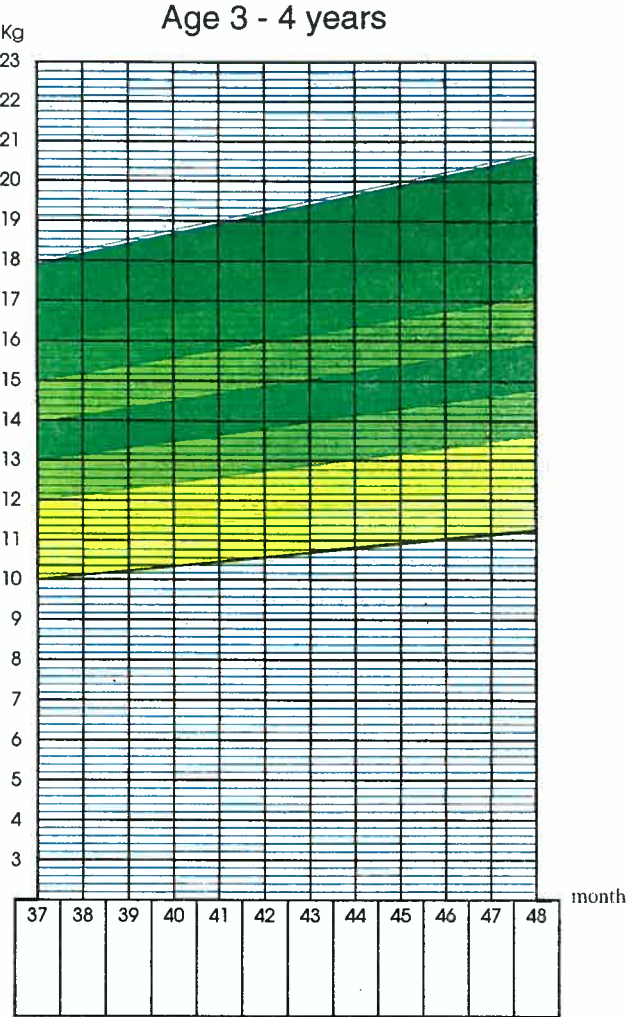
BRUSH YOUR TEETH  
AFTER EVERY MEAL

HAVE YOUR TEETH  
EXAMINED BY DENTIST  
OR HEALTH CENTER  
AT LEAST ONCE EVERY  
6 MONTHS

EXAMINATION	2 YEARS	3 YEARS	4 YEARS	5 YEARS	6 YEARS
Date					
Toothache complaint					
Cavity					
Filled teeth					
Others					
Advice					
Filled in by : Dental Health Personnel					
DIAGNOSIS	MEDICATION				

XVI. BODY WEIGHT CURVE OF 3 - 4 YEARS OLD CHILD

Filled in by : Cadre





XVII. CHILD OF 3 - 4 YEARS

A. WHAT IS NEEDED FOR THE HEALTH OF 3 - 4 YEARS OLD CHILD

Child development

Filled in by : Cadre / Parents

42 mths 48 mths

- 1. Walking on toes. (GM)
- 2. Drawing circles. (FM)
- 3. Identifying at least one color. (LI)
- 4. Following simple game system. (SS)




B. EARLY STIMULATION FOR 3 - 4 YEARS OLD CHILD.

By : Parents / Care Takers

- 1. Gross motor development :  
Teach the child to hop on one leg.
- 2. Fine motor development :  
Teach the child to cut pictures  
and arrange them to make a story.
- 3. Language and intellectual development :  
Teach the child to identify structures and colors.
- 4. Social and self-help development :  
Teach the child to behave politely  
eg : say thank you, kiss hands, etc.



C.

HEALTH EXAMINATION

Filled by : Health Personnel

		39	43	45	48
1.	Weight (Normal Gaining / Under Red Line)				
2.	Child Development				
	- Normal (N)				
	- Observation (O)				
3.	Visual Test (Normal / Not Normal)				
4.	Hearing Test (Normal / Not Normal)				
5.	Teeth Examination : Caries				
	Gingivitis				
6.	Result of PCBQ (Normal / Not Normal)				

\* GOTO HEALTH CENTER PERSONNEL FOR EXAMINATION :  
" WHEN YOUR CHILD IS ILL "  
\* HAVE THESE EXAMINED : YOUR CHILD'S VISUAL CAPABILITY AND BEHAVIOUR

D.

NOTE OF VIT. A CAPSULE GIVING			
FEBRUARY	DATE	AUGUST	DATE

CHILD'S FOOD  
" 4 HEALTHY 5 EXCELLENT "

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

Filled in by : HEALTH PERSONNEL (Examined since the child is 3 years)  
(See Manual Book page 65)

Note : T = None : score 0  
K = Sometimes found : score 1  
S = Often found : score 2

PCOB Result : N = if the total score is less than 11  
TN = If the total score is 11 or more, than the child needs to be referred.

This tes is conducted at least once a year.

**Filled in by : Cadre**



4 - 5 years  
Wash and dry hands without help

**Age 4 - 5 years**

Month	Lower Weight (Kg)	Upper Weight (Kg)
48	11.0	20.5
49	11.1	20.7
50	11.2	20.9
51	11.3	21.1
52	11.4	21.3
53	11.5	21.5
54	11.6	21.7
55	11.7	21.9
56	11.8	22.1
57	11.9	22.3
58	12.0	22.5
59	12.1	22.7
60	12.2	22.9

XX. CHILD OF 4 - 5 YEARS

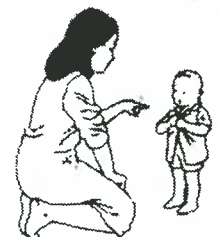
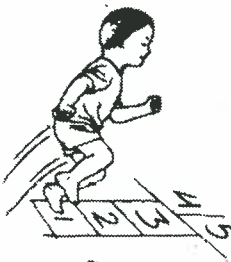
A. WHAT IS NEEDED FOR THE HEALTH OF 4 - 5 YEARS OLD CHILD

Child development

Filled in by : Cadre / Parents

- 1. Hopping on one leg. (GM)
- 2. Ability to button and unbutton the cloth. (FM)
- 3. Ability to tell simple story. (LI)
- 4. Ability to wash his/her own hands. (SS)

54 mths 60 mths

B. EARLY STIMULATION FOR 4 - 5 YEARS OLD CHILD

By : Parents / Care Takers

- 1. Gross motor development :  
Give the child a chance to play games which need skill and active move e.g. playing ball, "engklek" (Hopping on one leg), etc.
- 2. Fine motor development :  
Help the child to learn drawing a picture.
- 3. Language and intellectual development :  
Help the child understand the meaning of one and a half by dividing cake or paper.
- 4. Social and self-help development :  
Teach the child to have self-reliance such as visit the neighbor to play.



C.

HEALTH EXAMINATION

Filled in by: Health Personnel

		51	54	57	60
1.	Weight (Normal Gaining / Under Red Line)				
2.	Child Development				
	- Normal (N)				
	- Observation (O)				
3.	Visual Test (Normal / Not Normal)				
4.	Hearing Test (Normal / Not Normal)				
5.	Teeth Examination : Caries				
	Gingivitis				
6.	Result of PCBQ (Normal / Not Normal)				

D. \* BABY TEETH ARE COMPLETE  
HAVE YOUR BABY CHILD'S TEETH EXAMINED TWICE A YEAR WHEN THERE IS ANY TOOTH DAMAGE, EXAMINE IT TO HEALTH CENTER SOON  
"TEACH THE CHILD TO BRUSH HIS TEETH WELL "

\* GO TO HEALTH PERSONNEL FOR EXAMINATION  
"WHEN YOUR CHILD IS ILL "

\* HAVE THESE EXAMINED : YOUR CHILD'S VISUAL CAPABILITY AND BEHAVIOUR ONCE A YEAR.

E.

NOTE OF VIT. A CAPSULE GIVING			
FEBRUARY	DATE	AUGUST	DATE

CHILD'S FOOD  
" 4 HEALTHY 5 EXCELLENT "

Filled in by : Cadre

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

## XXI. CHILD OF 5 - 6 YEARS

### A. WHAT IS NEEDED FOR THE HEALTH OF 5 - 6 YEARS OLD CHILD

Child Development

Filled in by : Cadre / Parents

66 mths 72 mths

1. Catching small ball at 1 meter distance (GM)

--	--

2. Drawing rectangular line. (FM)

--	--

3. Identifying numbers and letters then counting. (LI)

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4. Putting on his/her own cloth without help. (SI)

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### B. EARLY STIMULATION FOR 5 - 6 YEARS OLD CHILD

By : Parents / Care Takers

- Gross motor development :  
Teach the child to ride a bike.
- Fine motor development :  
Teach the child to create something from wax or clay.
- Language and intellectual development :  
Teach the child to identify time, day, week and month.
- Social and self help development :  
Teach the child to chat and socialize with his/her friends.

## C.

## HEALTH EXAMINATION

Filled in by: Health Personnel

		63	66	69	72
1.	Weight (Normal Gaining / Under Red Line)				
2.	Child Development				
	- Normal (N)				
	- Observation (O)				
3.	Visual Test (Normal / Not Normal)				
4.	Hearing Test (Normal / Not Normal)				
5.	Teeth Examination : Caries				
	Gingivitis				
6.	Result of PCBQ (Normal / Not Normal)				

D. \* At the age of 6 years, **NEW TEETH** grow at the back of molar of baby teeth. These **NEW TEETH** are **PERMANENT TEETH** which have no replacement, so they have to be well cared.

\* At this age, **FRONT TEETH** starting to shake and will be replaced by **PERMANENT TEETH**.

\* **GO TO HEALTH PERSONNEL FOR EXAMINATION: "WHEN YOUR CHILD IS ILL"**

\* **HAVE THESE EXAMINED : YOUR CHILD'S VISUAL CAPABILITY AND BEHAVIOUR ONCE A YEAR.**

### SUGGESTION / REFERENCE / ADVISE

Date
1.
2.
3.

DISEASE RECORD

Date	Complaint	Medication	Date of Return	Signature

NOTES :



## REFERENCES :

1. KMS IBU HAMIL
2. GRAVIDOGRAF
3. KARTU DATA TUMBUH KEMBANG ANAK
4. KARTU MENUJU SEHAT
5. PEDOMAN PERKEMBANGAN ANAK DI KELUARGA  
( DEPKES RI,1991 )
6. BUKU PENUNTUN ILMU GIZI UMUM ( DIT.BGM.DEPKES RI,1980 )
7. MEMILIH MAKANAN SEHAT UNTUK BAYI ( DEPKES RI,1992 )
8. PETUNJUK MENGISI KMS IBU HAMIL  
( DIT.BINA KESGA DEPKES RI,1989 )
9. MODUL TETANUS NEONATORUM DAN BBLR  
( DIRJEN BINKESMAS,DIT KESGA,DEPKES RI,1992 )
- 10.PEDOMAN PEMBERANTASAN PENYAKIT INFEKSI SALURAN PERNA  
FASAN AKUT ( ISPA ) ( DIRJEN PPM & PLP,DEPKES RI,1992 )

## WORKING GROUP OF MCH HANDBOOK

- Advisor : Head of Provincial Office of the Ministry of Health  
in Central Java
- Instructor : 1. Dr. H. Nardho Gunawan, MPH (Kadit Bina Kesga)  
2. Dr. Widiastuti, MSc PH (Kadit Bina PSM)  
3. Drs. Benny A. Kodiat, MPA (Kadit Bina Gizi Masyarakat)  
4. Dr. S. O. Gardjito (Kadit Kes. Jiwa)  
5. Drg. Andreas Adyatmaka (Kadit Kes. Gigi)  
6. Dr. Titi Indijati (Kadit EPIM)
- Resource Person : 1. Dr. Rachmi Untoro, MPH (Kasubdit Balita)  
2. Dr. Ardi Kaptiningsih, MPH (Kasubdit KBK)
- Working Person :  
Head : Dr. Andryansyah Arifin, MPH  
Secretary : Drg. Retno Budimulyati  
Member : 1. Dr. Irwan Sidhuatmadja  
2. Dr. Trisnawati G. Loho  
3. Ms. Yoshiko Sato (JICA expert)

\* In Cooperation with Provincial Office of the Ministry  
of Health in Central Java and JICA FP/MCH Project \*



**Mother :**

**Child :**