

MOTHER AND CHILD HEALTH HANDBOOK

SALATIGA MUNICIPALITY



BAWALAH BUKU INI !

**SETIAP PERGI KE TEMPAT
PELAYANAN KESEHATAN**



OFFICE OF MINISTRY OF HEALTH
CENTRAL JAVA PROVINCE
AND



FP/ MCH PROJECT

JAPAN INTERNATIONAL COOPERATION AGENCY (JICA)

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**HANDBOOK
MOTHER AND CHILD HEALTH (MCH)
SALATIGA MUNICIPALITY**

I. IDENTITY AND BACKGROUND OF THE FAMILY

Reg.No.		Date:																						
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%;">Name of Mother :</td> <td style="width: 50%;">Blood Type of Mother :</td> </tr> <tr> <td>Religion :</td> <td></td> </tr> <tr> <td>Name of Child :</td> <td>Blood Type of Child :</td> </tr> <tr> <td>Birth Date/ age :</td> <td></td> </tr> <tr> <td>Sex :</td> <td>Male/ Female</td> </tr> <tr> <td>Name of Father :</td> <td></td> </tr> <tr> <td>Religion :</td> <td></td> </tr> <tr> <td>Address :</td> <td>Street :</td> </tr> <tr> <td></td> <td>Village :</td> </tr> <tr> <td></td> <td>Subvillage :</td> </tr> <tr> <td></td> <td>Hamlet :</td> </tr> </table>			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 :
Name of Mother :	Blood Type of Mother :																							
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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 :	

II. PREGNANT MOTHER

1. Record of Previous Pregnancy (Filled in by : Health Personnel)

No. of Preg- nancy	CHILD				Abnormality Of Delivery *	Remark *
	Sex M/F	Age	A live	Died		

G P A

* In this column, if miscarriage, write miscarriage and age of pregnancy
** In this column, write the cause of death, etc.

2. RISK FACTORS OF PREGNANCY ON MOTHER
(Filled in by : Health Personnel)

Write V if the answer is yes and O if not. DO NOT write anything if the answer is unknown :

1. Age is less than 20 yrs or more than 35 yrs

2. Interval with the last pregnancy is less than 2 yrs

3. Number of delivery is 5 times or more

4. Height is less than 145 cm

5. Misposition of fetus

6. Blood pressure is higher than 160/95

7. Hemorrhage during pregnancy

8. Chronic disease: Tuberculosis Pulmonum, Hepatitis
 , Kidney, Diabetes,

9. Others :

.....

.....

IF YOU ARE CLASSIFIED AS HAVING RISK FACTORS, YOU ARE SUG-
GESTED TO DELIVER IN THE HOSPITAL

3. THE CURVE OF FUNDUS HEIGHT = GRAVIDOGRAM

Filled in by : HEALTH PERSONNEL



Gravidogram (Simfisis-Fundus-Graf) ranging from 10-90 percentage.

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 during pregnancy, and should go to the doctor for further examination.

IF :
The height of fundus uteri (HFU) is above the **GREEN** Area Possibility of **ABNORMALITY** on the fetal growth, e.g. twin, hydramnion, etc.) ----> **REFER**

4. ANTENATAL CARE

Filled in by : HEALTH PERSONNEL

Age of Pregnancy(week)	8	12	16	20	24	28	32	36	40	44
Date of visit										
Weight										
Blood pressure										
Fundus height										
Fetal position										
Fetal heartbeat										
Tetanus Toxoid										
Iron tablet										
Suppl. feeding/ Nutrition Education										
Edema										
Lab. examination*) - urine : protein reduction - blood : Hb. VDRL - others										R e f e r r e d
FDLM : (First Day of Last Menstruation)										
Complaint										
Record : - Medication - Referral										

*) : Laboratory examination is only based on indication.

5.

SIGNS OF COMPLICATION ON PREGNANCY

Watch out for these SIGN of COMPLICATION
Get Help As SOON AS POSSIBLE



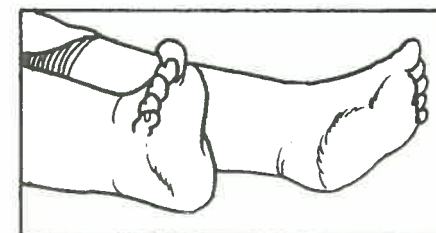
NAUSEA AND VOMITING
THAN 6 TIMES/DAY



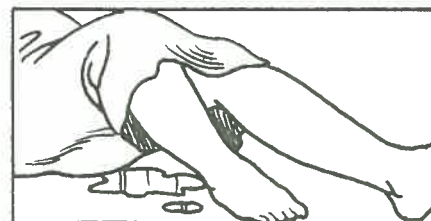
HEMORRHAGE



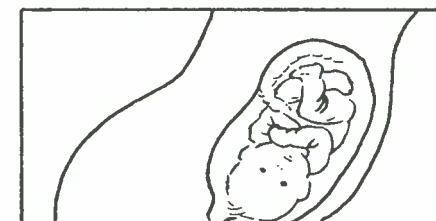
CONVULSION



EDEMA ON LEG + HEADACHE



THE AMNION DISCHARGE



NO FETAL MOVEMENT



SEVERE PAIN ON THE
STOMACH OR FAINTING
DURING DELIVERY



FEVER FOR MORE THAN 3 DAYS

6.

PREVENTION MEASURES TO AVOID COMPLICATION DURING THE PREGNANCY AND THE CHILDBIRTH

1. Eat 1-2 plates MORE of food, every day during pregnancy and breast-feeding, than usual.
2. EXAMINE your pregnancy AS EARLY AS POSSIBLE and REGULARLY for at least 4 times:
1 time when the pregnancy is 1-3 months of age
1 time when the pregnancy is 4-6 months of age
2 times when the pregnancy is 7-9 months of age.
3. Ask for T.T. (Tetanus Toxoid) injection 2 times 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 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 capsule of vitamin A soon after delivery.

7.

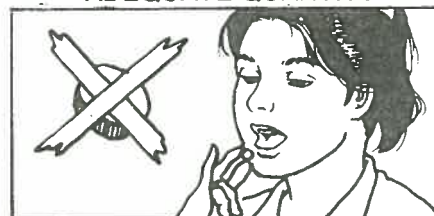
TIPS FOR THE PREGNANT MOTHER



TAKE NUTRITIOUS FOOD AND ADEQUATE QUANTITY



KEEP THE BODY CLEAN



DO NOT TAKE ANY MEDICINE WITHOUT DOCTOR'S ADVICE



SUFFICIENT REST



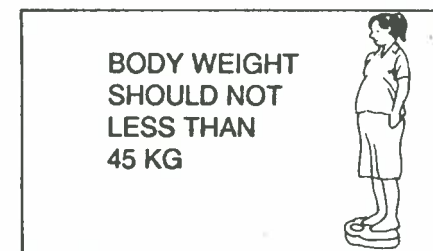
TAKE IRON TABLET REGULARLY



HAVE HEALTH EXAMINATION



ASK FOR TT INJECTION TWICE WITH ONE MONTH INTERVAL

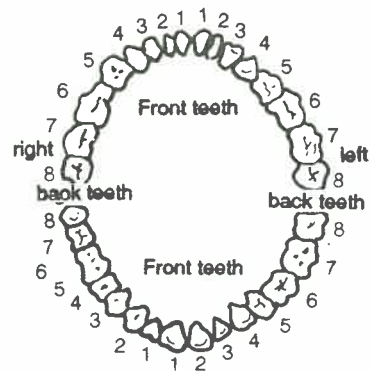


BODY WEIGHT SHOULD NOT LESS THAN 45 KG

CONTROL YOUR BODY WEIGHT

8. **TEETH CLEANLINESS DURING PREGNANCY AND AFTER DELIVERY**

Upper jaw



**BRUSH YOUR TEETH
AFTER EVERY MEAL**

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

Lower jaw

Filled in by: HEALTH PERSONNEL

Filled in by:
HEALTH PERSONNEL

EXAMINATION	I	II	DIAGNOSIS	MEDICATION/
Date				
Age of pregnancy				
Toothache				
Cavity				
Filled teeth				
Bleeding gum				
Others				
Advised				

9. **MEAL SUGGESTED FOR ONE DAY**

CLASSIFICATION	Body Weight (kg)	RICE 200 g or its substitution	SIDE-DISHES 50 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	3½ X	1½ X 3 X	1½ X	2	
40-59 years	50	3 X	1½ X 3 X	1½ X	2	
Pregnant		4 X 5 X	2 X 4 X 2 X 5 X	3 X 3 X	2 2	1 X 1 X
Nursing						

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 when she is not.

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 CURD (TEMPE), TOFU, BEANS, MUSTARD GREENS, SPINACH, FISH, LIVER, SHELLFISH, ETC.**

To prevent the Pregnant Mother **ANEMIA**, should eat **IRON** rich foods, such as : **DARK GREEN VEGETABLE, LIVER, MEAT, EGG, BEANS, SOYBEAN CURD, 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

Health food for pregnant mother and underfive children should content 3 groups of food as follows:

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

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 the body, especially for the children and the pregnant mother, they require sufficient protein for defence of the body.
3. Vitamin and mineral are required for good care of the 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 care of with high cleanliness, do not add any ingredient / kitchen ash.
6. Pregnant Mother must get 2 times. Tetanus Toxoid injection during pregnancy.

2. **SIGN OF COMPLICATION DURING DELIVERY**

1. Obstructive Labor : - more than 18 hours at the first pregnancy
- more than 12 hours at the second, third pregnancy and so on
2. The child is in BREECH position, lie across or twins.
3. BLEEDING from the birth canal before the delivery.
4. The umbilical cord or extramity is emerging/out first.
5. Fainting.
6. Convulsion.
7. The amnion fluid is SMELLED BAD or dark in color.

3. **DELIVERY RECORD**

Filled in by: HEALTH PERSONNEL/TRADITIONAL BIRTH ATTENDANT

Date of delivery :

Age of pregnancy :

Status of infant : Alive/ died/ miscarriaged/ healthy/asphyxia/
others:

One/ Twins

Status of mother : Good Health/Sick/Died, refered to

APGAR SCORE (it is checked 1 and 5 minutes after delivery):

S I G N	S C O R E		
	0	1	2
- Heartbeat frequency	None	<100	>100
- Attempt to breathe	None	Weak/irregular	Good and regular
- Muscle tonus	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 red

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 (Bethadine) - others
 : - alcohol

Weight : gram
 Height : cm
 Abnormality of the baby :
 Abnormality of the mother :

METHOD TO TAKE CARE OF THE UMBILICAL CORD

1. The umbilical cord should be cleaned EVERY DAY
2. It should be cleaned with Povidon Iodine/ Alcohol 70%
3. It is then smeared with Povidon Iodine/ Alcohol 70%
4. Then it is COVERED with GAUZE which is WETTED with Povidon iodine/ Alcohol 70%
5. Continue this treatment until the umbilical cord is TAKEN OFF.

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

It is better that the baby SLEEPS IN ONE ROOM with his/ her MOTHER.

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

4. 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 the uterus.
2. These babies are weak, easy to get cold, often to get choked, easy to suffer from illness, breathing problems & and easy to die when suffered from illness.
3. Wrap the baby with clean, thick and dry sheet, and it should be changed every time the baby urinates.
4. Put something to warm near the baby (wrap a bottle of hot water with cloth).
5. Keep on giving BREAST MILK (if the baby can't suck, squeeze the BREAST MILK and give it to the baby with spoon.

5.

WHAT IS TETANUS NEONATORUM ?

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

This disease is caused by : Tetanus germ enters through the UMBILICAL CORD which is not clean or SMEARED WITH INGREDIENTS.

SIGNS :

1. Baby which previously can be breastfed, SUDDENLY CANNOT.
2. Baby's MOUTH LOOKS LIKE fish mouth.
3. Baby is suffered from CONVULSION, especially when being touched, glittered, or hearing loud sound.
4. When being cramp, the baby's face is WRINKLED and the JAW IS LOCKED/ cannot open wide.
Baby's face sometimes becomes blue.
5. Baby is sometimes suffered 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 being taken off, or being smeared with ingredients.
3. The mother DID NOT get Anti Tetanus (TT) injection when she was pregnant, so that the mother and the baby do not immune against tetanus germ.

Hold your baby on your lap and hug your baby as often possible.

Do not let the baby cries too long.

Crying indicates that your Baby.

DOES NOT FEEL COMFORTABLE and NEEDS YOUR HELP.

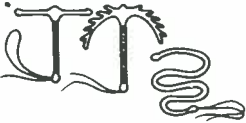
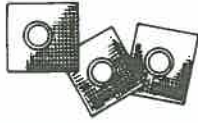

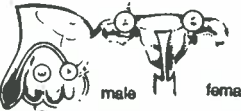
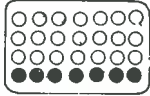

IV. FAMILY PLANNING

FAMILY PLANNING	
Filled in by : HEALTH PERSONNEL	
Contraceptive method :	
- Condom	: dated
- Oral	: 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
The Pill Condom	IUD Injection Norplant The Pill Condom	Vasectomi & Tubectomi Norplant IUD Injection The Pill Condom

VARIOUS CONTRACEPTIVE INSTRUMENTS/MEDICATION

 IUD	 condom
 injection	 vasectomi tubectomi
 pill	 norplant

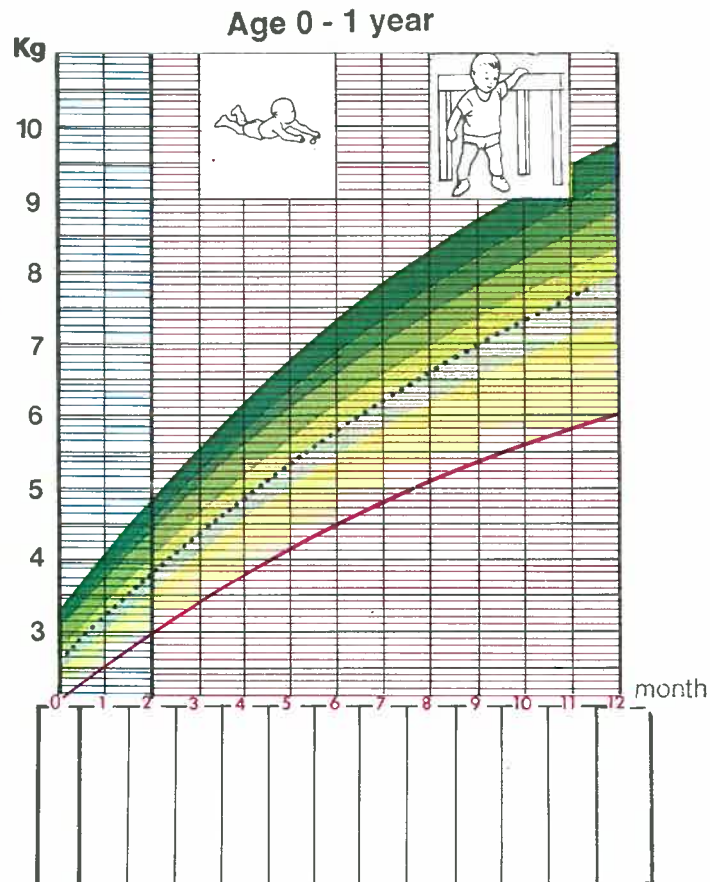
EVERY COUPLE CAN CHOOSE
ONE OF CONTRACEPTIONS
MENTIONED ABOVE

- TO OBTAIN THE SERVICE THE COUPLE CAN GO TO:
- Hospital
 - Maternity Clinic
 - Health Center (Puskesmas)
 - Integrated Health Post (Posyandu)
 - Village Midwife
 - Others

V. UNDER FIVE YEARS OLD CHILD

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

Filled in by : Cadre (Volunteer)



Filled in this column with month and year of the child birth. Filled in the next columns with the following months.

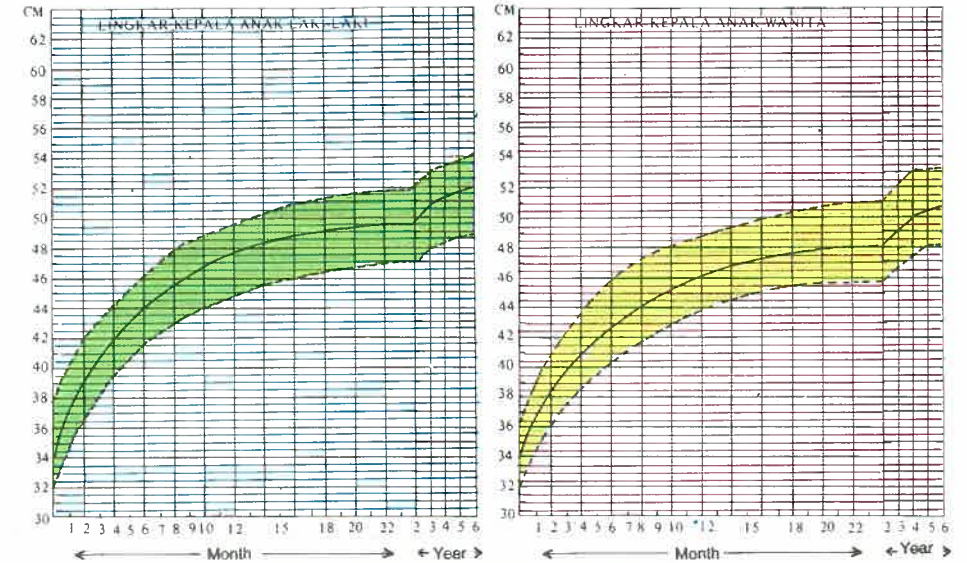
Child development:

3 - 6 months : Can lift head upright
at the spine position

9 - 12 months : Can walk with holding on something

2. MEASUREMENT OF HEAD CIRCUMFERENCE (MHC)

Filled in by : HEALTH PERSONNEL



3. RECORD OF IMMUNIZATION

Filled in by : Health Personnel

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.	DIPHTERIA, PERTUSSIS, TETANUS	3 x
	POLIO	POLIOMYELITIS (PARALYSIS)	4 x
	MEASLES	MEASLES	1 x
	HEPATITIS	HEPATITIS B	3 x

- * Immunization or vaccination means giving immunity so that the baby will not be easy to suffer from the illness of : TBC, Diphtheria, Pertussis or whooping cough, Tetanus, Polio or paralysis, Measles, Hepatitis B.
- * Get the immunization as early as possible completely to prevent those illness.
- * To get immunization, go to HEALTH CENTER, HOSPITAL or HEALTH SERVICE POST and PRIVATE MIDWIFE/ DOCTOR.

4. ILLNESS THAT OFTEN SUFFERED BY BABY & 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 be Unconscious.

If so, go for help to the HEALTH PERSONNEL.

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

- Give the child meal as usual and a lot of drink
- 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 soybean sauce/ honey.

DIARRHOEA

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

THE DANGER OF DIARRHOEA

1. The child will be dehydrated.
2. The child will feel tired and weak.
3. The child could die if he is dehydrated furthermore.

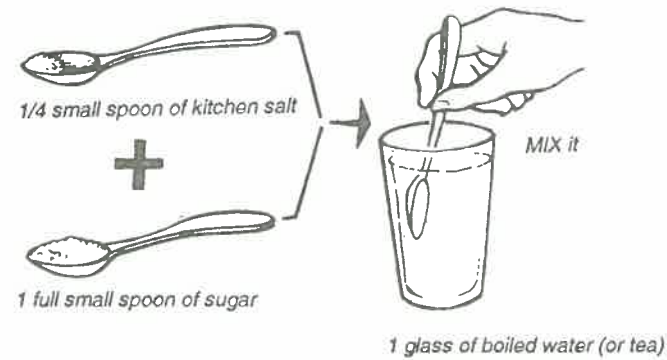
- The child suffering from diarrhoea should be given drink, any form of household solution :

- 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 (200 cc).
2. Put in one pack of ORS: 200 cc (in red color).
3. Stir it until completely mixed.

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



MEASUREMENT OF ORS/HOUSEHOLD SOLUTION (SUGAR-SALT SOLUTION)		
	The First 3 Hours	Everytime the child having diarrhoea
Child under 1 year	1 1/2 glasses	1/2 glasses
Child under 5 year	3 glasses	1 glass
Child over 5 year	6 glasses	1 1/2 glasses
Child over 12 year	12 glasses	2 glasses

5.

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).

23

STIMULATION AND CHILD DEVELOPMENT

OBJECTIVE

Helping the child to reach optimum level 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 conducted 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, playing with the child and be happy together.
2. Phase by phase & continually, covering 4 compenents of development.
3. It is started from the phase reached by child.
4. It is conducted naturally, without force / punishment or being reprimanded if the child cannot di it.
5. Give the child complement if the 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 the surrounding.
7. Pleasant, varies and fresh situation is be made in order not make it boring.

VI. BABY OF 0 - 3 MONTHS

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

Filled in by : Cadre / Parents

Child development	Month		
	1 mo	2 mo	3 mo
1. Move both hands and feet easily. (GM)	<input type="text"/>	<input type="text"/>	<input type="text"/>
2. Reacts by looking at the direction of light source. (FM)	<input type="text"/>	<input type="text"/>	<input type="text"/>
3. Mumbles & reacts towards sound / voice. (LI)	<input type="text"/>	<input type="text"/>	<input type="text"/>
4. Reacts by smiling towards asking. (SS).	<input type="text"/>	<input type="text"/>	<input type="text"/>



By : Parents / Care giver.

B. EARLY STIMULATION FOR 0 - 3 MONTHS BABY.

1. Social and self-help development :
Ask your baby to speak softly; love, cuddle and sing for him / her a song, etc.
2. Language and intellectual development :
Ask your baby to speak, to listen various kinds of sounds (bird's singing, radio, etc).
3. Gross motor development :
Teach your baby to lift his / her head in straight position while lying on the chest and to observe a moving object.
4. Fine motor development :
Teach your baby to grip small things.



**BREASTFEED EXCLUSIVELY YOUR BABY
UNTILL HE/SHE IS 4 MONTHS**

"ASK FOR" IMMUNIZATION			
0 Month	HB. 1	BCG	POLIO.1
2 Month	HB.2	DPT.1	POLIO.2

C. HEALTH EXAMINATION

Filled in by : HEALTH PERSONNEL

		1 MTH	2 MTHS	3 MTHS
1.	Weight (Normal Gaining/Under Dotted Line/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)			

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

VII. BABY OF 3 - 6 MONTHS

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

Child development

Filled in by : Cadre / Parents

Month
4 mths 5 mths 6 mths

- Lifting head in a straight position while lying on the chest. (GM)
- Reaching reachable thing. (FM)
- Looking to the direction of the sound / voice source. (LI)
- Searching for moving things. (SS)

--	--	--

--	--	--

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--	--	--



B. EARLY STIMULATION FOR 3 - 6 MONTHS BABY.

By : Parents / Care giver.

- Social and self-help development :
Teach your baby to search for sound / voice source.
- Language and intellectual development :
Teach your baby to imitate sound / voice / words.
- Gross motor development :
Teach your baby to support his / her neck.
- Fine motor development :
Teach your baby to reach for small thing.



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

" ASK FOR " IMMUNIZATION		
3 Months	DPT.2	POLIO.3
4 Months	DPT.2	POLIO.4

C.

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 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 by stirring it until it done.

D.

HEALTH EXAMINATION

Filled in by : HEALTH PERSONNEL

		4 MTHS	5 MTHS	6 MTHS
1.	Weight (Normal Gaining/Under Dotted Line/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)			

SARAN/RUJUKAN/PENYULUHAN :

Date
1.
2.
3.

VIII. BABY OF 6 - 9 MONTHS

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

Child development

Filled in by : Cadre / Parents

Month
7 mths 8 mths 9 mths

- While seated, the child can stand with straight head. (GM)
- Moving thing from one hand to another hand. (FM)
- Laughing / shouting seeing interesting thing. (LI)
- Eating biscuit without help. (SS)



B. EARLY STIMULATION FOR 6 - 9 MONTHS BABY.

By : Parents / Care giver

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



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

"ASK FOR" IMMUNIZATION

6 Months
9 Months

HB.3
MEASLES

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 2 years of age.

HOW TO MAKE SOFT FOOD :

For one portion of food, mix the following :

- Rice 2 table spoon
- Fish / choopped 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 in 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 stiring it until it is done, then put in tempe / tofu and vegetable.

Keep on stiring it while cooking it untill it's thick & done.

THE TEETH of the baby have already GROWN.

Clean the baby's teeth with wetted COTTON with WARM WATER AFTER breastfed and othe food supplement or AT LEATS after bath

D.

HEALTH EXAMINATION

Filled in by : HEALTH PERSONNEL

		7 MTHS	8 MTHS	9 MTHS
1.	Weight (Normal Gaining/Under Dotted Line/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)			

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

IX. BABY OF 9 - 12 MONTHS

A. WHAT IS NEEDED FOR THE HEALTH OF BABY OF 9 - 12 MONTHS.

Child development

Filled in by : Cadre / Parents

1. Walk with holding on support. (GM)
2. Able to reach small things. (FM)
3. Say two same syllables. (LI)
4. React to "peek-a-boo" game. (SS)

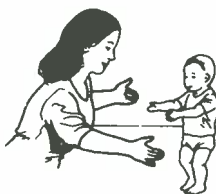
Month
10 mths 11 mths 12 mths



B. EARLY STIMULATION FOR 9 - 12 MONTHS BABY.

By : Parents / Care giver

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.

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, 2x A DAY WITHOUT TOOTHPAST. Morning after meal, night before bed. EXAMINE THE CHILD'S TEETH.

* GO TO THE HEALTH PERSONNEL :
* WHEN YOUR BABY IS ILL *

D.

HEALTH EXAMINATION

Filled in by : HEALTH PERSONNEL

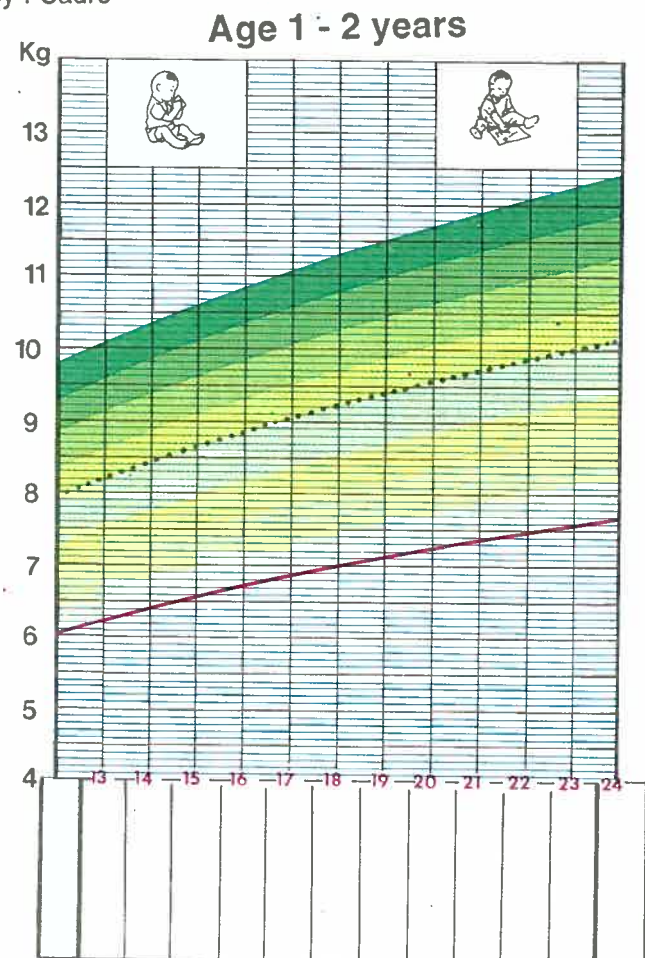
		10 MTHS	11 MTHS	12 MTHS
1.	Weight (Normal Gaining/Under Dotted Line/Under Red Line)			
2.	Head Circumference (Normal/Not Normal)			
3.	Child Development			
	- Normal (N)			
	- Observation (O)			
4.	Visual Test (Normal/Not Normal)			
5.	Hearing Test (Normal/Not Normal)			

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

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

Fill in by : Cadre



Child development :

12 - 18 months : Able to drink from the glass without spilling

18 - 24 months : Able to scratch on paper with pencil

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

XI. BABY OF 12 - 18 MONTHS

A. WHAT IS NEEDED FOR THE HEALTH OF BABY OF 12 - 18 MONTHS

Child development

Filled in by : Cadre / Parents

1. Able to walk by himself and does not fall. (GM)
2. Able to make small thing with thumb and index finger. (FM)
3. Able to express his will in a simple way. (LI)
4. Able to drink from the glass by himself without spilling. (SS)

15 mths 18 mths



B. EARLY STIMULATION FOR CHILD OF 12 - 18 MONTHS.

By : Parents / Care giver

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 big ball, then small.
3. Language and intellectual development :
Teach your child to point and say name of part (organ) of the body.
4. Social and self-help development :
Give the child a chance to take off his cloth.



- * Accustom the child to eat sources of natural vitamin A e.g. spinach, cassava leaf, carrot, egg, liver, etc.
- * Vitamin A is for the CHILD 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 2 years.
Solid food is rice and its side-dishes.

C. Filled in by : Cadre

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

D.

HEALTH EXAMINATION

Filled in by : HEALTH PERSONNEL

		13	14	15	16	17	18
1.	Weight (Normal Gaining/Under Dotted Line/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)						

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

XII. CHILD OF 18 - 24 MONTHS

A. WHAT IS NEEDED FOR THE HEALTH OF BABY OF 18 - 24 MONTHS

Child development

Filled in by : Cadre / Parents 21 mths 24 mths

1. Walking backwards at least 5 steps. (GM)
2. Scratching with pen. (FM)
3. Pointing at part of the body & mention it. (LI)
4. Imitating household works. (SS)



B. EARLY STIMULATION FOR CHILD OF 18 - 24 MONTHS

By : Parents / Care giver

1. Gross motor development :
Teach the child to stand one leg.
2. Fine motor development :
Teach the child to draw round and triangle and face.
3. Language and intellectual development :
Teach the child to follow simple order.
4. Social and self-help development :
Teach the child to be willing to be left by his mother for a while.



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

C.

* GIVE "SOLID FOOD" TO YOUR CHILD and KEEP on giving breast milk until he is 2 years. 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 TEETH with fluorized toothpaste.

* Have you child teeth checked in Health Center when there is a damage.

D.

HEALTH EXAMINTAIION

Filled in by : HEALTH PERSONNEL

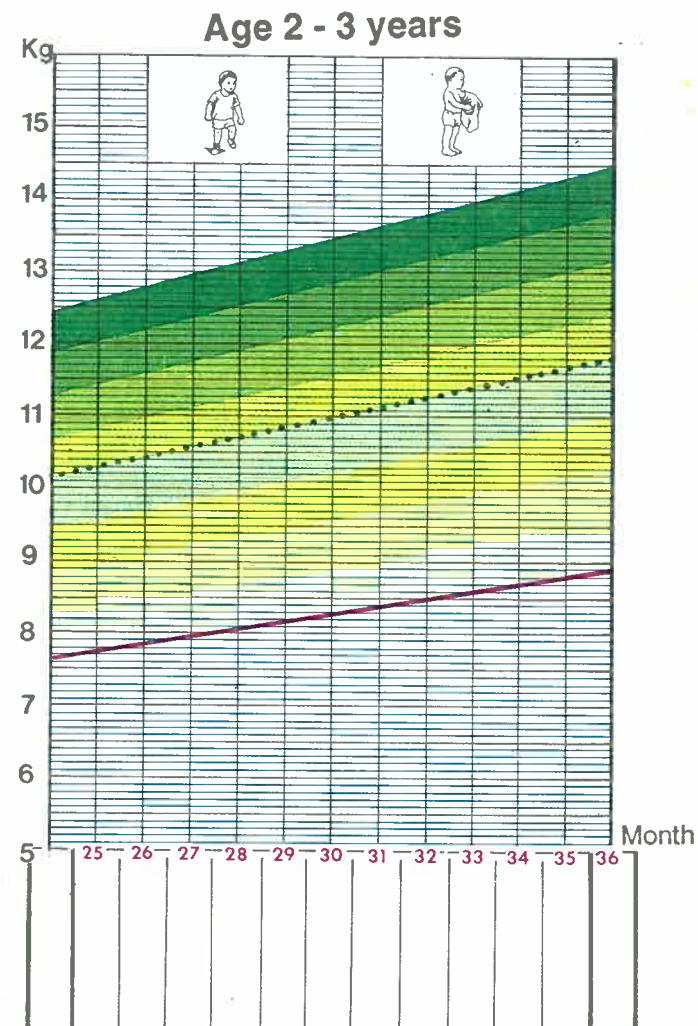
		19	20	21	22	23	24
1.	Weight (Normal Gaining/Under Dotted Line/Under Red Line)						
2.	Head Circumference (Normal/Not Normal)						
3.	Child Development						
	- Normal (N)						
	- Observation (O)						
4.	Visual Test (Normal/Not Normal)						
5.	Hearing Test (Normal/Not Normal)						
6.	Teeth Examination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

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

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

Filled in by : Cadre



Child development :

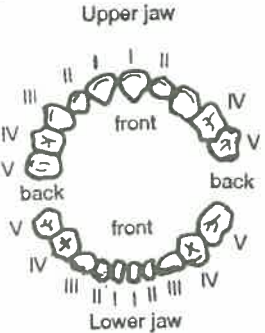
- 2 - 3 years : - Stand on one leg without support
- Taking off his / her own cloth

Filled in by : Cadre

NOTE ON VITAMIN A CAPSULE INTAKE			
FEBRUARY	DATE	AUGUST	DATE

XIV. EXAMINATION OF TEETH CLEANLINESS OF CHILD OF 2 - 6 YEARS

Filled in by : HEALTH PERSONNEL

 <div style="border: 1px solid black; padding: 5px; margin: 10px;">BRUSH YOUR TEETH EVERY AFTER MEAL</div> <div style="border: 1px solid black; padding: 5px; margin: 10px;">HAVE YOUR TEETH EXAMINED BY DENTIST OR HEALTH CENTER AT LEAST ONCE EVERY 6 MONTHS</div>								
EXAMINATION	I	II	III	IV	V	VI	VII	VIII
Date								
Toothhache complaint								
Cavity								
Filled teeth								
Others								
Filled in by : DENTAL ASSISTANCE								
DIAGNOSIS	MEDICATION							

XV. CHILD OF 2 - 3 YEARS

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

Child development

Filled in by : Cadre / Parents

30 mths 36 mths

1. Stand on one leg without holding on at least 2 counts. (GM)

--	--

2. Imitate on making straight line. (FM)

--	--

3. Express his will at least with two words. (LI)

--	--

4. Take off his own cloth. (SS)

--	--



B. EARLY STIMULATION FOR CHILD OF 2 - 3 YEARS

By : Parents / Care giver

1. Gross motor development :
Teach the child to jump with one leg.

2. Fine motor development :
Ask the child to play formats and piling building block.

3. Language and intellectual development :
Teach the child to identify structure and color.

4. Social and self-help development :
Teach the to wash his hand and feet and dry them him self.



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

C.

* WEAN YOUR CHILD, SUBTITUTE BREAST MILK WITH COW MILK/FORMULA 2x PER DAY.
CHILD FOOD OF * 4 HEALTHY 5 EXCELLENT *

* BABY TEETH ARE COMPLETE.
HAVE YOUR CHILD'S TEETH EXAMINED 2 TIMES A YEAR
WHEN THERE IS A TOOTH DAMAGE, HAVE THEM TO HEALTH CENTER
* BRUSH THE TEETH REGULARY *

D.

HEALTH EXAMINATION

Filled in by : HEALTH PERSONNEL

		27	30	33	36
1.	Weight (Normal Gaining / Under Dotted Line / 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				

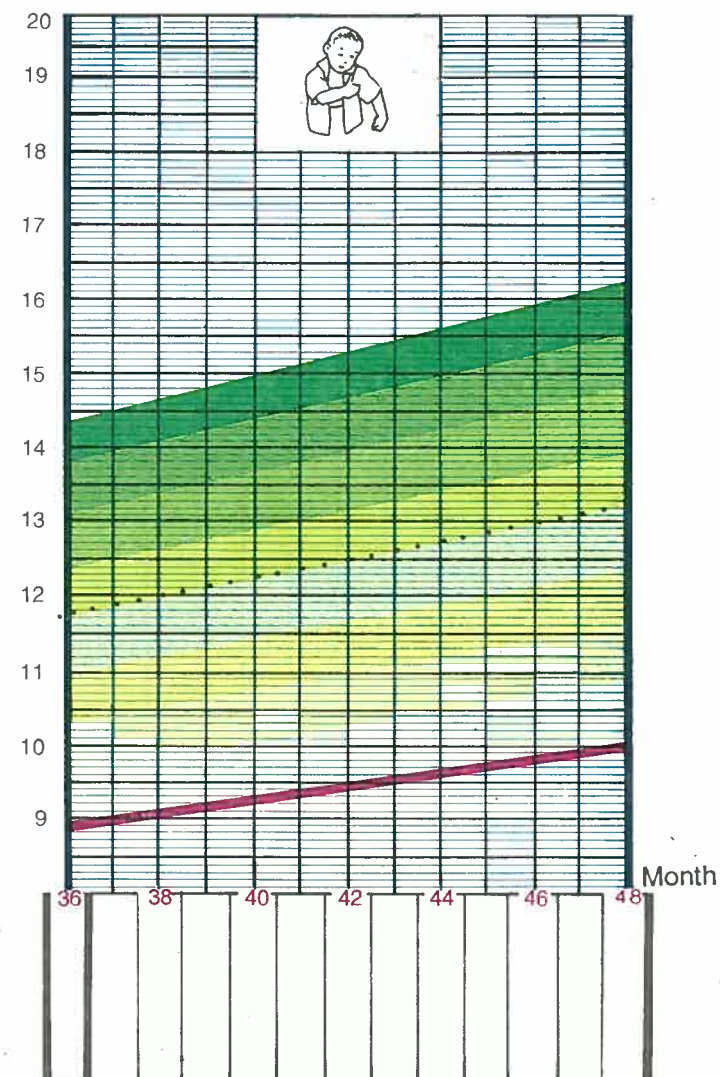
SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

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

Filled in by : Cadre

Age 3 - 4 years



Child development :

3 - 4 years : Knowing and mentioning at least 1 color

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
 PCQB 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 test is conducted at least once a year.

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



CHILD'S FOOD * 4 HEALTHY 5 EXCELLENT *

C. NOTE OF VITAMIN A CAPSULE GIVING

FEBRUARY	DATE	AUGUST	DATE

D. HEALTH EXAMINATION
Filled in by : HEALTH PERSONNEL

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

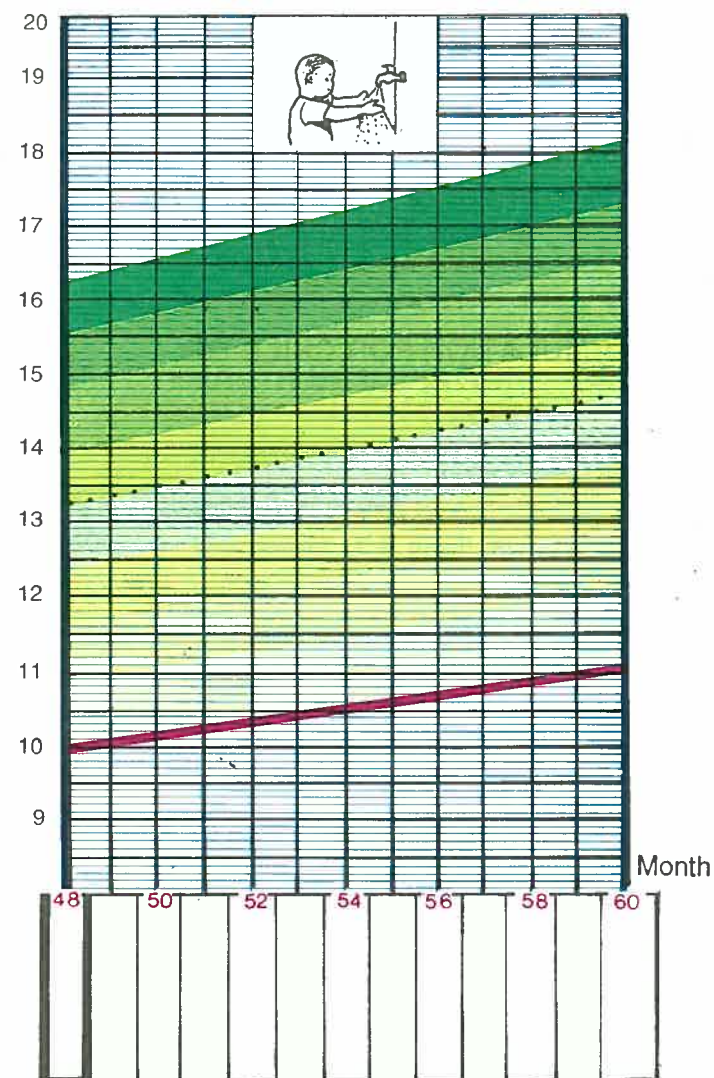
SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

XIX. BODY WEIGHT CURVE OF 4 - 5 YEARS OLD CHILD

Filled in by : Cadre

Age 4 - 5 years



Child development :

4 - 5 years : Wash and dry hands without help.

XX. CHILD OF 4 - 5 YEARS

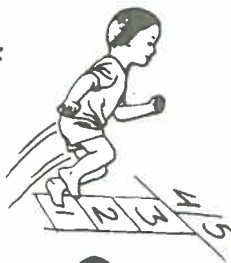
A. WHAT IS NEEDED FOR THE HEALTH OF CHILD OF 4 - 5 YEARS OF AGE

Child development

Filled in by : Cadre / Parents

54 mths 60 mths

1. Jump with one leg. (GM)
2. Able to button the cloth. (FM)
3. Able to tell simple story. (SLI)
4. Able to wash his own hands. (SS)



B. EARLY STIMULATION FOR CHILD OF 4 - 5 YEARS

By : Parents / Care giver

1. Gross motor development :
Give the child a chance to play games which need skill and active move e.g. playing ball, "engklek" (walking with one leg), etc.
2. Fine motor development :
Help the child to learn to draw story book with drawings.
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 :
Practice your child to have self-reliance such as visit the neighbour to play.



* GOT TO HEALTH PERSONNEL FOR EXAMINATION
* WHEN YOUR CHILD IS ILL *

* HAVE THESE EXAMINED : YOUR CHILD'S VISUAL
CAPABILITY AND BEHAVIOUR Once a year.

- C. * BABY TEETH ARE COMPLETE
HAVE YOUR BABY CHILD'S TEETH EXAMINED 2 TIMES A YEAR
WHEN THERE IS ANY TOOTH DAMAGE, EXAMINE IT TO HEALTH
CENTER SOON
* TEACH THE CHILD TO BRUSH HIS TEETH WELL *

D.

NOTE OF VIT. A CAPSULE GIVING			
FEBRUARY	DATE	AUGUST	DATE

CHILD'S FOOD * 4 HEALTHY 5 EXCELLEN *
--

- E. HEALTH EXAMINATION
Filled in by : HEALTH PERSONNEL

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

SUGGESTION / REFERENCE / ADVICE

Date
1.
2.
3.

XXI. CHILD OF 5 - 6 YEARS

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

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 number and letter and calculating. (LI)
4. Putting on his own cloth without help. (SI)



B. EARLY STIMULATION FOR CHILD OF 5 - 6 YEARS

By : Parents / Care giver

1. Gross motor development :
Teach the child to ride a bike.
2. Fine motor development :
Teach the child to be creative by making something from candle or clay.
3. Language and intellectual development :
Teach the child to identify time, day, week and month.
4. Social and self-help development :
Teach the child to speak, to socialize with his friends.



* GO TO HEALTH PERSONNEL FOR EXAMINATION :
" WHEN YOUR CHILD IS ILL "
* HAVE THESE EXAMINED : YOUR CHILD'S VISUAL CAPABILITY AND BEHAVIOUR
Once a year

- C.
- * At the age of 6 years, NEW TEETH grow at the back of molar of baby teeth. This 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 replaced by PERMANENT TEETH.

D. HEALTH EXAMINATION
Filled in by : HEALTH PERSONNEL

		63	66	69	72
1.	Weight (Normal Gaining / Under Dotted Line / 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 PSBQ (Normal / Not Normal)				

SUGGESTION / REFERENCE / ADVICE

Date

1.

2.

3.

NOTES :

NOTES :

NOTES :

NOTES :

REFERENSI :

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)

TIM PENYUSUN BUKU KESEHATAN IBU DAN ANAK

Penasehat : Kepala Kantor Wilayah Departemen Kesehatan
Propinsi Jawa Tengah

Tim Pengarah : 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)

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2. Dr. Ardi Kaptiningsih, MPH (Kasubdit KBK)

Tim Penyusun :
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Anggota : 1. Dr. Irwan Sidhuatmadja
2. Dr. Trisnawati G. Loho
3. Ms. Yoshiko Sato (JICA expert)

※ Kerjasama Kantor Wilayah Departemen Kesehatan Propinsi Jawa
Tengah dengan Proyek KB-KIA JICA ※

Mother :

Child :