



36
Ind
b

29

MATERNAL AND CHILD HEALTH HANDBOOK

For Promotion Only!



**BRING THE MCH
HANDBOOK!**

Everytime you go to
Health Service Facilities

Name of Mother : _____

Name of Child : _____

DEPARTEMENT OF HEALTH REPUBLIC OF INDONESIA

Cooperate with



JAPAN INTERNATIONAL COOPERATION AGENCY

THE ENSURING QUALITY OF MCH SERVICES THROUGH MCH HANDBOOK PROJECT

2000

I. IDENTIFICATION AND BACKGROUND OF FAMILY

Reg. No : _____ Date : _____

Name of Mother : _____

Age of Mother : _____ year Blood Type of Mother : _____

Age when married : _____ year Upper Arm Circumference : _____

Education of Mother : Uneducated; ES /JHS /SHS graduated; or more*)

Occupation of Mother: _____

Name of Child : _____

Birth Day : _____

Sex : Male / Female *)

Name of Father : _____

Age of Father : _____ year

Education of Father : Uneducated; ES/ JHS/ SHS graduated; or more*)

Occupation of Father: _____

Address : _____

Village _____

Subvillage _____

Hamlet _____

** Mark unnecessary word*

II. MONITORING AND ADVICES FOR MOTHER AND CHILD

A. PREGNANT MOTHER

Filled in by: Health Personal

1. RECORD OF PREVIOUS PREGNANCY

Obstetric record G: _____, P: _____, A: _____.

Total number of children alive: _____

Total number of children dead: _____

Interval from the last delivery: _____

Assisted for the last delivery by: _____

Record of the last delivery :

1. Spontaneous :

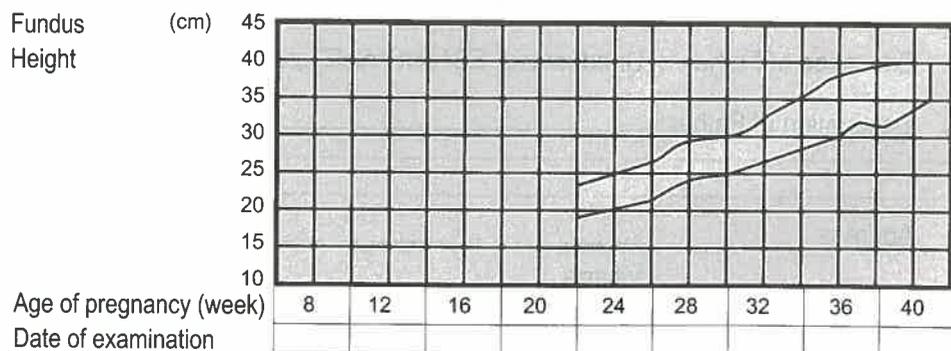
2. Operation, detail : _____

Using contraception before pregnancy, detail : _____

Filled in by: Health Personal

2. EXAMINATION

a. Pregnant Graph



b. Estimation of delivery

First day of the last menstrual period

Date: _____

Expected date of delivery

Date : _____

c. Routine Antenatal Care

Week of pregnancy	8	12	16	20	24	28	32	36	40
Date of visit									
Complaint									
Weight (Kg)									
Blood pressure (mg Hg)									
Edema									
Fetal presentation									
Fetal heart beat									
Hb: _____ gram % HB: _____ %									
Iron tablet									
Iodine capsule									
Imunization TT (TT1, TT2, TTU)									
Condition of teeth/ mouth:									
Name of medical institution/personnel :									
Advice :									

If the fundus height is outside of the green zone (Possibility of disturbance on fetal growth), mother should be referred to Public Health Center.

3. DELIVERY PLANNING FOR THIS PREGNANCY

Pregnant mother with the following condition should have the delivery assisted by Health Personal :

Filled in by: Cadre / Pregnant Mother

- Age of primigravida is less than 20 years or more than 35 years old
- Interval from the last pregnancy is less than 2 years
- Have more than 4 children
- Got trouble at the last delivery (breech presentation, premature baby, cesarean section, convulsion, etc.)
- Height less than 145 cm
- Upper Arm Circumference less than 23,5 cm
- Chronic disease history (for example: malaria, TBC, heart disease)

Pregnant mother with the following condition should have the delivery at the hospital:

Filled in by: Health Personnel

- Severe anemia (HB is less than 8 gram %)
- Blood pressure is high (more than 140/90 mmHg)
- Significant edema
- First pregnancy was breech presentation
- Transverse presentation at 32 weeks of gestation or more
- Probably premature delivery
- Probably multiple pregnancy
- Probably huge fetus

4. SIGNS OF COMPLICATION ON PREGNANCY AND DELIVERY WHICH SHOULD BE REFERED AS SOON AS POSSIBLE TO HOSPITAL MEDICAL PERSONNEL



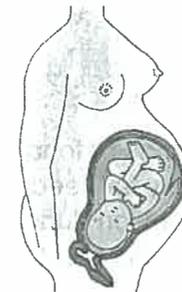
Hemorrhage from birth canal



Amnion discharge before delivery



Convulsion



No fetal movement or getting few



Fever



Severe pain on the stomach



Headache or edema on leg



Continuous Nausea and cannot eat at early pregnant period



Pale conjunctiva

5. TIPS FOR MOTHER AND BABY BE HEALTHY



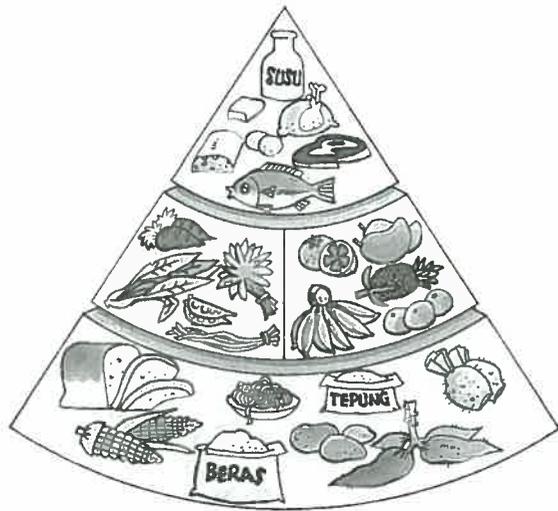
- Take balanced food nutritious in order to :
 - Keep mother healthy and good nutrition
 - Keep baby's growth continuously normal in uterus, then baby is born healthy
 - Preparing for breast milk production.

- Eat 1-2 more plates of food than usual at all days during pregnancy and breast feeding.

- Eat many kinds of food 4-5 times per day for needs of mother's nutrition during pregnancy and breast feeding

- Add snacks in the morning and afternoon such as banana compote, green beans porridge, lempur, etc.

- Eat iron rich food such as meat, beans, and dark green vegetable.



Balanced Nutrition Food

Using Iodium salt for every cooking



- Examine your pregnancy every month. If there is something wrong with pregnancy, health personnel can help you as early as possible.



- Measure your body weight every month whole period of pregnancy.
- Increasing body weight during pregnancy is about 7-12 kg.



- Take iron tablet, one tablet every day and at least 90 tablets during pregnancy until 40 days after delivery.

In heavy and medium endemic area on Iodium Deficiency Disease, pregnant woman should take 1 Iodium oil capsule



- Ask for tetanus immunization twice before 8 months pregnancy.
- Two times tetanus immunization is for prevention of tetanus from new born baby.
- Tetanus is one of the common causes of baby death.



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



- Have a rest enough and reduce heavy work.
- Pregnant mother should rest, lie down at noon for 1-2 hours. Supplying energy is good for mother and baby in the womb.
- Family prepares to welcome to new baby and to take care with love.



- Care your breast.
- Mother should have plan of breast feeding to her baby since early pregnancy.
- Clean nipples with coconut oil. If nipples place inside, pulling nipples softly for these become outside. Do it every day.

B. DELIVERING MOTHER

1. SIGNS AS DELIVERY

- Severe pain on womb becomes frequently and strongly.
- Mucus with blood comes out from birth canal.
- Amniotic water discharge from birth canal.
- Feeling to want to feces if baby is born.

If you have a sign as delivery, contact midwife / doctor immediately.

Try to urinate as often as you can.

Try to walk as much as you can.

2. PREPARATION BEFORE DELIVERY AT HOME

- Prepare seat for a mother to lie which should be dry and clean. Keep delivery room clean and enough bright.
- Prepare boiled water on cooking stove for in case of necessity to boiling equipment, such as: scissors, string, and others.

- Prepare soap for washing hands. Wash hands with clean tap water.
- Prepare some soft cloth, towel, and baby cloths with clean and dry.
- Prepare mother cloths for after delivery, which is clean and dry.
- The equipment for delivery, is prepared by midwife.



3. SIGNS OF DANGER DURING DELIVERY

- Baby cannot be born within 12 hours after starting labor pain.
- Bleeding from a birth canal before delivery.
- Umbilical cord or fetus extremity is emerging / coming out before head.
- Mother cannot push strong enough.
- Mother has convulsion.
- Amnion fluid smells bad or is stained with dark color.
- Much bleeding after baby is born.

If there is a dangerous sign, mother should be referred to HOSPITAL immediately.

4. DELIVERY RECORD

Filled in by: Health Personnel

Delivery and Post Natal

Date of Delivery : _____ Period of pregnancy : _____ weeks

Birth attendant : [] Doctor [] Midwife
 [] Other health personnel [] Trained Traditional Birth Attendant
 [] Family [] Other

Place of delivery : [] Own house [] Midwife's house
 [] TBA's house [] Hospital
 [] Maternity clinic [] Health Center
 [] Village Delivery Post

Delivery : [] Spontaneous [] Operated

Status of infant : [] Healthy [] Sick
 [] Died [] Physical defect

Sex : [] Male [] Female

Weight : _____ gram

Height : _____ cm Chest circumference : _____ cm

Status of infant birth : [] Cry immediately [] Cry after few times
 [] Red at whole body [] Blue a part of body
 [] Not cry [] Blue at whole body

Cord Cutter : [] Scissors [] Others.....
 [] Boiled [] Not boiled

Cord Care : [] Povidon iodine [] Others.....

First Breast Milk : [] Within 30 minutes [] More than 30 minutes
 [] No breast milk

Status of mother : [] Healthy [] Sick
 [] Died

Complication after delivery : [] Bleeding [] Fever
 [] Convulsion [] Bad smell of lochea
 [] Others.....

Service : [] Postnatal vitamin A [] Postnatal iron tablet
 [] Iodine oil capsule

Date of referral : _____

Cause of referral : _____

Place of referral : _____

C. NEONATAL

1. ATTENTION AFTER DELIVERY

- a. Begin breast feeding within 30 minutes after delivery.
Give breast milk only for 4 months.
- b. Give report about delivery to Dasa Wisma cadre in order to fill the delivery record.
- c. Checks mother and neonate's by health personnel at less 2 times for the first month.

2. KEEP BABY WARM

It is easy for baby to get cold which may be cause of death, especially for premature. To prevent it, do the followings:

- a. Put baby on mother's chest to make contact between mother's skin and baby's skin.
- b. Keep baby's room warm and clean.
- c. Do not leave baby at windy place, such as front of door, next to window.
- d. Cover baby with dry and clean blanket and also his/her head with hat.
- e. Change baby's cloth and blanket if they get wet.



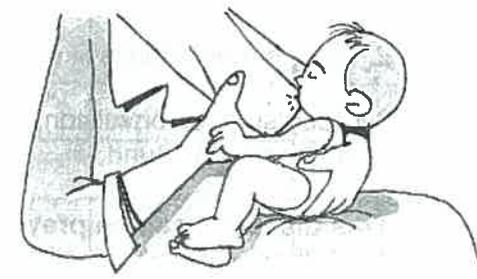
3. BREAST MILK FEEDING

a. Important things for breast milk feeding

1. Breast milk has full nutrient factors for baby.
2. Breast milk makes relation between mother and baby.
3. Breast milk content Colostrum with immunity.
4. Breast milk is hygienic and easy to feed.

b. How to good breast feeding

1. Hands of mother should be washed before breast feeding.
2. Baby should be took on the lap, and head on mother's elbow than mother's handhold the baby's bottom.
3. Baby's body faced to mother, baby's stomach closed to mother's body.
4. Touch the nipple on the lips and cheat of baby to stimulate the baby's mouth open.
5. After the baby's mouth open, enter the nipple or areola to baby's mouth.
6. Feed the right side and left side by turns.



4. HOW TO TAKE CARE OF UMBILICAL CORD

The purpose is to prevent newborn baby suffered from tetanus.

- a. Umbilical cord should be cleaned everyday with Povidone Iodine
- b. Cover it **by gauze with clean and dry**, which is applied Povidone Iodine.
- c. Clean umbilical cord until it is taken off.
- d. Keep it covered by gauze with clean and dry.



5. HOW TO PREVENT TETANUS DISEASE FOR NEWBORN BABY

The disease is caused by tetanus germs enter through umbilical cord which is not clean or applied with ingredients.

a. Signs:

1. Baby, who previously can be breastfed, **suddenly cannot**.
2. Baby's mouth looks like fish mouth.
3. Baby suffers convulsion, especially when touched, glittered, or hit by a loud sound.

b. This diseased can be prevented through:

1. Mother gets Immunization TT twice while pregnancy, so mother and baby cannot suffer from tetanus.
2. Cutting umbilical cord with sterilized tools.
3. Hygienic treatment of umbilical cord until it is taken off.

6. NEONATAL HEALTH CHECK UP

Filled in by: Health Personnel

CHECK UP	NEONATAL VISIT	
	1 - 7 days	8 - 30 days
Baby weight (gram)		
Head circumference (cm)		
Umbilical condition (Write D = dry or W = wet)		

Complication or illness sign

Write (+) if exist, or (-) if not exist

Weak, not active		
Fast breathing, shallow breathing, stridor		
Fever, and illness		
Yellow stained body skin		
Convulsion		
Prominent of abdomen		
High-pitch crying		
Suddenly baby cannot be breast fed		

If self there is a complication or illness sign (+), please refer to Public Health Center of Hospital

D. FAMILY PLANNING

1. FAMILY PLANNING SERVICE

Filled in by: Health Personnel

Contraceptive method :

IUD Injection Implant Pill
 Condom Operation None Other

Dated : _____

2. BASIC PATTERN OF RATIONAL USE OF CONTRACEPTION

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



Condition which is not good for mother and baby health :

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

Get information about family planning from family planning professional.
 Discuss with your husband and health personnel about optimal choice of family planning
 Discuss with your husband before obtaining family planning service.

III. GENERAL EXPLANATION ABOUT CHILDREN HEALTH

A. IMUNIZATION

Filled in by Health Personnel

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

2. THE IMPORTANT POINTS

- Merit of immunization
 Immunization gives immunity so that baby will not easily suffer from illness of: Hepatitis B, Tuberculosis, Diphtheria, Whooping Cough, Polio, and Measles
- Give immunization as early as possible to prevent those illnesses.
- Immunization schedule (National Standard)

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

* Cannot gave for all province

B. MEASUREMENT OF HEAD CIRCUMFERENCE

1. WHY HEAD CIRCUMFERENCE SHOULD BE MEASURED :

To know something wrong for development and growth of baby's brain or infectious disease.

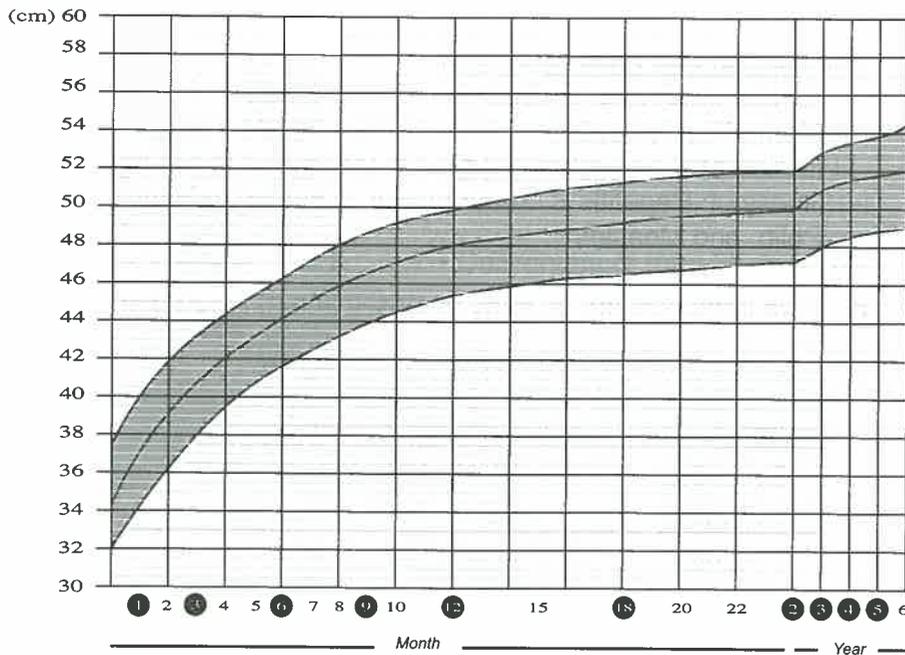
2. SCHEDULE OF HEAD CIRCUMFERENCE MEASUREMENT :

- Baby: age 8-30 days, 3 months, 6 months, 9 months, 12 months.
- Under five years old child: age 18 months, 24 months, 3 years, 4 years and 5 years.

Advice: If head circumference is in out side of green zone ask to be checked at hospital

Head Circumference of Boys

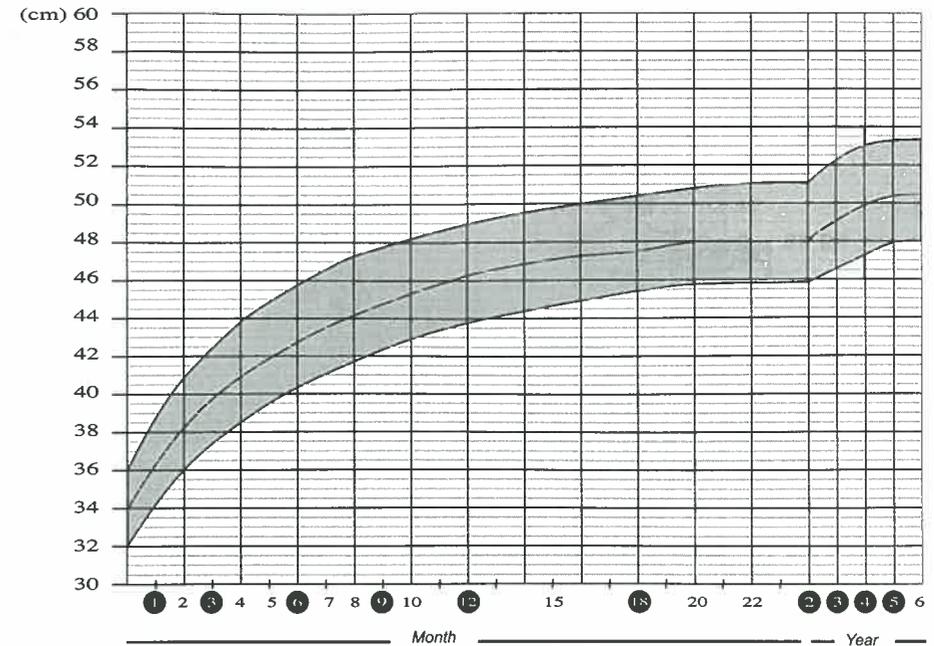
Filled in by Health Personnel



Black circle is for age of child to measure head circumference

Filled in by Health Personnel

Head Circumference of Girl



Black circle is for age of child to measure head circumference

C. HEALTH CARD FOR CHILDREN

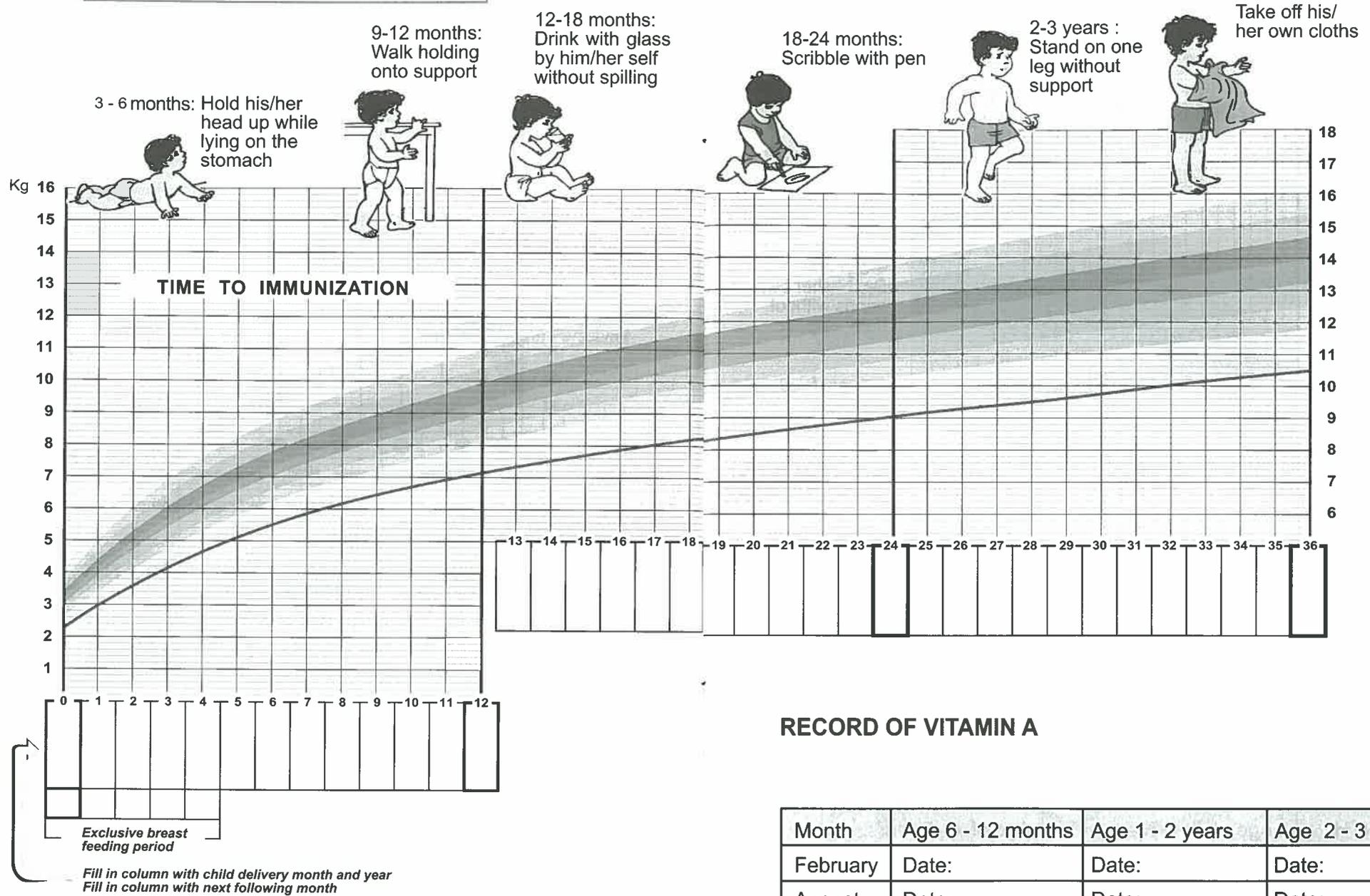
ANTICIPATION IF WE FIND CHILDREN WITH LACK OF PROTEIN ENERGY.

If weight of children is in two yellow zones (above the red line) we call it mild lack of protein energy.

If weight of children is in under the red line, we call it real lack of protein energy.

For children with mild lack of protein energy, mother should give extra food, follows information of balance nutrition from Health Service post. Children with real lack of protein energy have to take to health examination

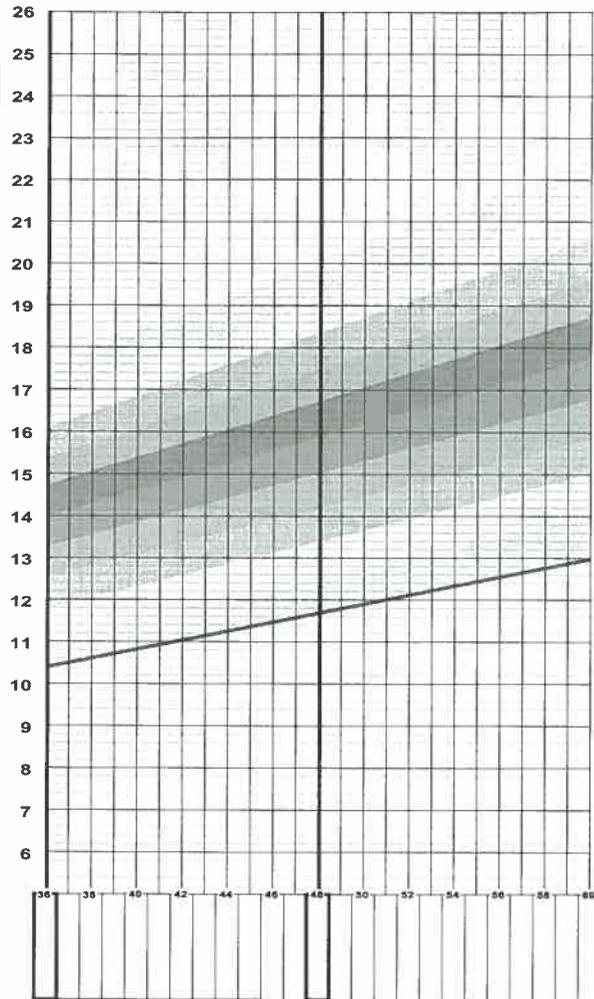
C.1. HEALTH CARD 0 - 3 TAHUN



C.2. HEALTH CARD 3 - 5 YEARS OLD



3-5 years:
Identify at least
one colour



4-5 years:
Dry his/her own
hands without
help

RECORD OF VITAMIN A

MONTH	Age of 3 - 4 years	Age of 4 - 5 years
February	Date :	Date :
August	Date :	Date :

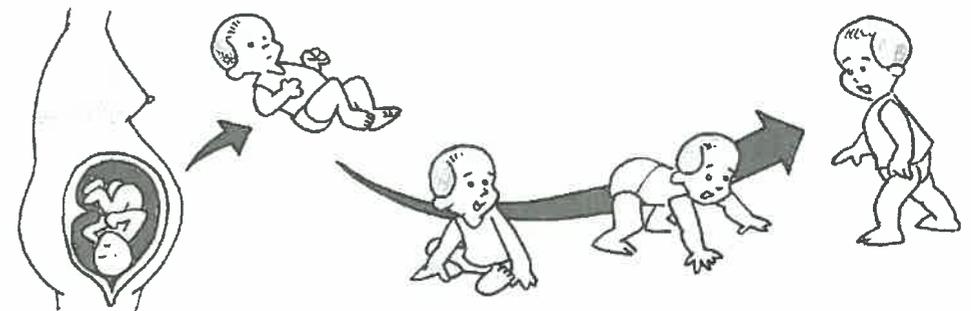
D. STIMULATION OF CHILD DEVELOPMENT

Stimulation of child development consists of various activities done by mother and family to assist appropriate development for child's age.

Developmental components are being monitored and stimulated, i.e.: Ability of moving, speaking, thinking and also ability for socializing and independence.

The principle of stimulation:

1. Teach child playing, running, dancing, writing, drawing, counting, reading and eating / drinking by themselves, helping their parents.
2. Give stimulation step by step, continuously and repeatedly.
3. Use things or goods, which are found in surrounding and not dangerous to child.
4. Don't force child if he/she does not want to do any more or is bored.
5. Give child a complement if he/she succeeds to act something fitting to his/her age level.
6. Do stimulation with enough love and pleasant situation.



E. ILLNESS THAT OFTEN CHILDREN SUFFER

1. ACUTE RESPIRATORY INFECTION

- a. If child coughs with fast or difficult breathing, this illness often causes child to dead.
- b. Observation of fast breathing of child:
 - Age less than 2 months breath 60 times/minute or more
 - Age 2 months - less than 1 year breath 50 times/minute or more
 - Age 1 year - 5 year breath 40 times/minute or more

If there is retraction between rib and edge to stomach, it is difficult breathing

If child has these signs, ask to health personnel immediately



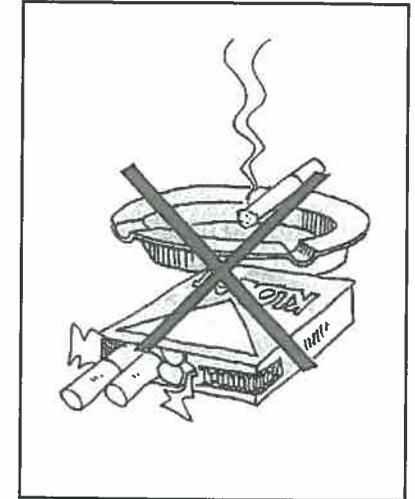
- c. If child coughs commonly and without those signs, treat at home first, i.e.:
 1. Continue to give breast milk if child is still breast fed.
 2. Give child meal and drink more than usual which are soft, warm and much liquid.
 3. Clean his/her nose to make them breath easier.
 4. Give traditional drinks for cough: such as 1 tea spoon of lime liquid and 1 tea spoon of sweet sauce/honey.

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

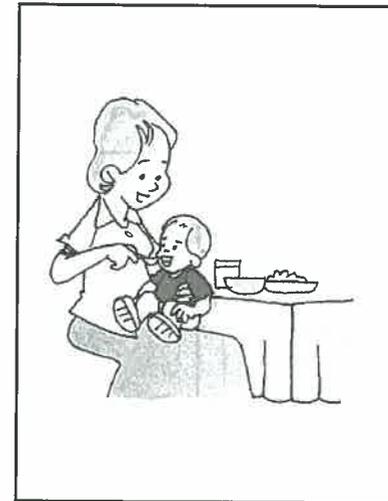
d. How to prevent Acute Respiratory Infection:



Keep child away from person with cough



Do not smoke close to child



Give child nutritious food every day



Keep environment clean, and ventilation around home

2. DIARRHEA

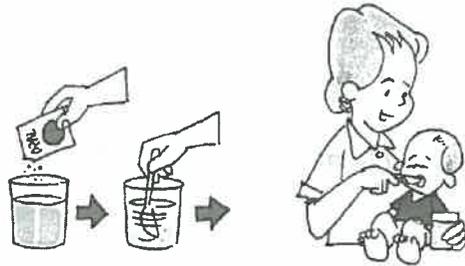
a. Diarrhea is change of child's stool from solid to watery, usually more than 3 times a day.

b. If child gets diarrhea :

1. Should give much drink, such as: breast milk, boiled water, and oral rehydrating solution (ORS)

How to make oral rehydrating solution (ORS)

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



Give it to child little by little until child does not feel thirsty with measurement as follow :

MEASUREMENT OF ORS		
	The first 3 hours	Every time child have diarrhea
 Child Under 1 year	 1 1/2 glasses	 1/2 glass
 Child under 5 years	 3 glasses	 1 glass

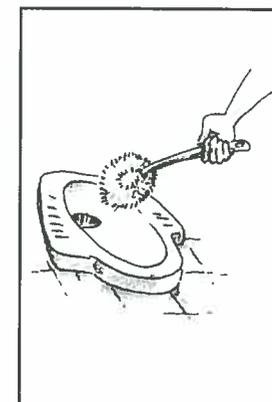
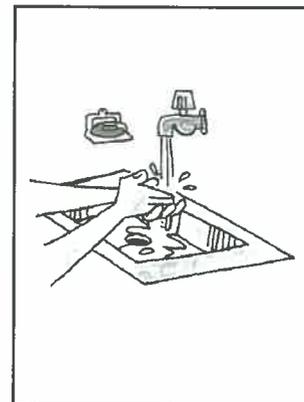
2. Breast milk should be given especially for baby. Child who is not breastfeeding should be given soft food.

3. Go to Health Personnel immediately, if child is still sick for 2 days or there are signs :

- Watery stool in every time
- Throw up repeatedly
- Strong thirsty
- Fever
- Eat and drink little
- Blood inside stool

c. How to prevent diarrhea :

1. Give breast milk only for baby until 4 months old.
2. Wash hand with soap after feces and before feed child.
3. Use toilet and keep it clean.
4. Throw child's waste in the right place.
5. Use boiled water for food and drink.



IV. MONITORING AND INFORMATION FOR CHILD HEALTH

A. BABY 0 - 30 DAYS OLD

Filled in by Mother/Cadre

1. DEVELOPMENT MONITORING

What can be done by baby 0 - 30 days old :

yes

a. Drink breast milk well.

b. Move both hands and legs actively.

c. Gaze at mother's eyes

d. Begin to come out voice.



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

a. When baby fussy, find its cause and hold him/her with enough love.



b. Hang goods with sound or bright color on top of baby's bed, so baby can see moving and try to reach or kick it.

c. Trained baby to head up while lying on the stomach.

d. Encourage baby to smile especially when he/she smiles for you.



3. IMPORTANT THINGS TO KNOW

At age of 0 - 30 days :

a. Measure head circumference at least once during age of 8-30 days.

b. Measure body weight of baby.

c. **Give breast milk only until 4 months (Exclusive Breast Milk)** because breast milk contents all necessity for child growth and development.



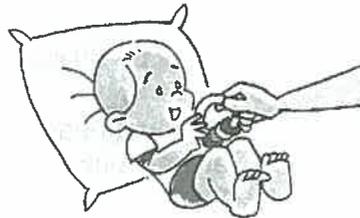
B. BABY 1 - 4 MONTHS OLD

Filled in by Mother/Cadre

1. DEVELOPMENT MONITORING

What can be done by baby 4 months old :

- yes
- a. Hold his/her head up while lying on the stomach.
- b. Hold things which on his/her palm.
- c. Follow you with moving head from one side to the other.
- d. React by smiling



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

- a. Treat baby tender and peaceful with talking softly, often cuddling, kissing, singing a song, etc.
- b. Imitate baby's word, movement, and expression. Encourage baby say something, for example: bird voice, bell, chicken, etc.



- c. Teach baby to roll from supine to prone position.

- d. Teach baby to hold thing strongly. Place something on baby's hand, then after baby holds it, pull it slowly.



3. IMPORTANT THINGS TO KNOW

At age of 1 - 4 months :

- a. Ask for immunization to Health Personnel :
- BCG, DPT1, Polio1 at age of 2 months
 - HB1, DPT2, Polio 2, at age of 3 months



It is not burden to get immunization if baby is sick mildly

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



C. BABY 4 - 6 MONTHS OLD

Filled in by Mother/Cadre

1. DEVELOPMENT MONITORING

Wat can be done by baby 6 months old :

a. Change position from lying on the back to the stomach, or vice-versa.

Yes



b. Hold a thing that is reachable by his/her hands.

c. Look at direction of sound/voice source such as bell, hit of glass or dish. Check if baby not watching when you make sound.



d. Search for moving things.

If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

a. Help baby to sit by him / herself, start to seat baby on supportive chair.



b. Teach baby to hold things on each hand at the same time.

c. Teach baby to imitate words by using attractive voice which he / she wants to imitate.

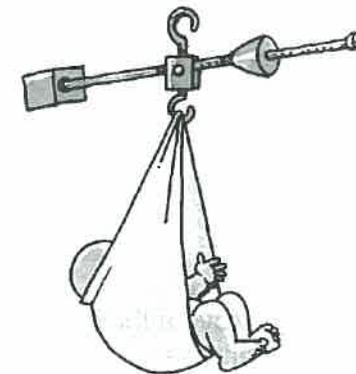
d. Play hide and seek or teach him / her how to wave hands with saying :
 "...da....da...."
 "...da....da...."



3. IMPORTANT THINGS TO KNOW

At age of 4 - 6 months :

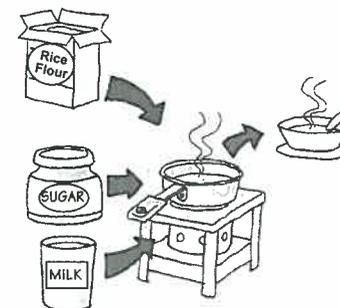
- Ask for immunization HB 2, DPT 3, Polio 3 , at age of 4 months
 • Ask for immunization HB 3, Polio 4 at age of 5 months
- Measure head circumference at least once for 6 months.
- Measure baby's weight every month.
- Before teeth come out, clean gums and tongue by cloth with warm water after breast feeding.
- Feeding:
 - Give breast milk continuously. Start to give supplementary food beside breast milk. Baby needs mashed soft food or soup, such as fine porridge, banana, fruits juice.
 - Better to give breast milk before supplementary food.



How to make mashed food (fine milk Porridge)

a. Ingredients:

- 2 table spoons of rice flour (20 gram)
- 2 tea spoons of sugar (10 gram)
- 1 glass of fresh milk or 2 table spoon of powder milk solutes into 1 glass of water.



b. How to make it:

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

D. BABY 6 - 9 MONTHS OLD

Filled in by mother/Cadre

1. DEVELOPMENT MONITORING

What can be done by baby 9 months old:

- | | Yes |
|--|--------------------------|
| a. Sit by him/herself. | <input type="checkbox"/> |
| b. Move a thing from one hand to another. | <input type="checkbox"/> |
| c. Laugh / scream when baby sees interesting things. | <input type="checkbox"/> |
| d. Eat biscuits without help. | <input type="checkbox"/> |



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

- a. Take baby up and help him / her to stand up on a flat and hard base.
- b. Teach baby to put in or take out thing from a container.
- c. Show baby pictures and teach him / her thing's name.
- d. Ask baby to play with together.



3. IMPORTANT THINGS TO KNOW

At age of 6 - 9 months :

- a. Ask for measles immunization, at age of 9 months.
- b. Measure head circumference at least once for 9 months.
- c. Measure baby's weight every month.
- d. Keep baby's teeth healthy:
 - Teeth of baby already grown.
 - Brush baby teeth once a day without toothpaste with baby's head lying on mother's lap.
- e. Feeding:
 - Give baby breast milk continuously and also fruits juice immediately.
 - Give supplementary mashed food at least 3 times a day.



How to make mashed food (Refine Porridge)

a. Ingredients:

- 2 table spoons of rice.
- 1 cut of soybean curd or tofu or beans or fish or egg.
- 10 pieces of spinach leaf or other green vegetables.
- 2 - 3 glasses of water.
- 1 table spoon of oil or to 2 table spoon of coconut milk, little salt.



b. How to make it:

- Cook rice with 2-3 glasses of water and oil/coconut milk, tofu, soybean curd, spinach leaf, or other green vegetable cut into small size.
- After rice becomes porridge, put another ingredients on.
- Add little salt for favorite.
- Cook again, after well cooked refine or soften it.

E. BABY 9 - 12 MONTHS OLD

Filled in by mother/Cadre

1. DEVELOPMENT MONITORING

What can be done by baby 12 months old:

- yes
- a. Walk with holding onto support.
- b. Pick up small things like beans with his/her fingers.
- c. Say two same syllables i.e., ma-ma-ma, da-da-da.
- d. Differentiate between you and someone stranger.



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

- a. Teach baby to walk by him/herself.
- b. Teach baby to roll the ball.
- c. Give baby occasion to paint a picture.
- d. Ask your baby to join eating together.



3. IMPORTANT THINGS TO KNOW:

At age of 9-12 months :

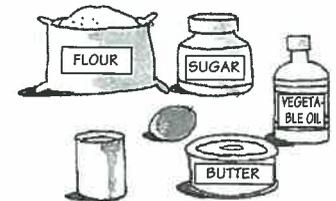
- a. Measure head circumference at least once at age of 12 months.
- b. Measure baby's weight every month.
- c. Keep baby's teeth at healthy:
- Brush baby's teeth at least once a day without toothpaste with baby's head lying on mother's lap.
 - Check baby's teeth at dental polyclinic in Health Center.
- d. Feeding:
- Give baby breast milk continuously, give it before supplementary food.
 - Give soft supplementary food at least 3 times a day.
 - Give nutritious snacks such as, pandan cake, layered cake and biscuit.
 - Give fresh fruits or juice.



How to make Snack

a. Ingredients:

- 1/4 glass of flour (25 gram)
- 1/2 glass of fresh milk
- 4 tea spoons of sugar (20 gram)
- 1/2 butir egg
- Little margarine and oil



b. How to make it:

- Miz all ingredients with egg.
- Divide into 4 and fried with little oil.
- Serve with a little margarine or syrup.

F. CHILD 12 - 18 MONTHS OLD

Filled in by Mother/Cadre

1. DEVELOPMENT MONITORING

What can be done by child 18 months old :

- | | Yes |
|--|--------------------------|
| a. Walk by him/herself without fall | <input type="checkbox"/> |
| b. Pick up small things with his/her fingers. | <input type="checkbox"/> |
| c. Express his/her will in a simple way. | <input type="checkbox"/> |
| d. Drink with glass by him/herself without spilling. | <input type="checkbox"/> |



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

- a. Teach child to go up and down stairs.
- b. Play how to catch and throw back a big ball.
- c. Teach child names of parts (organ) of body with pointing his/her parts of body, and he/she imitates to say your words.
- d. Give child occasion to take off his/her own cloth.



3. IMPORTANT THINGS TO KNOW

At age 12 - 18 months old :

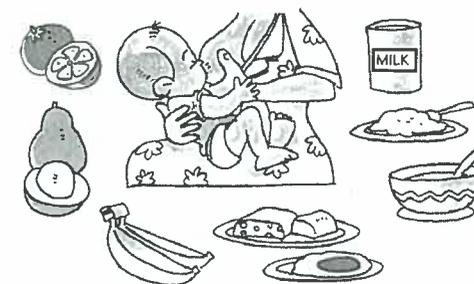
- a. Measure head circumference at least once at age of 18 months.
- b. Measure baby's weight every month.
- c. Ask for vitamin A capsule every February and August.
- d. Keep child teeth healthy:
 - Practice toothbrush with mother's help from back.
 - Use toothpaste fluoridated and not sweet.
 - Toothbrush twice a day after breakfast and before sleep
 - Do not eat sticky and sweet food (candy, chocolate) between meals.



Give child a chance to do something what he/she wants, but obviously forbid doing dangerous things.

e. Feeding for child 12-18 months old:

- Give breast milk continuously, before supplementary food.
- Try to give daily common food with balanced nutrition with half of adult portion, 3 times a day.
- Give supplementary snacks for 1-2 times a day, such as small cake, biscuit, etc.
- Give child fresh fruit or juice.



G. CHILD 18-24 MONTHS OLD

Filled in by Mother/Cadre

1. DEVELOPMENT MONITORING

What can be done by baby 24 months old :

- | | |
|---|-----|
| a. Walk backward at least 5 steps. | yes |
| b. Scribble with pen. | |
| c. Point at parts of body and mention the names. | |
| d. Imitate household work such as helping to prepare lunch. | |



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

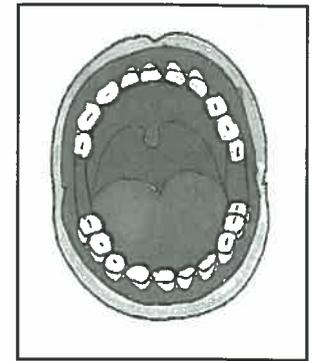
- Teach child to stand in one leg and keep body balance.
- Teach child to draw circle, line, triangle and face.
- Teach child to tell his/her experiences.
- Teach child to keep clean such as; go and do at toilet, but do not force strictly.



3. IMPORTANT THINGS TO KNOW

At age of 18 - 24 months old:

- Measure head circumference at least once at age of 18 months.
- Measure child's weight every months.
- Ask for vitamin A capsule every February and August.
- Keep child teeth healthy:
 - Milk teeth are already completed at age of 24 months.
 - Brush teeth with mother's help.
 - When there is a dental problem, take he/she to Health Center.
- Give child breast milk continuously until child 2 years old. Give baby daily common food with balance nutrition for 3 times a day.



H. CHILD 2 - 3 YEARS OLD

Filled in by Mother/Cadre

1. DEVELOPMENT MONITORING

What can be done by child 3 years old :

- | | |
|---|-----|
| a. Stand on one leg without support at least 2 seconds. | yes |
| b. Imitate to draw straight lines. | |
| c. Express his/her will at least with two words. | |
| d. Take off his/her own cloth. | |



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

- Teach child to hop on one leg.
- Teach child to put order and pile blocks.
- Teach child to identify figure and colors.
- Give child occasion to wash his/her hands and legs and dry them by him/herself.



Ask to Health Personnel for examination "when you child is ill"

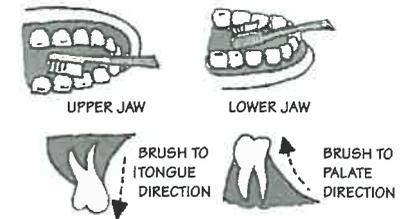
3. IMPORTANT THINGS TO KNOW

At age of 2 - 3 years old :

- Measure head circumference at least once at age of 3 years.
- Measure child's weight every months.
- Ask for vitamin A capsule every February and August.
- Keep child teeth healthy:
 - Child's teeth should be examined every 6 months.
 - When there is a dental problem, take him/her to Health Center

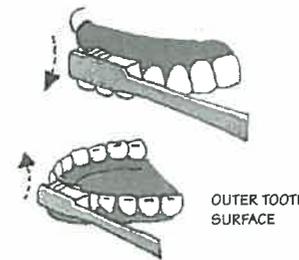


e. How to brush teeth

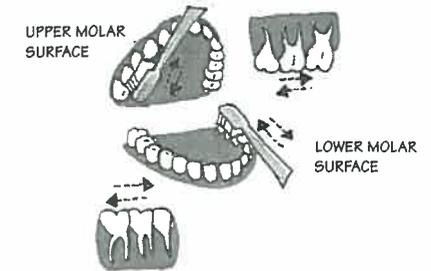


- Gargle mouth before brushing. Use small brush and toothbrush with flour.

- Brush surface of teeth in lateral side palate / tongue.



- Brush surface of teeth in front side of lips and cheat.



- Brush surface teeth in back side.

Brush teeth to and from with shorts action. Minimal for 2 minutes. Gargle for once.

- Feeding with balanced nutrition for child 2 - 3 years old:
 - Wean little by little with giving cow / formula milk twice a day
 - Feed child with various daily foods with balance nutrition, three times a day.
 - Give nutritious snack still 1-2 times a day.
 - Give fresh fruit.

I. CHILD 3 - 4 YEARS OLD

Filled in by Mother / Cadre

1. DEVELOPMENT MONITORING

What can be done by child 4 years old :

- | | |
|---------------------------------------|--------------------------|
| | yes |
| a. Walk on toes | <input type="checkbox"/> |
| b. Draw circle. | <input type="checkbox"/> |
| c. Identify at least one color. | <input type="checkbox"/> |
| d. Follow rule of simple game system. | <input type="checkbox"/> |



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

2. STIMULATION AT HOME

- Give a chance to child doing which need skill and active move, such as hopping on one leg.
- Teach child to cut picture. Start from a big picture.
- Teach child to button his / her cloth by him / herself.
- Teach child to behave politely such as say thank you, kiss hands, etc.



3. IMPORTANT THINGS TO KNOW

At age of 3 - 4 years old :

- Measure head circumference at least once at age of 4 year old.
- Measure child's weight every month.
- Go to health center when your child is ill
- Ask for vitamin A capsule every February and August.
- Pay attention and control child to keep his / her teeth healthy.
- Avoid, bad habit (chewing thumb), eat candy and chocolate.
- Give child daily common food, snack, and fresh fruit continuously.



J. CHILD 4-5 YEARS OLD

Filled in by Mother / Cadre

1. DEVELOPMENT MONITORING

What can be done by child 5 years old :

- | | |
|------------------------------|--------------------------|
| | yes |
| a. Hop on one leg.. | <input type="checkbox"/> |
| b. Button the cloth. | <input type="checkbox"/> |
| c. Tell simple story. | <input type="checkbox"/> |
| d. Wash his / her own hands. | <input type="checkbox"/> |



If baby cannot do anything, mother should do :

- Stimulate baby as often as possible
- If one month later baby does not change, ask to Health Personnel

