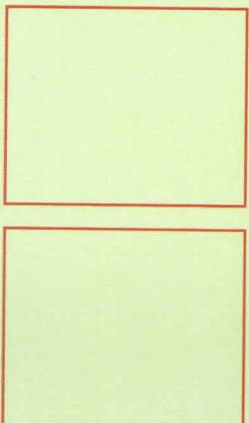




Photograph of Mother & Child



**Family Identification**

Mothers Name \_\_\_\_\_ Age

Father's Name \_\_\_\_\_

Address \_\_\_\_\_

Mother's Education : Illiterate / Primary / Middle /  
High School / Graduate

**"Justify your Responsibility as Parents  
Get your child fully Immunised"**



## National Immunization Schedule

Name of Child :

DoB :

Sex : Male/Female







Name of Mother :

Regd. No. :

* Birth dose for Institutional delivery	OPV 0 (within 15 days)	Hep-B 0 (within 24 hrs)	BCG (up to 1 yr)	
Date given				
Vaccine at Age given	OPV 1 (1½ months)	OPV 2 (2½ months)	OPV 3 (3½ months)	OPV Booster (16-24 months)
Date given				
Vaccine at Age given	DPT 1 (1½ months)	DPT 2 (2½ months)	DPT 3 (3½ months)	DPT Booster (16-24 months)
Date given				
Vaccine at Age given	Hep-B 1 (1½ months)	Hep-B 2 (2½ months)	Hep-B 3 (3½ months)	Japanese Encephalitis (16-24 months)
Date given				
Vaccine at Age given	Measles 1st dose (9 months)	Measles 2nd dose (16-24 months)	TT 10 (10 yrs)	TT 16 (16 yrs)
Date given				
Vaccine at Age given	Vit-A 1 (9 months)	Vit-A 2 (16 months)	Vit-A 3 (2 yrs)	Vit-A 4 (2½ yrs.)
Date given				
Vaccine at Age given	Vit-A 5 (3 yrs.)	Vit-A 6 (3½ yrs.)	Vit-A 7 (4 yrs.)	Vit-A 8 (4½ yrs)
Date given				
Vaccine at Age given	Vit-A 9 5 yrs.			
Date given				

Full Immunization provides protection to your child from childhood diseases.

## Regular checkup is essential during pregnancy

	Months											
	1st	2nd	3rd	4th	5th	6th	7th	8th	9th	10th	11th	12th
 Registration	Register with the health centre in the first trimester.											
 ANC	Have at least 3 antenatal checkups, after registration											
 BP, Blood & Urine	Have blood pressure (BP) checked and blood and urine examined at each visit.											
 Weight	Have weight checkup at each visit. Gain at least 10-12 kg. during pregnancy. Gain at least 1kg every mth. during the last 6 mths. of pregnancy.											
 T.T. Injection	Take two T.T. injections. T.T:1 when pregnancy is confirmed and T.T:2 after 1 month. (Fill in the date)											
 Iron Tablets	Take one tablet of iron and folic acid a day for at least 3 months. Take at least 100 tablets. (Fill in quantity and date issued)											



## ANTENATAL CARE

### OBSTETRIC COMPLICATION IN PREVIOUS PREGNANCY

(Please tick (✓) the relevant history)

- A. APH  B. Eclampsia  C. PIH   
 D. Anaemia  E. Obstructed labor  F. PPH   
 G. LSCS  H. Congenital anomaly  I. Others   
 in baby

### PAST HISTORY

(Please tick (✓) the box of the appropriate response(s))

- A. Tuberculosis  B. Hypertension  C. Heart Disease   
 D. Diabetes  E. Asthma  F. Others

### EXAMINATION

General Condition	Heart	Lungs	Breasts

### ANTENATAL VISITS

Date	1	2	3	4
Any complaints				
POG (Weeks)				
Weight (Kg)				
Pulse rate				
Blood pressure				
Pallor				
Oedema				
Jaundice				

### ABDOMINAL EXAMINATION

Fundal height Weeks/cm				
Lie/Presentation				
Fetal movements per minute	Normal/Reduced/ Absent	Normal/Reduced/ Absent	Normal/Reduced/ Absent	Normal/Reduced/ Absent
Fetal heart rate per minute				
P/V if done				

### ESSENTIAL INVESTIGATIONS

Hemoglobin				
Urine albumin				
Urine sugar				
Signature of ANM				

Blood Group & Rh Typing.  Date  /  /

### OPTIONAL INVESTIGATIONS

1. Urine pregnancy test.  Date  /  /   
 2. Hbs Ag.  Date  /  /   
 3. Blood sugar.  Date  /  /



Participate in monthly fixed village Mother Child Health & Nutrition Day

### Care During Pregnancy



- ◆ Consume a variety of foods
- ◆ Consume more food – around 1/4th times extra than the normal diet
- ◆ Consume SNP from the AWC regularly
- ◆ Take at least two hours of rest during the day. In addition to 8 hours of rest at night.
- ◆ Use only adequately iodised salt



Ensure nutrition counselling at every ANC



**If you or anyone in your family sees any of these danger signs, take the pregnant woman to the hospital immediately**



Bleeding during pregnancy, excessive bleeding during delivery or after delivery



Severe Anaemia with or without breathlessness



High fever during pregnancy or within one month of delivery



Headache, blurring of vision, fits and swelling all over the body



Labour pain for more than 12 hours



Bursting of water bag without labour pains

### Ensure Institutional Delivery



Contact ASHA/ANM/AMW



Register under Janani Suraksha Yojna (JSY)



Obtain Benefits under JSY



Identify Hospital in Advance



Arrange for Transport in Advance



Ensure 48 hours of stay after delivery

### Preparation in case of Home Delivery



Ensure safe delivery by ANM

- ✓ Clean hands
- ✓ Clean surface & surroundings
- ✓ Clean blade
- ✓ Clean umbilical cord
- ✓ Clean thread to tie the cord
- ✓ Clean set of clothes for newborn



Ensure Family Care & Support

### Emergency



Arrange Transport to Hospital

### After Delivery



Initiated Breastfeeding within 1 Hour of Birth



Family Planning Counselling

Yes  No

Ensure early and exclusive breastfeeding 0-6 months

### NEWBORN CARE

- ◆ Keep the child warm
- ◆ Start breastfeeding within 1 hour after birth.
- ◆ For the first 6 months, feed the baby only mother's milk
- ◆ Do not bathe the child for the first 48 hours
- ◆ Keep the cord dry
- ◆ Keep the child away from people who are sick
- ◆ Weigh your child at birth
- ◆ Give special care if child weighs less than 2.5 kg. at birth

### DANGER SIGNS – SEE HEALTH WORKER

- ◆ Weak sucking or refuses to breastfeed
- ◆ Baby unable to cry/difficult breathing
- ◆ Yellow palms and soles
- ◆ Fever or cold to touch
- ◆ Blood in stools
- ◆ Convulsions
- ◆ Lethargic or unconscious



## POST NATAL CARE

Date of delivery \_\_\_\_\_ Place of delivery \_\_\_\_\_ Type of Delivery \_\_\_\_\_

N.  Instr.  CS

Term/Preterm \_\_\_\_\_ If at institution period of stay \_\_\_\_\_  
post delivery \_\_\_\_\_

Complications, if any (Specify) \_\_\_\_\_

Sex of baby  M  F \*Weight of baby       kg.       gms

Cried immediately after birth  Y  N

Initiated exclusive breast feeding within 1 hour of birth  Y  N

\* (Three extra visits if birth weight < 2.5kg)

### POST PARTUM CARE

	1 <sup>st</sup> Day	3 <sup>rd</sup> Day	7 <sup>th</sup> Day	6 <sup>th</sup> Week
Any complaints				
Pallor				
Pulse rate				
Blood pressure				
Temperature				
Breasts				
Soft/engorged				
Nipples				
Cracked/normal				
Uterus Tenderness				
Present/absent				
Bleeding P/V				
Excessive/normal				
Lochia				
Healthy/foul smelling				
Episiotomy/Tear				
Healthy/infected				
Family planning				
Counselling				
Any other complications and referral				

## CARE OF BABY

	1 <sup>st</sup> Day	3 <sup>rd</sup> Day	7 <sup>th</sup> Day	6 <sup>th</sup> Week
Urine passed				
Stool passed				
Diarrhea				
Vomiting				
Convulsions				
Activity (good /lethargic)				
Sucking (good/ poor)				
Breathing (fast/difficult)				
Chest indrawing				
Present/absent				
Temperature				
Jaundice				
Condition of umbilical stump				
Skin pustules				
Present/absent				
Any other complications				



## National Immunization Schedule

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DoB :

Sex : Male/Female

Name of Mother:

Regd. No.:

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Date given				
Vaccine at Age given	Vit-A 1 (9 months)	Vit-A 2 (16 months)	Vit-A 3 (2 yrs.)	Vit-A 4 (2½ yrs.)
Date given				
Vaccine at Age given	Vit-A 5 (3 yrs.)	Vit-A 6 (3½ yrs.)	Vit-A 7 (4 yrs.)	Vit-A 8 (4½ yrs.)
Date given				
Vaccine at Age given	Vit-A 9 (5 yrs.)			
Date given				

Full Immunization provides protection to your child from childhood diseases.

## Feeding, playing and communicating with children helps them grow and develop well

### 0 to 6 months

#### Feeding



- ◆ Start breastfeeding immediately after birth – within 1 hour
- ◆ Exclusively breastfeed for 6 months. Do not give any other food or drinks and not even water
- ◆ Breastfeed as many times as the child wants
- ◆ Breastfeed day and night

### 0 to 3 months

#### What you can do

Smile at your child, look into child's eyes and talk to your child



Provide ways for the child to see, hear, feel and move

#### What children can do

Around 3 months, most children can

Smile in response



Track a ribbon bow



Begin to make sounds





# Feeding, playing and communicating with children helps them grow and develop well

## 3 to 6 months

### What you can do

Have large colourful objects for your child to see and to reach for



Talk to & respond to your child. Get a conversation going with sounds or gestures

### What children can do

Around 6 months, most children can

Hold head steady when held upright



Turn to a voice



Reach out for objects

## 6 to 12 months

### Feeding



- ◆ On completion of 6 months, start with small amounts of soft mashed cereal, dal, vegetables and fruits
- ◆ Increase the quantity, frequency and thickness of the food gradually
- ◆ Understand child's signals for hunger and respond accordingly
- ◆ Feed the child 4-5 times a day and continue breastfeeding

Continue breastfeeding during illness.

Always use adequately iodised salt for the family

## 6 to 12 months

### What you can do

Give your child clean safe items to handle and things to make sounds with



Play games like peek-a-boo. Tell the child names of things & people.

### What children can do

Around 9 months most children can

Sit up from lying position



Pick up with thumb and finger



Sit without support

Around 1 year most children can

Stand well without support



Wave



Say papa/mama

If the child seems slow, increase feeding, talking and playing. If the child is still slow, take the child to a doctor

# Feeding, playing and communicating with children helps them grow and develop well

## 1 to 2 years

### Feeding



- ◆ Continue to offer a wide variety of foods including family foods, such as rice/chappati, dark green leafy vegetables, orange & yellow fruits, pulses and milk products
- ◆ Feed the child about 5 times a day
- ◆ Feed from a separate bowl and monitor how much the child eats
- ◆ Sit with the child and help her finish the serving
- ◆ Continue breastfeeding upto 2 years or beyond

### What you can do

Give your child things to stack up & to put into containers and take out.



Ask your child simple questions. Respond to your child's attempts to talk.

Child need extra food after illness

## 1 to 2 years

### What children can do

Around 1½ years most children can

#### Express wants



Put 3 pebbles in a cup



Walk well

Around 2 years most children can

Stand on one foot with help



Say one other word



Imitate household work.

If the child seems slow, increas feeding, talking and playing. If the child is still slow, take the child to a doctor



## 2 to 3 years

### Feeding



- ◆ Continue to feed family foods 5 times a day
- ◆ Help the child feed herself / himself
- ◆ Supervise feeding
- ◆ Ensure hand washing with soap before feeding

**What you can do**  
 Help your child count and compare things; make simple toys for your child.



Encourage your child to talk & respond to your child's questions. Teach your child stories, songs, and games.

## Always use adequately iodised salt for the family Child needs extra food after illness

**What children can do**

Around 2½ years most children can

Point to 4 body parts



Feed self spilling little



Name one colour correctly



Around 3 years most children can

Copy & draw straight line



Wash hands by herself



Name 3 out of 4 objects



**Government of Nagaland**  
**Department of Health & Family Welfare**  
**Nagaland : Kohima**

### FULL IMMUNIZATION CERTIFICATE

This is to certify that Mr/Ms.....  
 Son/Daughter of Mr/Ms:.....  
 Registration No:..... Year:.....  
 Under (Name of the Health Unit): .....  
 has received Full Immunization

Verified By

Name & Signature with Seal of the  
 Health Unit/c

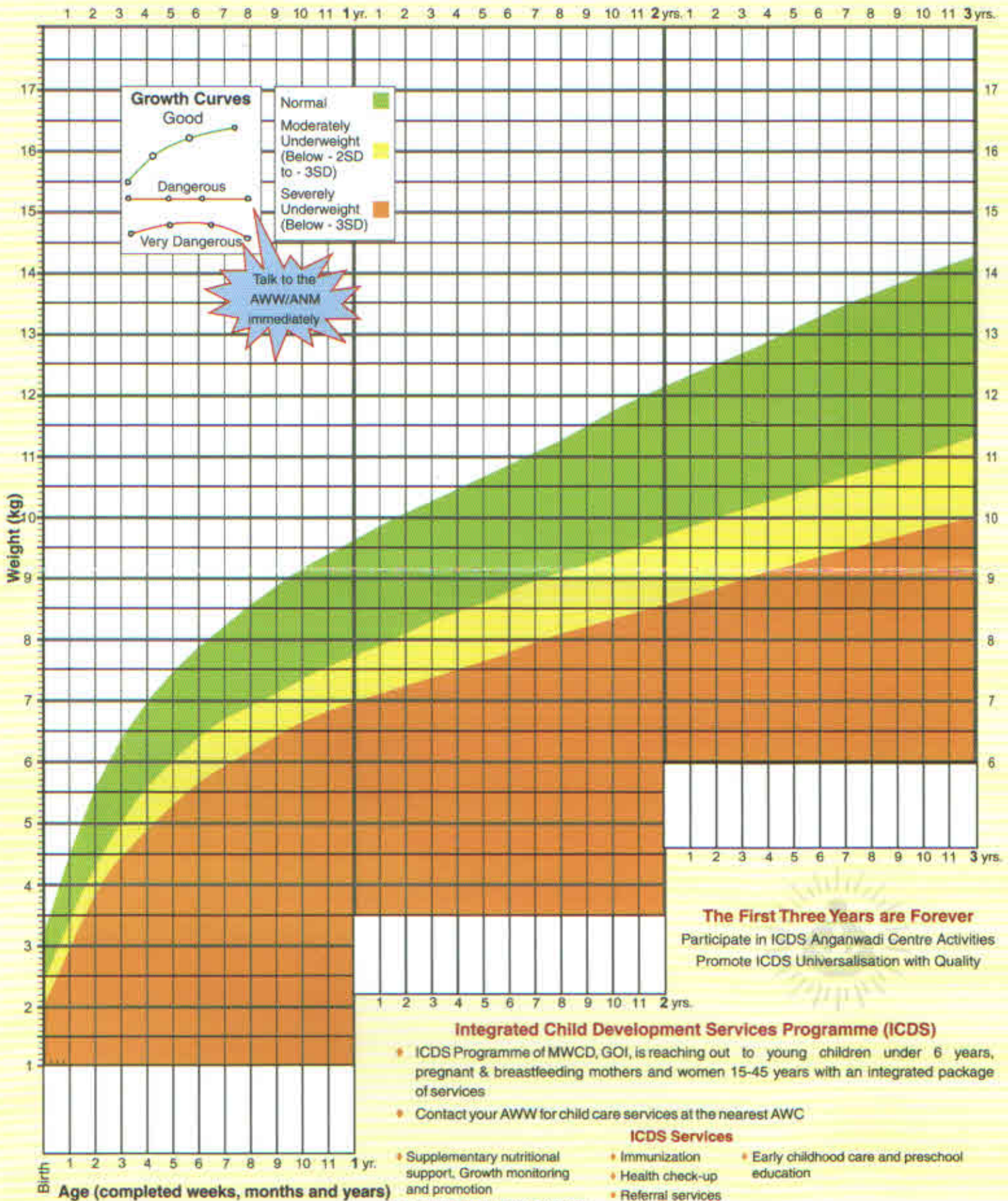
Concurred By

Name & Signature with Seal of the  
 District Immunization Officer





# BOY: Weight-for-age – Birth to 3 years (As per WHO Child Growth Standards)



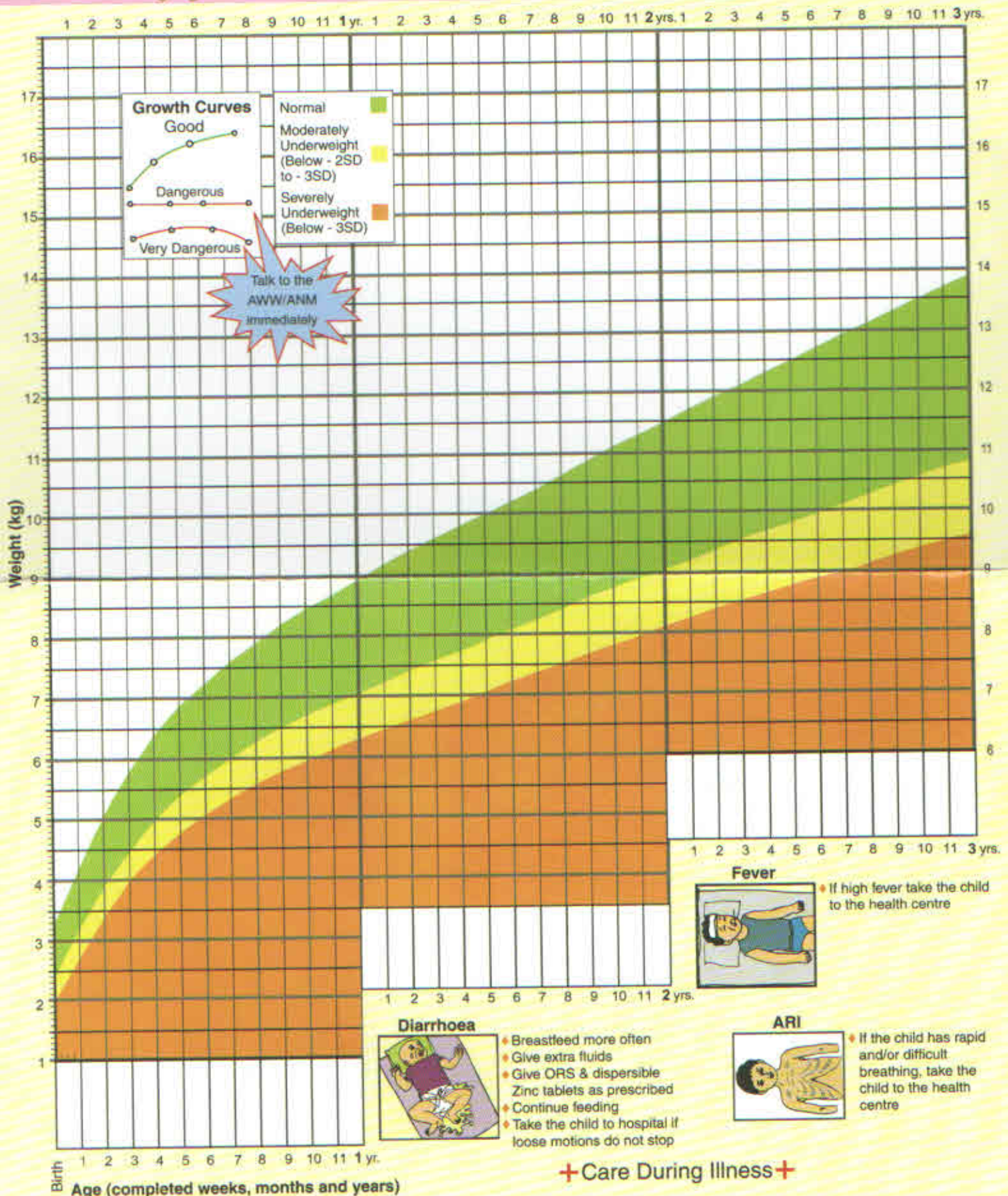
**The First Three Years are Forever**  
Participate in ICDS Anganwadi Centre Activities  
Promote ICDS Universalisation with Quality

**Have your child weighed at the AWC every month**





# GIRL: Weight-for-age – Birth to 3 years (As per WHO Child Growth Standards)



Ensure equal care for the girl child