

# INTEGRATED MANAGEMENT OF NEONATAL AND CHILDHOOD ILLNESS



# 1. Keep your newborn baby warm



# **Keeping your newborn baby warm is the first thing that you need to do after he/she is born.**

Your newborn baby does not have sufficient heat to keep its body warm. Your baby can become very cold (hypothermic) and can die if you do not keep her/him warm.

## **Provide Skin to Skin contact (Kangaroo mother care) as much as possible day and night.**

- Support yourself on a pillow.
- Undress your baby gently, except for cap, nappy and socks.
- Place your baby facing downwards on your chest between your breasts, turn baby's head to one side to keep airways clear.
- Cover your baby with your tego/khenja or wrap the baby with extra blanket or shawl.
- Skin to Skin contact can also be provided by the father.
- If possible, warm the room with a heater.

## **If you cannot give Skin to Skin contact, then:**

- Keep the room warm with a heating device.
- Dress your baby in 1-2 layers of clothing in warm summer season.
- Dress your baby in 3-4 layers in winter. Cover the head, hands and feet. Cover your baby with additional quilt or blanket in cold weather.

*Do not bathe your baby within 24 hours after birth. A very cold baby should be taken to a BHU or Hospital immediately.*

## 2. Breastfeed your baby immediately after birth



# Breastfeed your baby immediately after birth

Breastfeeding is beneficial for your baby and yourself.

## Benefits of breastfeeding for the baby:

- Breast feeding helps to produce more breast milk.
- Feeding the yellow milk (colostrum) produced in the first few days will protect your baby from diseases. Breast feeding helps in developing the special relationship (bonding) between you and your baby.

## Benefits of breast feeding for the mother:

- Breast feeding helps the womb to contract and the placenta is expelled easily.
- Lessens the danger of excessive bleeding after delivery.

## Start breastfeeding your baby immediately after birth.

- Start breastfeeding your baby within 1 hour after birth.
- Breast feed your baby at least 8 times in 24 hours, day and night. Feeding on demand should be encouraged.
- Do not give your baby any food or water before six months of age. Your baby can get diarrhea and other illnesses if you give her/him any food or water before six months of age.

### 3. Ensure correct position and good attachment during breastfeeding



# Ensure correct positioning and good attachment when breast feeding your baby.

Correct positioning and good attachment help your baby get enough milk.

## Correct breast feeding position is when you:

- Hold the baby close to your body.
- Keep the baby's head, neck and body in a straight line.
- Keep your baby facing the breast.
- Hold the whole body of the baby, not just the head or shoulders.

## Good attachment is when:

- The baby's mouth is wide open.
- The baby's lower lip is turned outward.
- The baby's chin touches the breast.
- The upper part of the dark skin around the nipple (areola) is visible more than the lower part.

## 4. Give only breast milk for the first 6 months





# Give your baby only breast milk during first 6 months

Breast milk is a complete food for your baby and it protects the baby from getting sick. You do not need to give your baby any other food or water for the first 6 months except breast milk. Breast milk provides all the water a baby needs, even in hot and dry weather.

Breast feeding frequently helps to produce more milk. The more you breast feed, the more milk is produced.

## Breastfeed your baby:

- When she/he demands,
- Day and night,
- Both during sickness and health.
- At least 8 times in 24 hours.

## 5. Start giving other foods after 6 month



# Start giving other foods only after 6 months of age.

**After the age of 6 months, start giving other foods to your baby.**

- Give 1 cup (phorp) of semi-solid food 3 times a day if breastfed and 5 times a day if not breastfed.
- Always feed your baby with clean hand or spoon.
- A growing child needs increasing amount of food
- Breastfeed as often as the child wants for two years or longer.
- Always wash your hands with soap and water before and after feeding your baby.

**Semi-solid foods are:**

- Thick porridge made of rice, wheat and other cereals after adding little sugar /salt and oil.
- Mashed rice/ potatoes/bread/biscuits mixed in thick dal/pulses with added butter.
- Mixtures of mashed food with dal, milk, yogurt/whey (dhaw), apple, peach, banana, papaya, guava, mango, carrot, green leafy vegetables, pumpkin, meat, fish and egg.
- Prepare complementary feeds by using locally available foods

***NB: A young child needs to learn to eat. Encourage and help with patience.***

**6. Feeding sufficient servings of food to your 2-5 year old children keeps them healthy.**



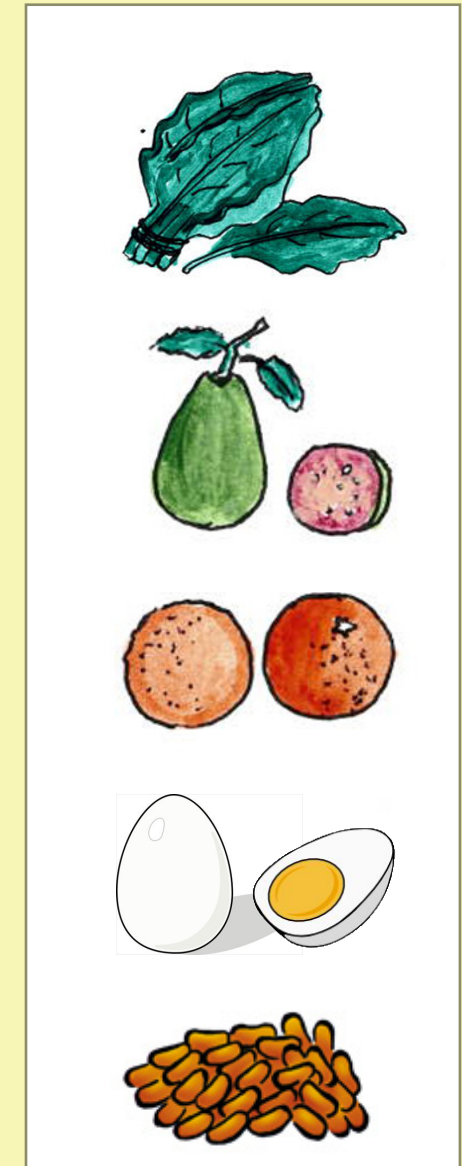
## Regular family food for 2 to 5 year old children

Giving regular family food and nutritious snacks to your 2-5 year old children keeps them healthy.

- Give your 2-5 year old child the regular family food like rice, dal, cereals, yogurt, seasonal fruits such as apple, banana, guava, mango etc. and vegetables like carrots, beans, saag, etc. 3 times a day.
- Give nutritious snacks such as egg, banana, mango, boiled potato, biscuits, bread etc. twice a day between meals.
- Sit with your children during the meal times.
- Give food in separate bowl to your child to make sure she/he eats the correct amount.
- Always wash your and child's hands with soap and water before feeding.

***NB: A young child needs to learn to eat. Encourage and help with patience.***

# 7. Give your children iron and Vitamin C rich foods after 6 months

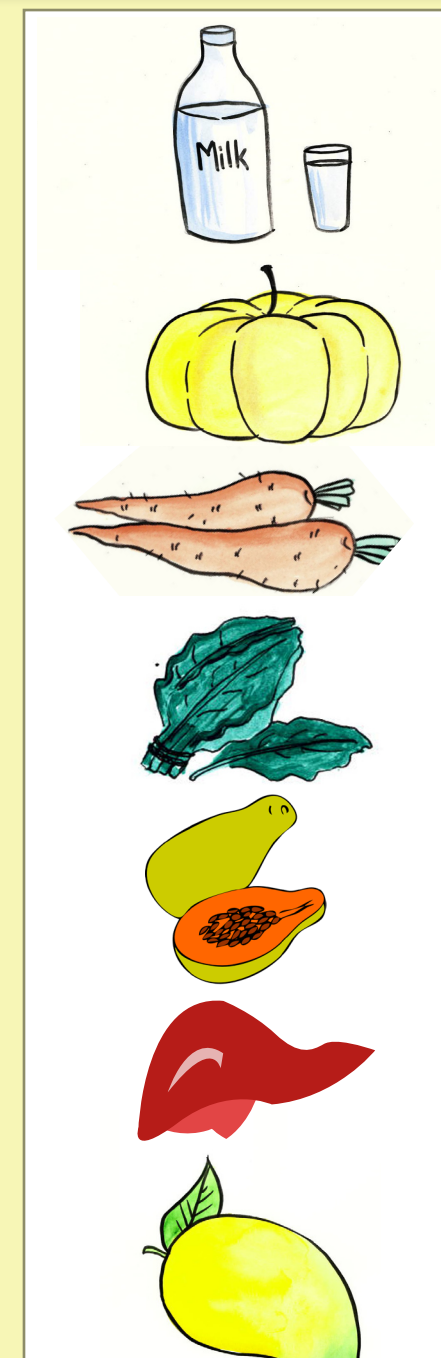


## **Foods rich in iron and Vitamin C**

Iron is essential for healthy growth of the child's body and brain. Lack of iron will make the child weak and susceptible to many diseases. Vitamin C is necessary for effective iron absorption. Tea and coffee will hamper iron absorption from food.

- Give foods rich in iron such as breast milk, dark green leafy vegetables, pulses, millet, rice, eggs, meat, fish, chicken and liver.
- Give Vitamin C rich foods such as guava, orange, lemon, mango, peach, pineapple, and vegetables like tomatoes and green leafy vegetables.
- Avoid giving tea and coffee to a baby with or immediately after meals.

## 8. Children need vitamin A rich food





# It is important to give your children foods rich in Vitamin A

Vitamin A is essential for keeping the eyes healthy. It also protects children from getting many diseases. It is important to feed vitamin A rich foods to children every day.

- Give foods rich in Vitamin A such as dark green leafy vegetables, mango, papaya, milk, butter, egg, liver and meat.
- Feed yellow milk (colostrum) produced during first few days and is rich in Vitamin A.

## PROPHYLACTIC VITAMIN A SCHEDULE

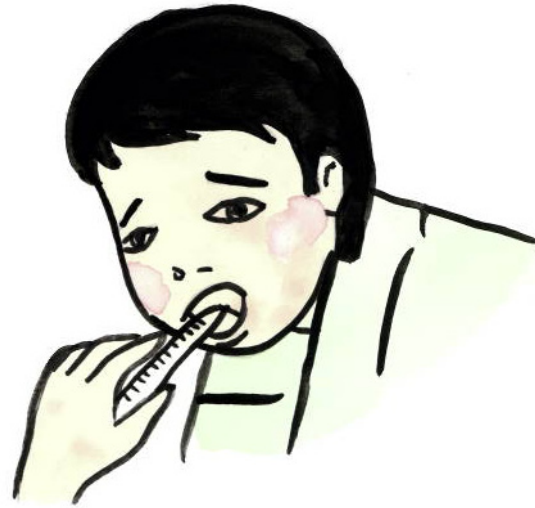
Age of child	Dose of Vitamin A (IU)
6 months to 12 months	50,000
1 to 2 years	100,000
Above 2 years	200,000

**NB:** Vitamin A supplementation should be started at 6 months of age and given 6 monthly.

# 9. Immunization protects children against dangerous diseases.



**Whooping cough**



**Diphtheria**



**Tetanus**



**Tuberculosis**



**Measles/Rubella**



**Polio**

# Immunization protects children from dangerous diseases.

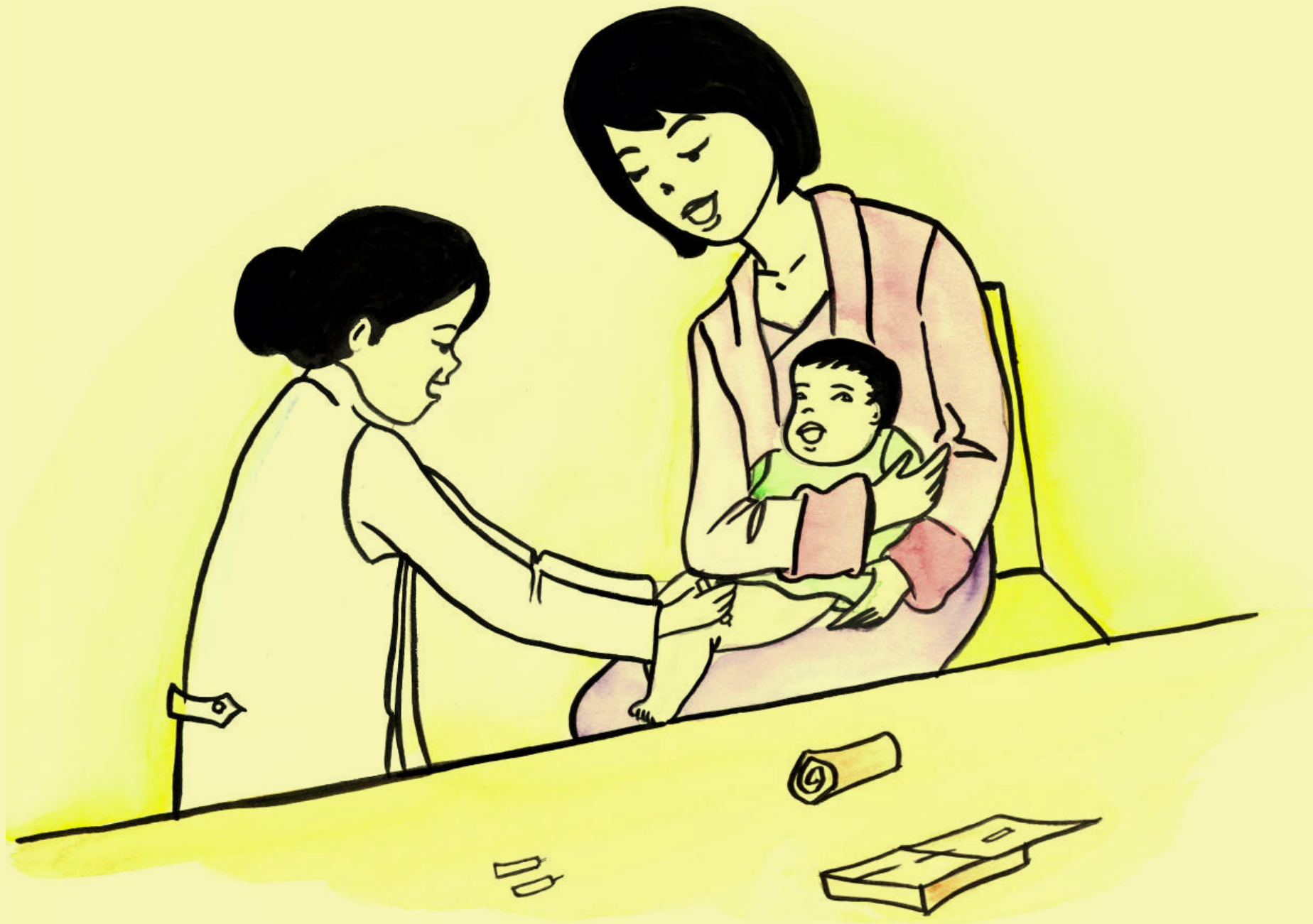
Immunization increases the body's ability to fight diseases. If a child is not immunized, she/he can get the following diseases:

- Whooping Cough,
- Diphtheria,
- Tetanus,
- Tuberculosis,
- Measles,
- Rubella,
- Polio,
- Haemophilus influenza,
- Hepatitis.

These diseases make your child very weak and can lead to death. A child infected by polio can become crippled for life. Tetanus can enter the body through cuts and can lead to death.

***Bring your child to the hospital/BHU/ORC to get vaccines against the diseases mentioned above, as per the schedule.***

**10. It is necessary to complete all primary immunization in the first year of life**



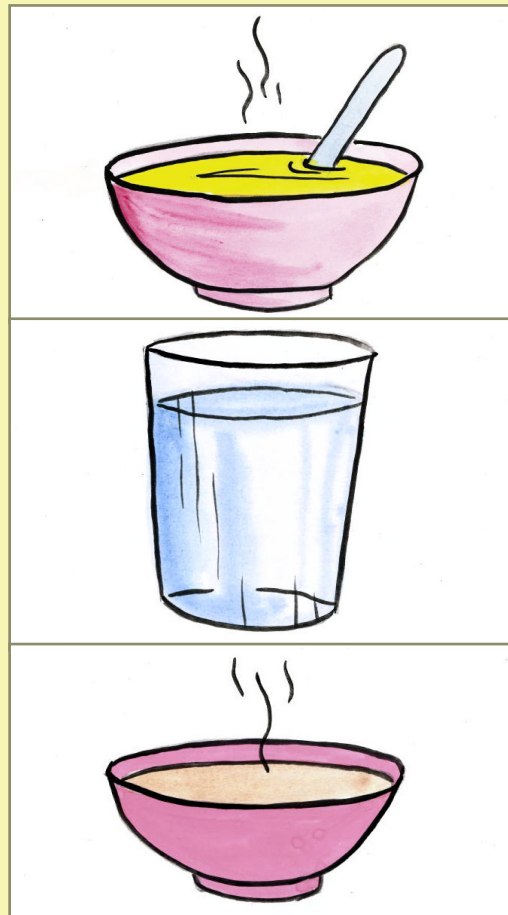
# Complete primary immunization before 1 year of age

- Complete all immunization as per the schedule given below:
- If your child misses any vaccination, you must bring your child for immunization as soon as possible.
- After an injection children may develop mild rash, fever or a small sore. However, if the fever and rashes continue for more than 3 days bring your child to the nearest BHU or hospital.

## Immunization Schedule

Vaccine	Number of doses	Age of vaccination
BCG	1	At birth or at first contact
OPV	4	<ul style="list-style-type: none"><li>• At birth (within 0-14 days considered as “Zero” dose),</li><li>• OPV1 at 6 weeks,</li><li>• OPV2 at 10 weeks,</li><li>• OPV3 at 14 weeks</li></ul>
Hep B (Monovalent )	1	At birth as “Zero” dose (within 24 hours)
DTP-HepB-Hib	3	<ul style="list-style-type: none"><li>• DTP-HepB-Hib 1 at 6 weeks,</li><li>• DTP-HepB-Hib 2 at 10 weeks,</li><li>• DTP-HepB-Hib 3 at 14 weeks</li></ul>
MR	2	<ul style="list-style-type: none"><li>• MR1 at 9 months;</li><li>• MR2 at 24 months,</li></ul>
DTP	1	2 years
HPV	3	<ul style="list-style-type: none"><li>• HPV1 at 12 years</li><li>• HPV2 at 2 months after the first dose</li><li>• HPV3 4 months after the second dose</li></ul>
Td	4	<ul style="list-style-type: none"><li>• 6 and 12 years and during pregnancy.</li></ul>

# 11. Give extra fluids to prevent dehydration during diarrhoea, vomiting and fever.



# Giving extra fluid prevents dehydration during diarrhea, vomiting and fever.

Your child will lose lots of body fluids because of diarrhea, vomiting and fever. Giving more fluids will help your child feel better.

## Home Remedy:

- Give boiled and filtered water, soup, suja/tea, porridge, whey, fruit juice available at home.
- If the child is breastfeeding, continue breastfeeding more frequently.

Age	
up to 2 years	2 years and above
1/4 - 1/2 cup (50 -100 ml)	1/2 - 1 cup (100-200 ml)
<b>Give more if the child wants</b>	

- Bring your child to a health worker immediately, if you see the following signs when your child has diarrhea:
  - Not able to drink or breast feed or drinking poorly.
  - Child becomes sicker.
  - Develops fever.
  - Blood in stool.

## 12. Steps to prepare ORS

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# Preparing and giving Oral Rehydration Solution (ORS)

ORS contains water and salts similar to the ones lost during diarrhoea. Giving ORS to children with diarrhoea will prevent them from dehydration and death.

## Preparing ORS:

1. Wash your hands with soap and water before preparing ORS.
2. Empty the ORS packet in 1 liter of water in a clean container.
3. Add 1 liter of clean drinking water into the container.
4. Stir thoroughly till the ORS dissolves completely.

## Giving ORS to the child:

- Give one teaspoon of ORS solution to the child.
- Repeat this every 1-2 minutes.
- For a child less than 2 years, give 50 to 100 ml ( $\frac{1}{4}$  -  $\frac{1}{2}$  cup) after each loose stool.
- For a child 2 years and above, give 100 to 200 ml ( $\frac{1}{2}$  - 1 cup) after each loose stool.
- If the child vomits the ORS wait for 10 minutes and feed ORS again but more slowly than before. Breastfed babies should be continued to be given breast milk in between ORS.
- Throw away the ORS which is left over for more than 24 hours.

## 13. For cough and cold, give safe home remedies



# Safe home remedy for Cough and Cold keeps your child healthy

Usually children do not need any medicine for common cold and cough. Breast milk is the best soothing remedy for a breastfed child.

- Give safe home-made remedies such as tea with honey, lemon or ginger, warm soups, etc. for comforting the baby.
- Breastfeeding is the best soothing remedy for a breastfed child.
- Use saline/salt water or breast milk to clear a blocked nose.

## **The child should be immediately taken to the health centre if the child:**

- Has high fever.
- Has fast and difficult breathing.
- Is frequently vomiting.
- Is very sleepy and difficult to wake up.
- Is not able to drink or breastfeed.

# 14. Using bed nets protects children from malaria



# Using bed nets protect your children from malaria

Malaria is spread through mosquito bites. It is a serious disease amongst young children. Always use bed nets to keep away mosquitoes from the children.

## What should you do?

- Use Insecticide Treated Bed Nets properly and consistently.
- All children must sleep under the bed nets during day and night to protect them from malaria.
- Doors and windows should be screened.
- Keep the surrounding of your house clean.
- Do not let water collect near your house to avoid mosquito breeding.
- Take your child with high fever immediately to the BHU/hospital.
- Even a 24 hour delay to take your child to the BHU/hospital can lead to death from malaria.

# 15. Continue feeding the child during an illness.



## **Feeding your child during illness helps to recover faster**

- Sick children need more food and drinks than healthy ones. Food helps build body strength to fight diseases.
- If your child is breastfed, feed more and for longer duration.
- During illness, the child's appetite decreases. Keep offering foods and drinks that the child likes. Feed little amount but as often as possible.
- After your child recovers from the illness, give extra food.

# 16. Know when sick children need treatment from health personnel.



Unable to drink



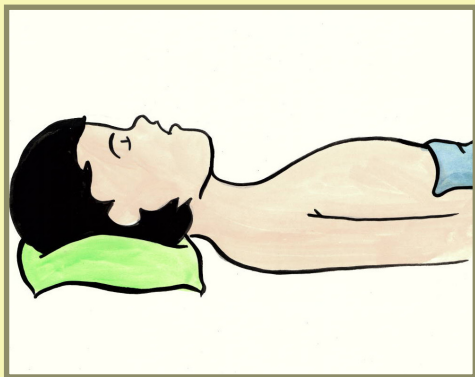
Becoming sicker



High fever



Blood in stool



Difficult breathing



Frequent vomiting





# Know when to seek treatment and care from health personnel

It is important to know when to bring your sick child to the health worker for treatment. You can save your child's life if you bring the sick child immediately to a health center.

Bring your child to the health centre immediately, if he/she:

- Has high fever.
- Has blood in stools.
- Has fast and difficult breathing.
- Is frequently vomiting.
- Is very sleepy and difficult to wake up.
- Is not able to drink or breastfeed.

## 17. Know when to bring your sick child to the BHU/hospital



# **Seek immediate help from a health worker when your sick child has the following danger signs.**

## **Danger signs in a baby:**

- Lethargy.
- Poor feeding.
- Baby feels cold upon touch.
- Yellow palms and soles (jaundice).
- Face of baby becomes blue.
- Breathing difficulty/fast breathing.
- Redness, pus or bleeding from the umbilicus.
- Pus from eye.
- Seizures/convulsion/fits.

***You can save your child's life if you take her/him early to the health worker.***

# 18. Always follow health workers' advice on how to give medicines to your sick child



# **It is important to know when and how to give medicines to your sick child**

Giving medicines correctly is important to treat your sick child. Know when and how to give medicine to your child.

- Give medicines to your sick child exactly as advised by the health worker.
- Continue the medicine even if your child gets better. This is because the germs may still be present in the body even though the signs of the disease are gone.
- Continue the medicines until all tablets or capsules are finished.

# 19. How to wash hands?

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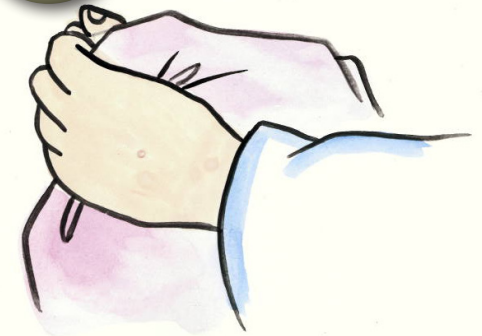
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# Wash your hands with soap and water

Washing your hands correctly with soap and water is very important for the health and development of your child.

Such practice of washing hands with soap and water will prevent diseases that kill millions of children every year.

## When to wash hands?

- Before cooking and handling food.
- After using toilets.
- After changing your baby's diaper.
- After cleaning discharges from the nose and mouth of a sick child.

