

Dialogue with Mother on Home-Based Newborn and Child Care



Dialogue with Mother On Home-Based Newborn and Child Care Health Education Flipchart

An aid for community health workers such as ASHA
for mother's health education

- Mother's guide in pregnancy
- Mother's friend in delivery and in caring for newborn baby
- Motivator to change traditional beliefs
- Provides advice for saving life of mother, newborn and child

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5th Month

7th Month

8th Month

After delivery

When needed

42nd day

Health Education Cards - Messages

Care during pregnancy

1. Avoid heavy work during pregnancy

What do you see in the picture?

Household work that a woman normally does, such as fetching water, milling grains, fetching fire wood, etc.

A woman taking rest

Discussion

Why is rest necessary during pregnancy?

What type of work should a woman do during pregnancy?

How much should a mother rest everyday during pregnancy?

What harm does heavy work cause to a pregnant mother and baby?

Remember

If a pregnant woman takes rest for two hours daily then the baby grows well on the nutrients the mother eats.

Avoid heavy work in last three months of pregnancy. This will prevent birth of a low birth weight and preterm baby.

You can continue to do light household work like washing clothes, cleaning utensils, sweeping, cooking etc., which does not exhaust you.

Avoid heavy farm work like sowing, replanting, thrashing, fetching water, fetching fire wood, and lifting heavy baskets from floor.



2. Tetanus Toxoid during pregnancy

What is the picture about?

The nurse is administering injection to the pregnant woman.

Discussion

Which injection should a pregnant woman take from a nurse?

What is the advantage of taking TT injection?

Have you take TT injection?

How many injections have you taken?

Remember

It is necessary to take TT injections during pregnancy.

It protects you and the baby from tetanus.

You need at least two such injections to protect you and your baby for this pregnancy.

Get the first injection as soon as you know you are pregnant.

Contact ANM for the first injection and the injection thereafter.



3. Anaemia

What do you see in the picture?

There are three pictures of the same woman.

In one picture eyes, nails and tongue of the woman are pale.

In the second picture a woman is taking iron tablets.

In the third picture a woman with red eyes, nails and tongue is seen.

Discussion

How is anaemia recognized?

What is the benefit of taking iron tablets?

Who should take red tablets?

When should a pregnant woman start taking these tablets?

Are you taking iron tablets?

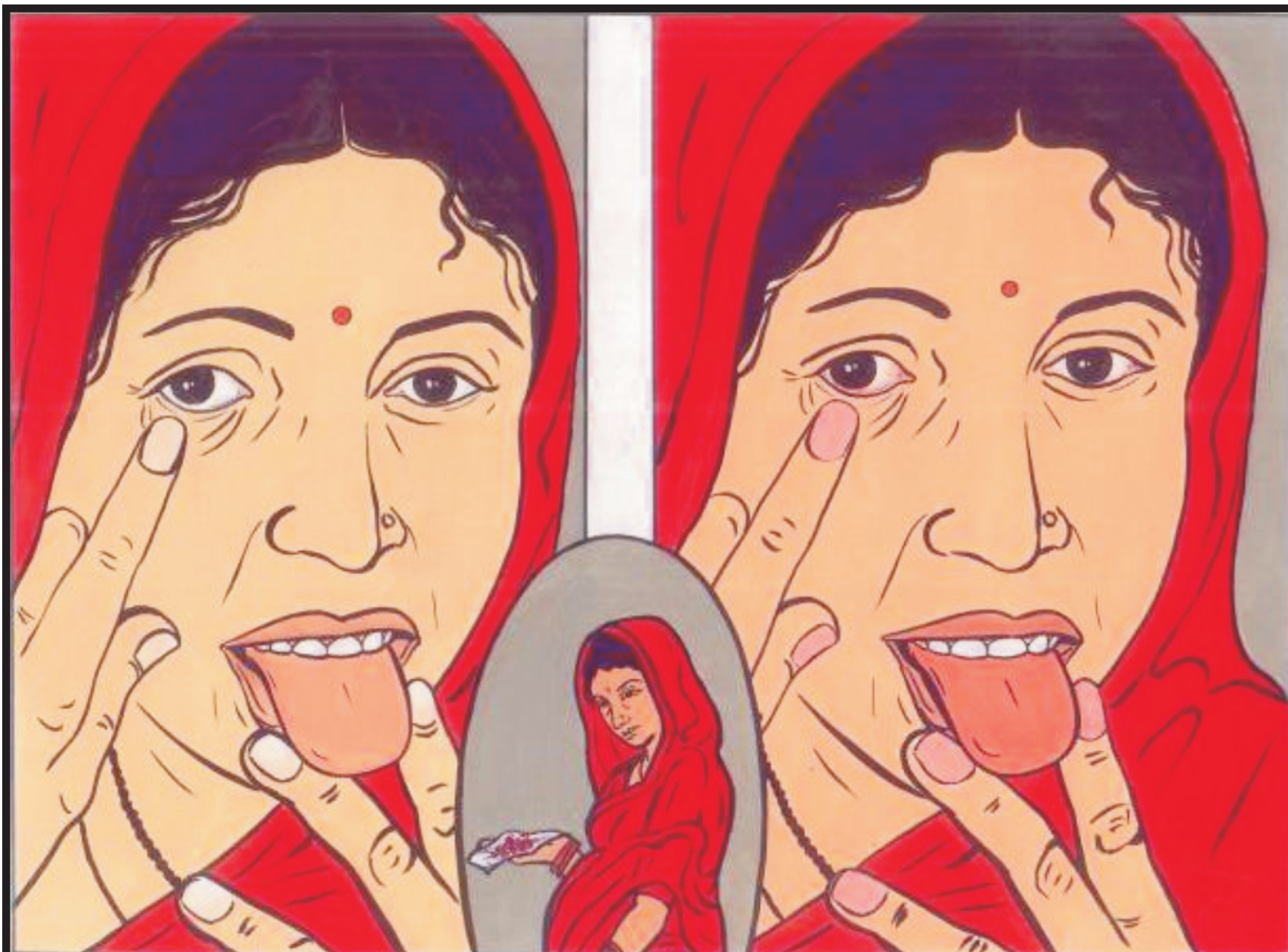
Remember

A woman who is anaemic feels weak and her skin, nails, and tongue are pale.

If a woman consumes iron tablets during pregnancy and after delivery she does not suffer anaemia.

These tablets should be consumed by women during pregnancy and after delivery.

Start consuming the tablets from the fourth month of pregnancy.



4. Take iron tablets

Who is the woman in the white saree? She is an ANM.

What is she doing?

ANM is giving iron tablets to a pregnant woman and talking about the tablets.

Discussion

With whom are the iron tablets available?
Why is it necessary to take iron tablets during pregnancy?
Who should take iron tablets?
What is the effect of these tablets?
Are you consuming iron tablets?

Remember

Iron tablets are available with the ANM.

During pregnancy and lactation, mothers suffer from anemia; so to make up for the loss, iron tablets are necessary.

Anemia causes swelling on body, fatigue and breathlessness.

If an anemic woman has swelling over her body, she may die during delivery.

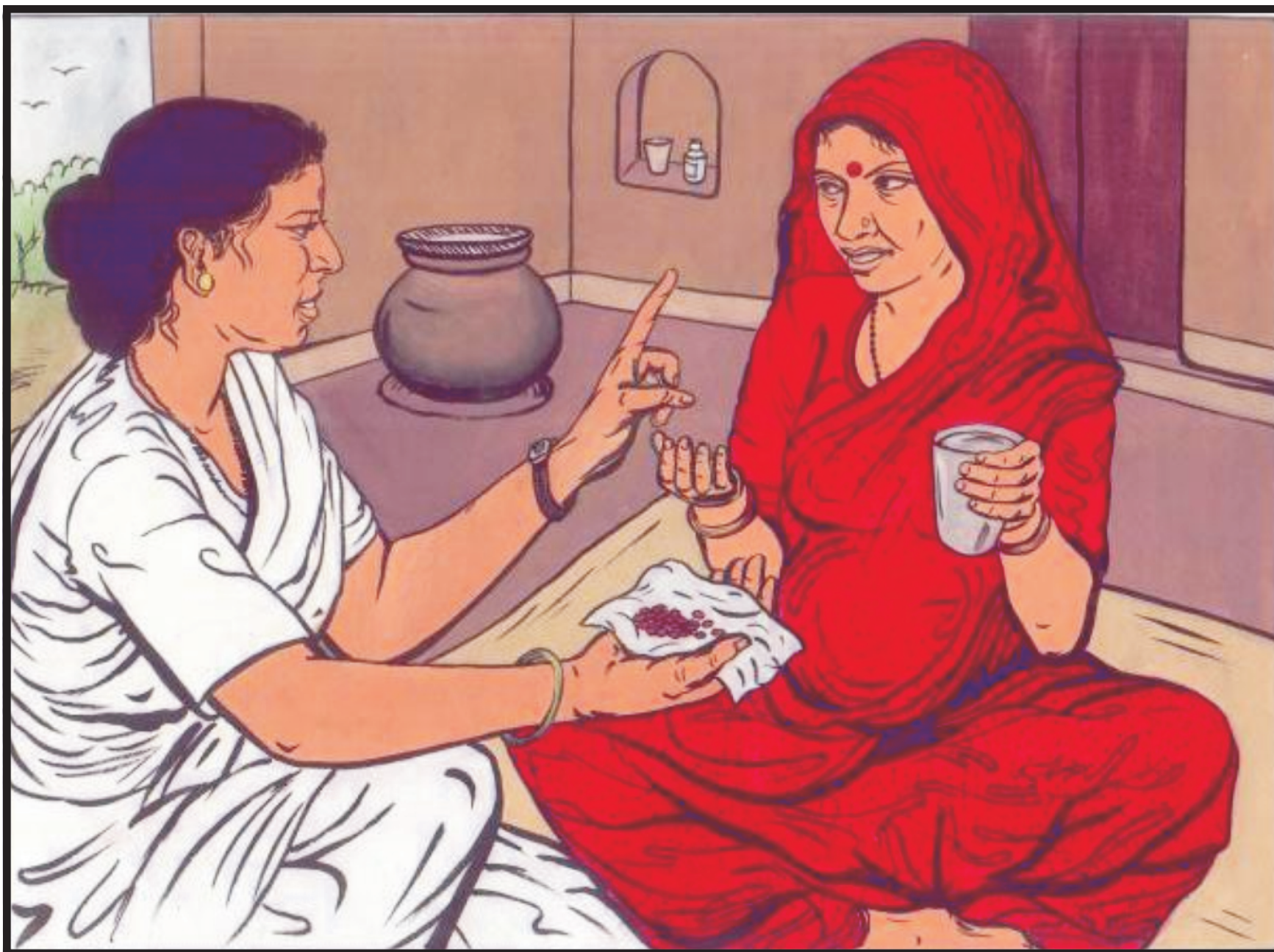
To avoid anemia take iron tablets immediately after taking food as per the dose suggested by ANM.

Remember that stools may blacken due to these tablets, but do not worry. It indicates that the tablets are effective.

Start consuming the tablets from the fourth month of pregnancy.

Besides the iron tablets, you should eat green leafy vegetables, mutton, fish and jaggery.

Revise the cards 1 to 4



Diet during pregnancy

5. Eat more than usual

What the picture is about?

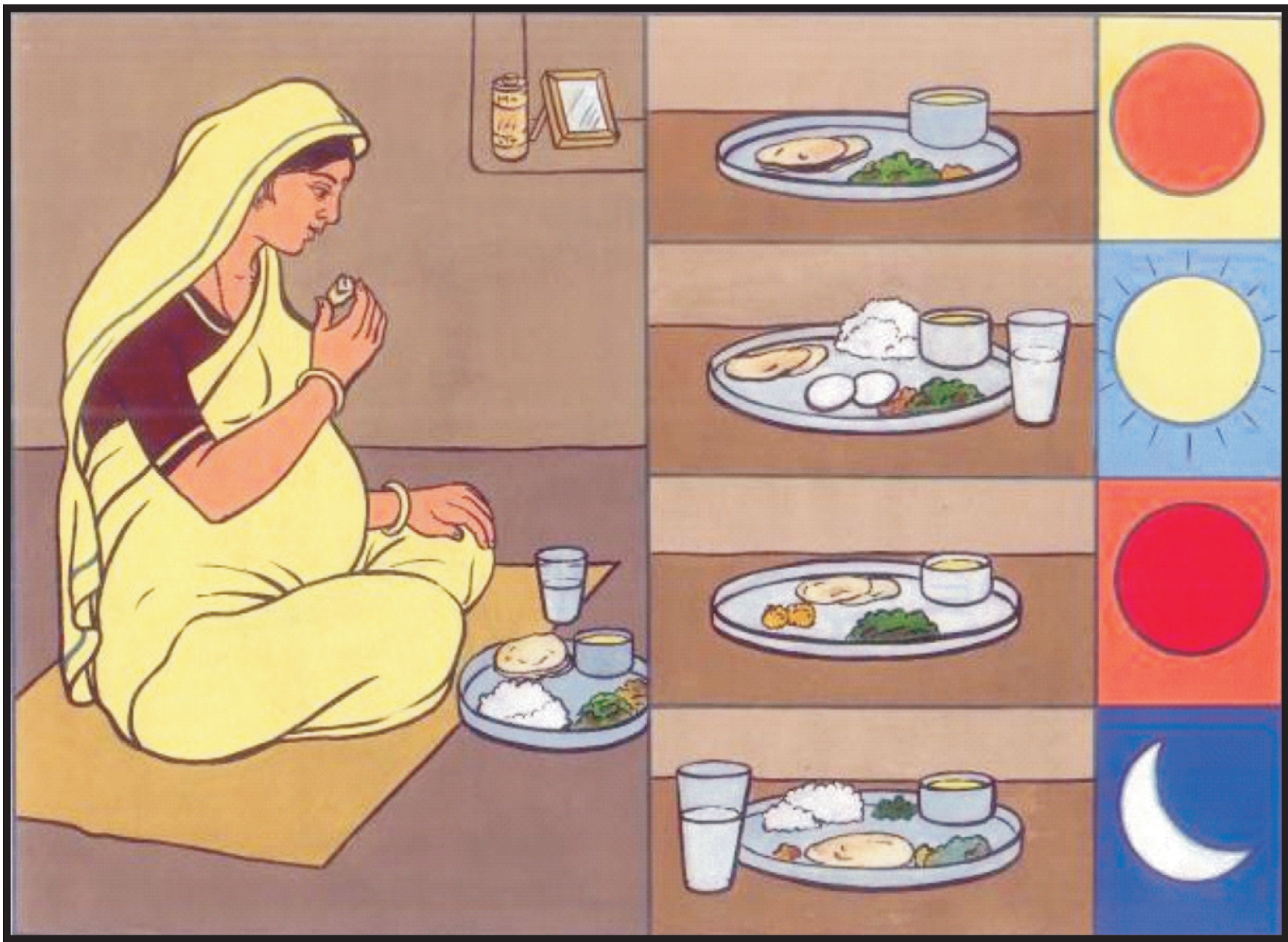
A pregnant woman is taking meals.
The plate contains a variety of food.
Four plates of meals are seen; this means the pregnant woman eats four times a day.

Discussion

Why is it necessary to eat more during pregnancy?
Why do women avoid taking frequent meals during pregnancy?
Why do women not feel like taking more meals during pregnancy?
How many times in a day do you eat?

Remember

If you eat more than usual during pregnancy you will feel better.
You may not want to, because you think the baby's head will become big and you will have a difficult time at delivery.
By starving Krishna in your womb, you won't make the delivery easy because the size of his head will not change.
Eating less does not result in reducing head size, so you will only make yourself weak and you will be hungry.
So eat more than usual. Either eat more at each meal or eat smaller meals more frequently.



6. Diet contents

What do you see in the picture?

Green vegetables and yellow fruits.
Milk, fish and eggs.

Discussion

Why is it necessary to include green vegetables and yellow fruits in diet?

Do you eat the vegetables and fruits shown in the picture?

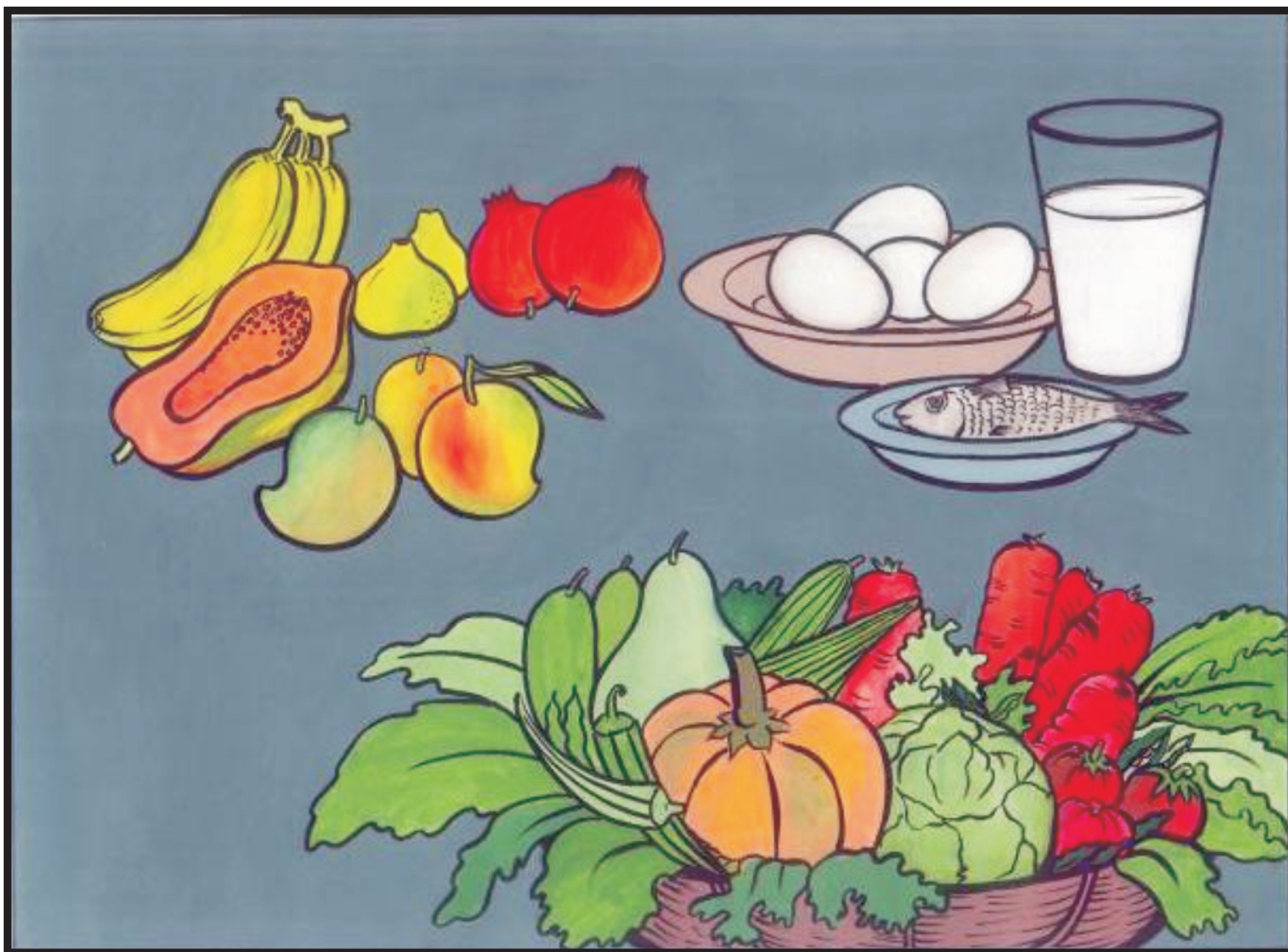
Do you eat milk, fish and eggs during pregnancy?

Remember

Green vegetables and yellow fruits make up for low iron in your body and you feel better and stronger.

During pregnancy the body needs more blood, so eat green vegetables, fruits, meat and fish to fortify blood.

Revise the cards 5 and 6



Complaints during pregnancy

7. Night blindness

What is the problem of this pregnant woman?

A pregnant woman is unable to see at dusk so a boy is helping her out.

Discussion

'Unable to see at dusk' - Is it a common problem during pregnancy?

Why are some women unable to see at dusk during pregnancy?

Do you have this problem?

Remember

If a woman has a deficiency of vitamin A, then it may become difficult for her to see at dusk.

This is called night blindness.

This problem gets better after taking vitamin A.

If this happens to you, get the vitamin A tablets from the ANM or doctor .



8. White discharge

What is the problem of this pregnant woman?

A woman is having a problem of excessive white discharge.

Discussion

What happens if a woman has a problem of excessive white discharge during pregnancy?

Do you have this problem?

Remember

It is not good to have excessive white discharge during pregnancy, especially if it is white, curd like or associated with itching.

If a woman has such white discharge during pregnancy, it may cause danger to the baby.

If you have this problem go to the PHC or doctor immediately.



9. Fever

What do you understand from the picture?

A woman is checking by touch whether a pregnant woman has a fever.

Discussion

What happens if a pregnant woman has a fever?

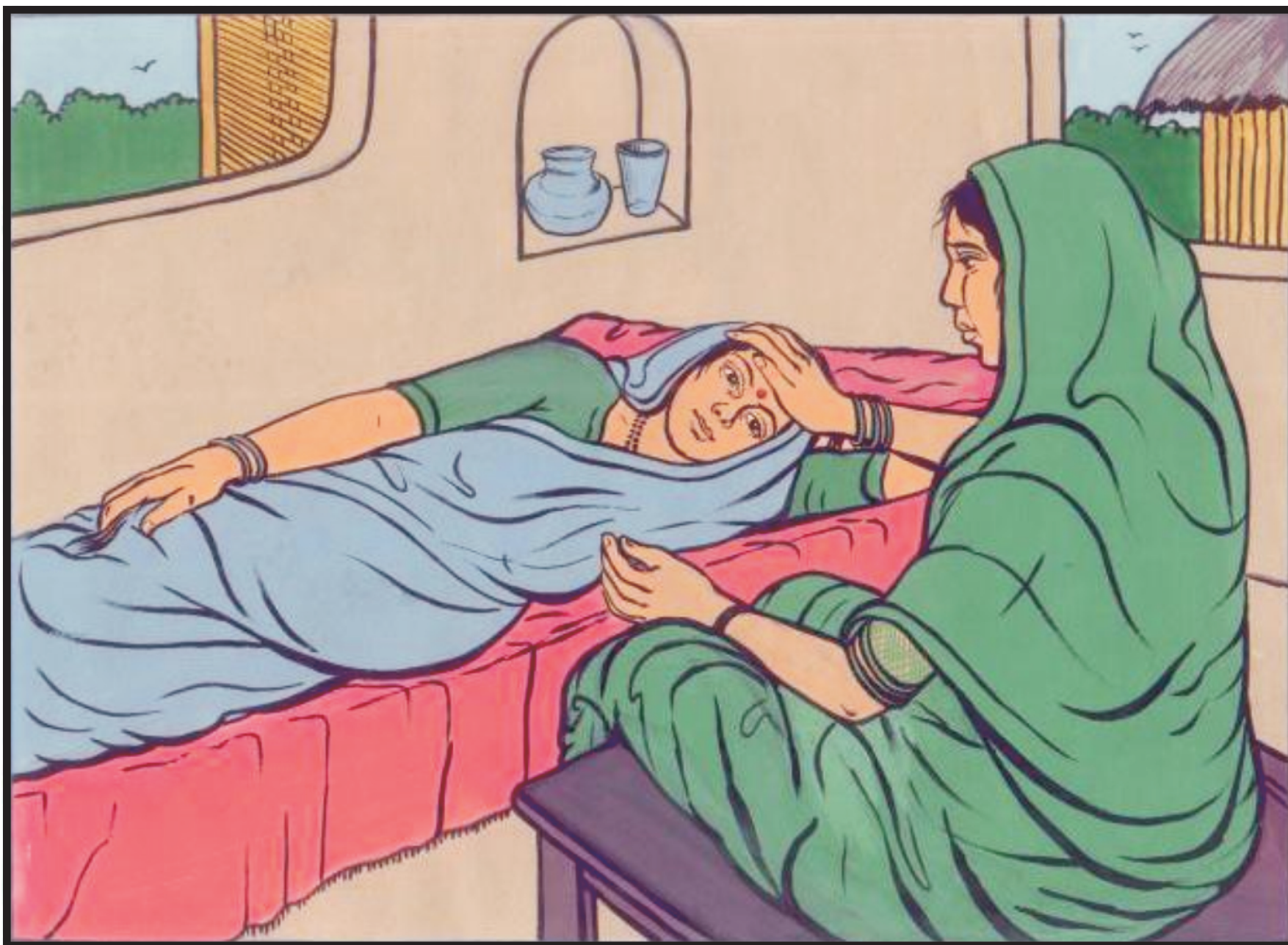
Remember

If a pregnant woman has a fever during pregnancy, it may cause danger to the baby.

If the fever is malaria, take tablets for malaria. These tablets will not make you lose the baby.

If you have malaria and you do not take tablets, then you may lose the baby.

Revise the cards 7 to 9



Danger signs during pregnancy

10. Swelling on face or hands

Why is the woman visiting the hospital?

A woman has swelling on her face and hands, so she is going to hospital.

Discussion

Is it OK to have swelling on face and hands during pregnancy?

What should be done if a pregnant woman has swelling on face and hands?

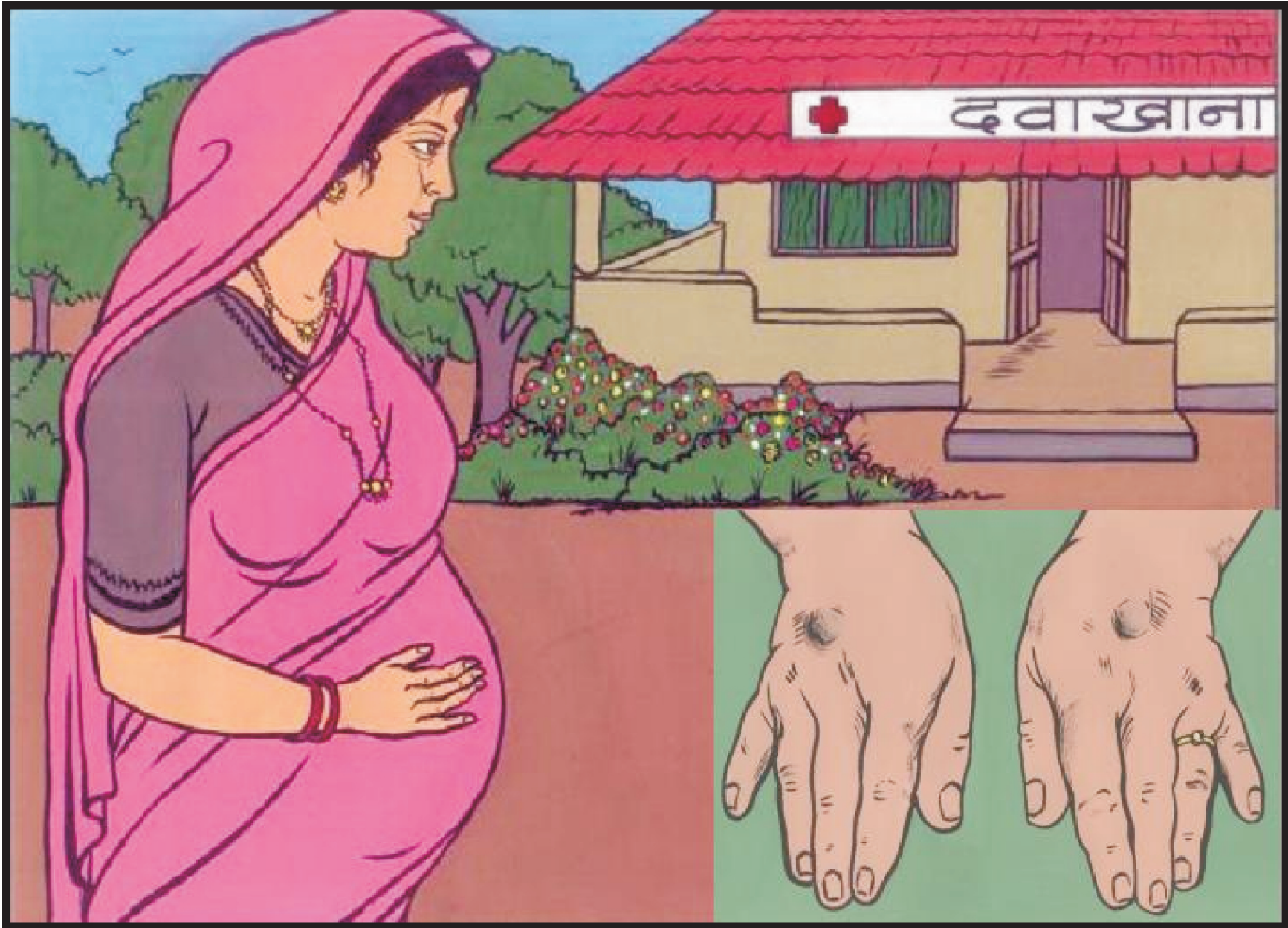
Let me see whether you have swelling on your hands. (Press the hands to see if pit is formed.)

Remember

If during pregnancy you have swelling on your face or hands then it is a danger sign.

If swelling is on eyes and face, or urine is not clear, it is very dangerous.

Go to the hospital immediately



11. Fits

What is wrong with this woman?

A woman is getting fits.
Family members are watching with concern.

Discussion

What happens if a pregnant woman gets fits?
What should be done then?
Do you have this problem?

Remember

If you have fits during pregnancy, it is dangerous.
It is dangerous for the mother and the baby.
Go to the hospital immediately.



12. Spotting and bleeding

What do you see in the picture ?

A pregnant woman is bleeding.

Discussion

Is it OK if a woman has bleeding during pregnancy?

What should be done if a woman has bleeding during pregnancy?

Do you have this problem ?

Remember

Even if the mother has spotting during pregnancy, do not neglect it.

The mother's bleeding during pregnancy is not good.

This may result in death of both the mother and the baby.

Go to the hospital immediately.

Even if it is just spotting still go to hospital immediately.

Revise the cards 10 to 12



Preparation by TBA and Mother

13. Preparing for birth

What are the TBA and the mother discussing?

The mother and the TBA are discussing preparation for birth.

Discussion

Why is it necessary to prepare for birth?

How should the delivery room be?

What preparation should there be in the delivery room?

Remember

It is safer to deliver in the hospital or health centre.

However, if you plan to deliver at home, make proper preparations.

The baby is delicate at birth and needs proper care, so birth preparation is necessary.

The delivery room should be cleaned.

Don't dig a pit for toilet needs; this spreads diseases and the baby may get infection.



14. Preparation by mother and TBA

What do you see in the picture ?

Preparation for delivery by the TBA and the mother

Discussion

What preparation should be done for birth?

What preparation should be done by the mother?

What preparation should be done by the TBA?

What preparation should there be in the delivery room?

Why is it necessary to keep money ready before delivery?

Remember

Preparation by mother:

Clothes for the baby and cloth and blanket for wrapping the baby should be ready.

Discuss planning for referral if any problem occurs during delivery.

Keep money ready for transport of the mother.

Preparation by TBA:

Soap for washing hands should be ready.

Clean thread should be ready to tie the cord.

The TBA should keep gloves ready to wear at the time of delivery.

The TBA should keep a clean blade to cut the cord.

Revise the cards 13 and 14



Care at birth

15. Opening airway by clearing secretions

What the woman in this picture is doing ?

The woman/ASHA is cleaning the baby's mouth by clearing secretions.

Discussion

What can happen if the baby does not cry immediately after birth?

Why is it necessary to clean the baby's mouth?

Remember

It is necessary that the baby cries and breathes immediately, within one minute after birth.

If the baby does not cry or breathe at birth, the ASHA will use mucus extractor for clearing secretions.

Clearing secretions will clear the respiratory track of the baby.

Any baby can have this problem at birth, so call the ASHA at the time of delivery so that she can take proper care of your baby.



16. Giving air to baby with bag and mask

What do you see in the picture ?

The ASHA is giving air to the baby with bag and mask.

Discussion

Why is it necessary to give air to the baby?

Remember

It is necessary for the baby to cry and breathe immediately after birth, within one minute.

If the baby does not cry or breathe at birth, the ASHA will remove secretions using mucus extractor and will give air to the baby with bag and mask.

Any baby may need to be given air at birth; so call the ASHA at the time of delivery so that she can take proper care of your baby.



17 Injection vitamin 'K'

What do you see in the picture ?

A woman is giving injection to the baby.

Discussion

Which injection does a newborn get?

Does a newborn receive any injection besides immunization?

Which injection is given to a newborn for strength?

What danger do low birth weight and premature babies have?

Remember

A newborn gets injection of vitamin 'K' for strength.

A vitamin 'K' injection strengthens liver and blood of a baby.

After birth baby should get one vitamin 'K' injection as soon as possible.

Low birth weight and premature babies have danger of hemorrhagic disease.

To avoid this danger baby needs to get vitamin 'K' injection.

All babies delivered in hospital get vitamin 'K' injection immediately after birth.

If ASHA is present at delivery she gives injection vitamin 'K' to baby immediately after birth.

Revise the cards 15 to 17



18. Keeping baby close to the mother

Do you feel the mother is taking good care of the baby?

Yes.

Why?

The baby is properly covered and kept close to mother.

Discussion

Why is it necessary to keep the baby warm?

Why is it necessary to keep the baby close to mother?

Why is it necessary to keep the room warm?

Remember

At birth the baby is wet and gets cold quickly. This can harm the baby.

Keep the room warm. It gives warmth to the baby.

Immediately after birth the ASHA will dry and wrap the baby and give it to the mother to breastfeed it and keep it warm.

Keep the baby clothed and covered. Put a little hat on the baby and keep the baby close to your body.

In winter use a blanket to wrap the baby.



19. Weighing newborn

What is the woman/ASHA doing?

The ASHA is weighing the newborn.

Discussion

Why is it necessary to weigh the baby?

How can you identify a low birth weight baby?

Remember

It is important to weigh the baby at birth.

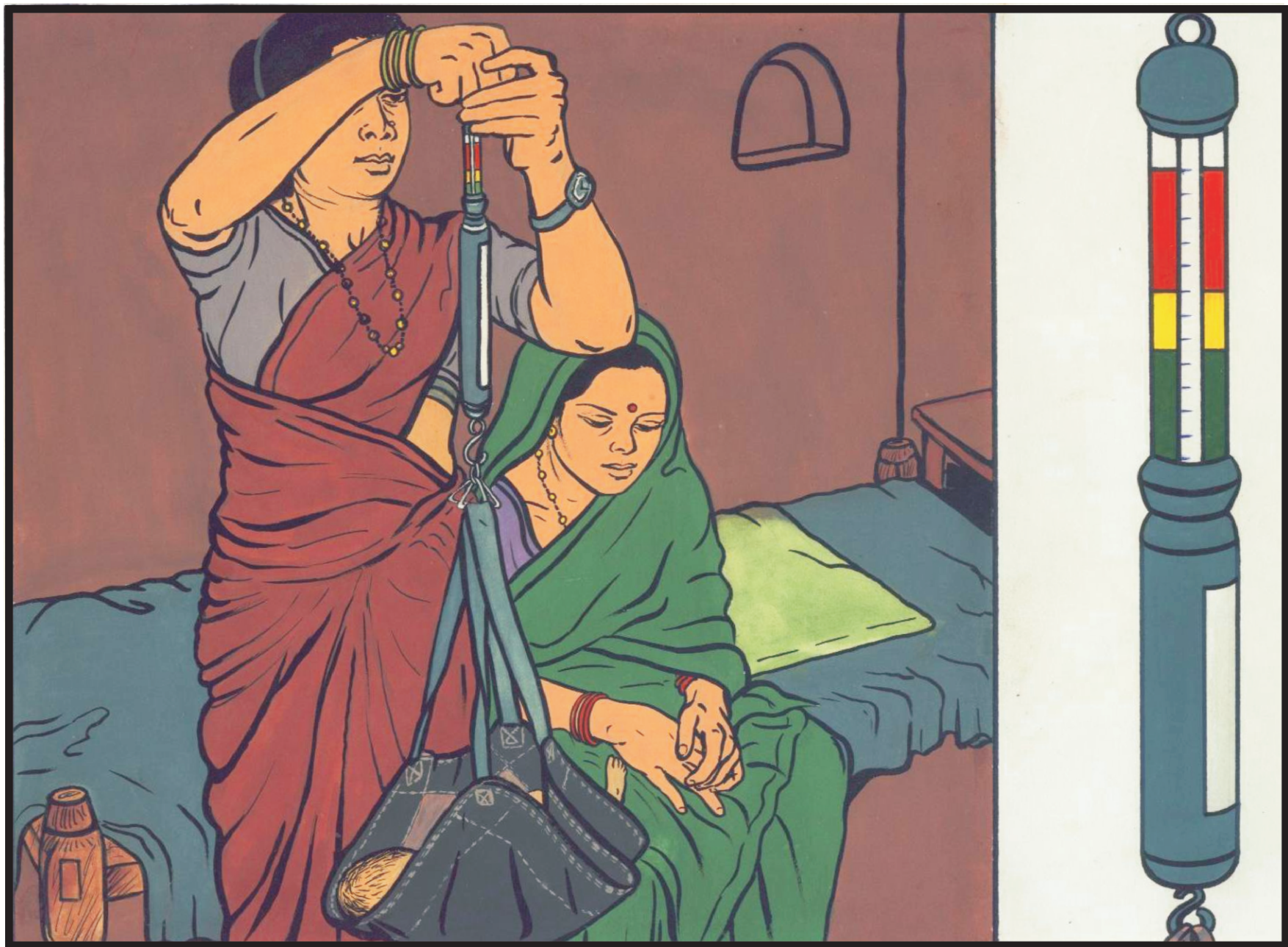
Baby's weight at birth can tell us whether the baby is low birth weight or high risk.

Babies with low birth weight need more care as they are at risk of becoming sick.

The ASHA will weigh the baby four times in the first month.

Babies who gain weight are feeding and growing well.

Revise the cards 18 and 19



20. Avoid sweetened water

What does the picture suggest?

Breastfeeding the baby is good.

Jaggery water is not good for

Discussion

Why should the baby not be given jaggery water?

Why should the baby breastfeed?

Remember

Jaggery water can make the baby sick.

It also makes the baby full so he does not suckle.

This leads to less milk formation in the mother.



21. Initiate breastfeeding early

What is the mother doing?

The mother is breastfeeding the baby.

Discussion

Why should the baby be breastfed early?

What is the advantage of early initiation of breastfeeding to mother?

Remember

Start breastfeeding the baby soon after birth.

Early suckling helps control bleeding of mother and early delivery of placenta.

Baby's suckling helps the milk to flow and makes more milk.

Colostrum, the first milk is God given 'Amrut'. It protects baby from illness.

Cow starts feeding its calf immediately after birth.

Cow's colostrum is valuable for calf.

For your baby's best start, begin breastfeeding immediately after birth.

Revise the cards 20 to 21



Effective breastfeeding practices

22. Avoid other fluids

What does the picture suggest?

Mother should breastfeed the baby.

It is suggested that the baby should not be given any other fluids.

Discussion

Why should the baby be given exclusive breastfeeding?

Why should baby not be given water?

Why should the baby not be given other fluids by bottle?

Remember

Feed the baby nothing but breast milk

Don't feed other types of milk, water or other fluids by bottle.

The baby does not need water even in summer.

With only breast milk the baby will be healthy and strong.

Giving anything else in addition to the mother's milk will reduce mother's milk supply.

Bottles may be dirty and can make the baby sick.

God provides everything in the breast milk that the baby needs.



23. Good latch-on

What do you see in the picture?

First picture shows the baby suckling on the nipple.

Second picture shows baby's mouth around areola.

Discussion

How can you ensure good latch-on?

Should the baby suckle on nipple or should the baby's mouth be around the areola?

Remember

The baby should not suckle only on the nipple.

If the baby's mouth is around the areola then the baby gets a good amount of milk.

If the baby suckles only the tip, the result will be a cracked nipple.

Revise the cards 22 to 23



X



✓



24. Wash hands before breastfeeding

Why is the woman washing hands?

The woman is washing hands as she has to feed the baby.

What is seen in other picture?

The woman is breastfeeding the baby.

Discussion

Why is it necessary to wash hands before breastfeeding?

Do you wash hands before feeding the baby?

Remember

Mother's nails should be trimmed properly.

Wash hands after toilet, before breastfeeding and every time before you touch the baby.

If you do not wash hands before touching the baby, the baby may get infection.



25. Take more fluids

What do you see in the picture?

The mother is feeding the baby and is drinking fluid.

Discussion

Why should a feeding mother take more fluids?

Remember

Drink more fluids, an extra glass with every breastfeed. That will ensure more milk.



26. Eat more and feed frequently

What do you see in the picture?

The mother is taking more diet and is feeding baby frequently.

Discussion

Why is it necessary to eat more?

Why should the baby be fed frequently?

Remember

Eat more until you are full.

For feeding the baby frequently mother needs diet of two persons.

Eat whatever type of food you have, such as chapatti and vegetables.

You will feel better and stronger to take care of your baby.

If you feed the baby frequently you will have more milk.

Revise the cards 24 to 26



Danger signs in baby

27. Immediately seek care if baby has any one or more danger signs

What do you see in the picture?

There are babies showing following signs:

- all limbs limp
- baby is not feeding
- baby has chest in-drawing
- baby has fever
- pus on umbilicus
- distended abdomen

Discussion

When do babies have these signs?

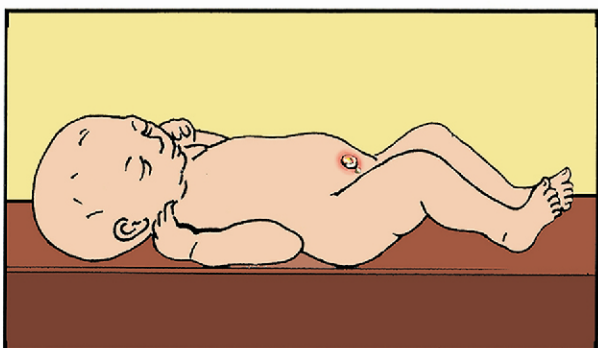
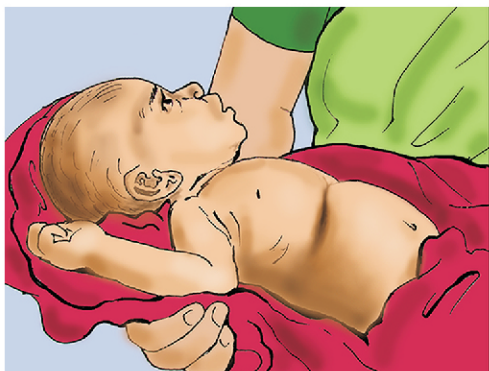
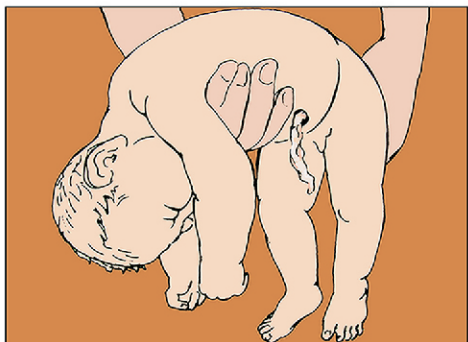
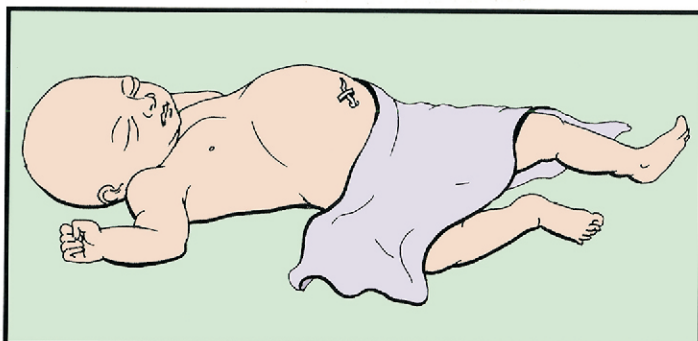
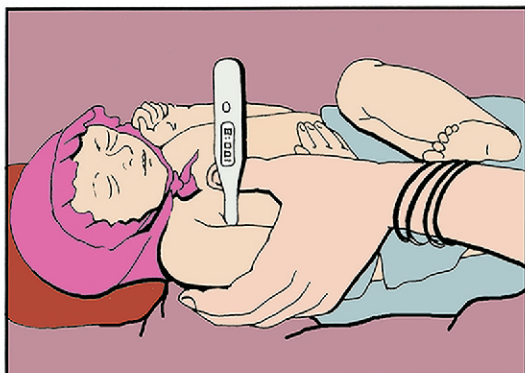
What should be done if baby has any such sign?

Remember

If baby has any one of the following danger signs baby is ill. This may cause danger to his life. Immediately call ASHA or take baby to hospital

- all limbs limp
- feeding less or stopped
- cry is weak or stopped
- mother says baby is cold to touch or on measuring temperature is $> 99^{\circ}\text{F}$ (37.2°C)
- distended abdomen or repeated vomiting
- baby has chest indrawing
- pus on umbilicus

ASHA has learned the management of these problems. If baby has any one of the above danger signs call ASHA immediately.



Preterm and low birth weight baby

28. Keep in warm bag

What do you see in the picture?

The baby is in a warm bag.

Discussion

Which babies should be placed in a warm bag?

Why should a baby be placed in a warm bag?

When do you give clothes to the baby?

Do you have the custom of giving clothes to the baby immediately after birth?

Remember

Low birth weight and preterm babies need extra care.

Such babies cannot maintain body temperature.

They should be dried, placed in the warm bag with a hat on and held close to the mother.



29. Keep baby close to mother and feed frequently

What do you see in the picture?

The baby is placed in a warm bag and placed close to the mother.

Discussion

Why is it necessary to keep the baby close to the mother?

Remember

Preterm and low birth weight babies need extra care.

Such babies need to stay warm.

They get warmth through mother's milk.

All small babies should be placed close to the mother and should receive breastfeed every two hours.

Don't give bath to the baby until baby gains weight.



30. Skin to skin contact method

What do you see in the pictures?

Mother, father and grandmother holding the baby close to chest. Method of keeping baby close to chest while sitting and lying down

Discussion

Which babies should be cared by using skin to skin contact method?

How is the baby placed close to mother's chest?

Why should the baby be kept between the breasts of the mother?

Remember

Low birth weight, preterm babies should be placed close to the mother's breasts.

This method of keeping baby close to the mother is called skin to skin contact method.

As the baby is close to the mother's body it gets warmth from the body.

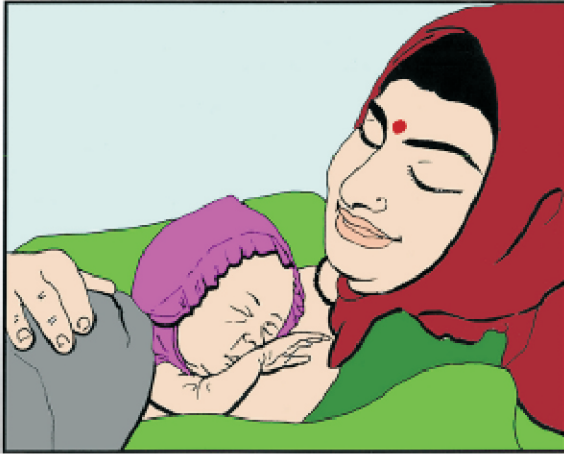
Such babies need to be fed frequently. So whenever the baby is hungry, it is close to the mother and can be fed.

Such a baby should be fed every two hours.

This method prevents hypothermia in small babies.

Besides mother, father or old persons in the family can keep the baby in skin to skin contact method. When the baby will be hungry give it to the mother for breastfeeding

Revise the cards 28 to 30



Breastfeeding problems

31 Breastfeeding problem management

What are the pictures about?

Baby is not feeding.

Mother is hot fomenting and massaging her breasts.

Discussion

Why is the mother massaging and hot fomenting her breasts?

Why do the breasts get engorged?

Does it result in fever?

Do you have such fever?

Remember

If the baby is not fed for a long time, the breasts become full and the baby is unable to latch on properly.

Use a hot cloth on your breasts or light massage to express a little milk to make the areola soft so the baby can latch on properly.

If you have fever due to engorgement of breasts take medicine from the ASHA.

If the problem still persists, go to the PHC or a doctor.

Revise the card 31



Continued Care

32 Immunization protects children

What do you see in this picture?

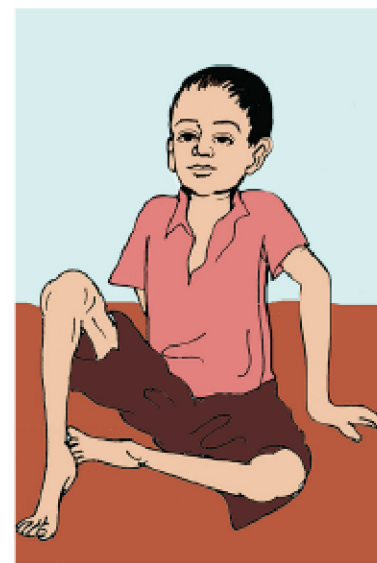
- Children suffering from Whooping Cough, Diphtheria, Tetanus, Tuberculosis Measles, Polio

Discussion

- What could be the harmful effects of certain diseases?
- Can diseases like polio and measles be prevented?
- Which other diseases can be prevented by immunization?
- Has your child received all the immunization according to schedule

Remember

- It is possible for a child to get diseases like measles; whooping cough; tuberculosis; tetanus; diphtheria; and polio. Measles and tuberculosis will make the child malnourished. These diseases can even kill the child.
- If a child gets infected by polio germs, any part of her/his body can be crippled for life
- Tetanus germs can get into body through cuts and can kill an infected child.
- Measles makes a child very weak, making it vulnerable to other diseases like pneumonia and diarrhea.
- Tuberculosis can make the child malnourished and can even lead to death.
- Immunization increases the body's ability to fight diseases and protects children.
- Do not forget to contact the ANM for immunization of your child
- Complete all primary immunization in the child's first year and protect your child from the diseases like Whooping Cough, Diphtheria, Tetanus, Tuberculosis, Measles and Polio



33 Complete all primary immunization in the child's first year

What do you see in this picture?

- A child getting vaccination
- Immunization schedule (box).

Discussion

- How many times should a child be taken for immunization in the first year?
- Show the immunization schedule (box).
- Is it safe to immunize a sick child?
- If a child misses the schedule, can it get immunization later?
- Are there any side effects of immunization?

Remember

- ♦ A child should be taken for immunization five times in the first year of life.
 - At birth or as soon as possible, the babies should get BCG vaccination and polio drops (called the zero dose which is given even before the first dose)
 - At 6 weeks of age child should get DPT-1 injection and first dose of polio drops
 - At 10 weeks, child should get a dose of DPT-2 and second dose of polio drops; and
 - At 14 weeks DPT-3 and third dose of polio drops
 - As soon as possible at the age of 9 months, parents should bring their children for measles vaccination
- ♦ It is safe to immunize a sick child.
- ♦ If for any reason parents miss the date of any vaccination the child should be brought for vaccination as soon as possible.
- ♦ After an injection the child can develop mild rash, fever or a small sore. Parents need not worry about these, since they are mild. Give plenty of liquids. Breastfeeding is especially helpful.
- ♦ A child should be given a medicine for fever if high fever develops as a reaction.
- ♦ Contact ANM for immunization of your child

Revise the cards 32 and 33



34 During diarrhoea give extra fluids to prevent dehydration

What do you see in this picture?

- A mother feeding buttermilk to the child.
- Other fluids like coconut water, rice water and soup are shown in the boxes.

Discussion

- Why is extra fluid needed during diarrhoea?
- Which are the fluids that can be recommended for the child suffering from diarrhoea?
- How much fluid should be given to the sick child?

Remember

- During illness child may lose excessive fluids because of diarrhea, vomiting, fever or fast breathing. It may lead to lack of fluid in its body. The child will feel better if given extra fluids to drink.
- Home available fluids, e.g. soups, coconut, water; rice water etc can be given as extra fluids to drink.
- Breast milk is the best fluid available at home. If the child is breast fed, continue breastfeeding frequently.
- Fluids should be given in following amount after each loose stool

Age		
Up to 2 months	2 months up to 2 years	2 years and more
5 spoon	1/4 - 1/2 cup	1/2 - 1 cup
	Give more if the child wants.	

- Contact ASHA immediately if child has loose motions. Advise the mother to be watchful for the following signs and call ASHA immediately if she observes any :
 - Child becomes more sick
 - Not able to drink or breast feed
 - Blood in stool
 - Drinking poorly
 - Develops a fever



35 Treat cough and cold with safe home remedies

What do you see in this picture?

- A mother feeding a home made decoction to a child who is having cough and cold.
- A decoction of some herbs is boiling on the stove.
- Ginger, honey, tulsi, lemon, turmeric for use in home remedies.
- A child having cough (box).

Discussion

- Is there any need to give medicines to a child with cough and cold?
- What should a mother/caregiver do to comfort a child with cough and cold?

Remember

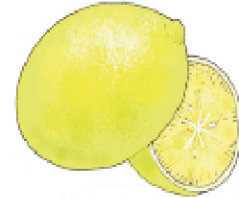
- Children do not need any medicine for treatment of common cold and cough. These medicines can be harmful for them. A child can become sleepy after taking such medicines and may not eat properly.
- To comfort children give safe homemade remedies
- Breast milk is the best soothing remedy for a breastfed child.
- Other safe remedies can be honey and ginger, tea with lemon, hot soups, turmeric drink, tulsi and ginger drink etc.
- Use saline water to clear a blocked nose.
- The child should be immediately taken to the health centre if the child

Is not able to drink or breastfeed

Is very sleepy and has difficulty in keeping awake

Is vomiting persistently

The child with cough and fast or difficult breathing should be taken to the health worker. She can treat the Child.



36 Recognize when sick children need treatment and care from appropriate health personnel outside the home

What do you see in this picture?

- Parents rushing the sick child to the health centre

The boxes show:

- **Child not able to drink**
- **Child becomes more sick**
- **Child having blood in stool**
- **Lethargic child**
- **Child vomiting persistently**

Discussion

- What measures should be taken to save a sick child's life?
- When should a mother immediately take a sick child to the health centre?
Review the signs.

Remember

- If a sick child is taken to a health center immediately, we can save his/her life.
- The child should be immediately taken to the health centre if the child :

Gets fits

Is not able to drink or breastfeed

Gets more sick, in spite of treatment

Has blood in stools

Is difficult to keep awake or becomes unconscious

Is vomiting persistently

Revise the cards 34 and 36



Home-Based Newborn and Child Care



For the use of Community Health Worker such as ASHA