



Ministry
of Public Health



For a better tomorrow for all,
Japan International Cooperation Agency

MATERNAL AND CHILD HEALTH HANDBOOK

CAMEROON PILOT PROJECT



Mother's Name :

Child's Name :



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2010

Administrative Authorisation to implement the MCH Handbook Pilot Project in Cameroon by **Dr. Mbambole Grace Alake** (Coordinator), B.P 11121 Yaounde.
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GENERAL EXPLANATION

The Maternal and Child Health Handbook (MCH Handbook) contains records of the mother's health (pregnancy, childbirth and post-partum) and also child well-being (newborn, infant up to five years of age) with information on how to maintain and care for the health of the mother and child.

Each pregnant mother will receive a copy of the MCH Handbook. If a mother delivers twins, she will receive one more copy of the MCH Handbook.

The MCH Handbook is available at Health centers, clinics and hospitals.

Read the MCH Handbook

You as a mother should read the handbook because it contains useful information important to the health of both the mother and child. Your spouse and other family members should read it as well.

Bring your MCH Handbook

You should bring the handbook and give it to the health providers each time you visit the Integrated Health Center, Clinic or Hospital.

Take Good Care of your MCH Handbook

You should keep the MCH Handbook carefully. Do not lose it because it contains health records for you the mother and your child. These records are very important to mother, child, and their health providers as well.

Ask Health Personnel about your Problems

You should feel free to ask your health provider (midwives, doctors or others) if there is anything you should like to know or if there are any problems relating to your health and that of your child.

TABLE OF CONTENTS

PAGE

General Explanation.....5

MOTHER'S SECTION

A. Family Identification.....9
B. Pregnant woman.....10
C. Woman during delivery.....16
D. Post-partum mother.....17

RECORD OF MOTHER'S HEALTH SERVICES

• Pregnancy.....20
• Labour, delivery and postpartum.....20
• Acquisition of IEC.....28
• Information on Birth Declaration.....28

CHILD'S SECTION

A. Child Identification.....29
B. Newborn baby (less than 1 month).....30
C. Baby through childhood (Age-1 month up to 5 years).....33
• Baby at the age of 1 to 6 months.....36
• Baby at the age of 6 to 12 months.....38
• Baby at the age of 1 to 2 years.....40
• Baby at the age of 2 to 3 years.....42
• Baby at the age of 3 to 5 years.....43
D. How to treat common childhood illnesses at home.....45
E. What are the signs of a sick child ?.....47
F. When should a child be taken to the health service facility ?.....47
G. What emergency medicines should be available in your Home ?.....48
H. How can a mother protect her child from accidents ?.....49
I. Records of the child's health services.....50
• Neonatal examination.....50
• Acquisition of advice on feeding and psychomotor development stimulation.....51
• Health programs for children aged 5 years and below.....51
• Record of illnesses, growth, and psychomotor development problems.....52
• Growth Monitoring: The Right Path for Good Health.....54
• Child Vaccination Schedule.....56
• Some local foods : Enriched pap.....58

MOTHER'S SECTION

Serial N°:..... Reg N°

Date of reception of MCH Handbook :

Name of Health Facility :

A. Family Identification

Mother's Name :

Age :.....Religion: Residence:

Education: [] None, [] Primary School [] Secondary School [] University*

Profession.....Phone N°:.....

Blood Group:..... HB. Electro:.....

Occupation :

Spouse's Name :

Age :.....Religion: Residence :

Education: [] None, [] Primary School [] Secondary School [] University*

Profession.....Phone N°:.....

Blood Group:..... HB. Electro:.....

Occupation :

*Indicate the appropriate box [x]

B. Pregnant Woman

1. What you should do during your pregnancy

- Check your pregnancy as soon as possible and as often as possible in accordance with health personnel's advice.

So that you, your spouse, and your family will quickly know of any problem that may occur during pregnancy.

Get yourself weighed each time you check your pregnancy.

Your weight increases along with the growth of your baby in your womb.

- Take your anti-anemia medication as prescribed every day during your pregnancy.
- Iron prevents maternal anaemia. Taking iron during pregnancy is not dangerous for your baby.
- Take your anti-malaria tablets as prescribed during pregnancy



- Ask the health personnel for Anti-Tetanus vaccination.

Anti-Tetanus vaccination will prevent tetanus in the newborn baby.

- Ask for advice from your health personnel on nutritious food to eat during pregnancy.

Eating nutritious food during pregnancy will make both you and your baby healthier. No food is forbidden during pregnancy.

- Prenatal investigations. Do your laboratory tests as requested for early detection and treatment of illnesses that could affect you and your baby.



Check with your midwife or doctor if you have a long-lasting cough (TBC), high fever (such as from malaria), experience fainting, rapid heart beat, itching in your vagina, or have a smelly white discharge.

2. HOW TO MAINTAIN YOUR HEALTH WHILE PREGNANT

- Bathe yourself with soap every day, in the morning and in the evening. Brush your teeth twice a day, after the morning meal and before going to bed.

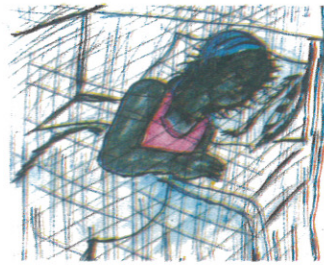
Regular bathing prevents skin diseases. Regular brushing of teeth prevents tooth decay and gum diseases.



- Lie down to rest for at least one hour during the day. Reduce heavy work.

Getting enough rest will restore your energy.

- It is important for mothers to sleep under insecticide impregnated mosquito nets.



- You may have sexual intercourse

Ask your midwife or doctor for advice about safe sexual intercourse during pregnancy.



- Do not: smoke, use drugs, drink medicinal herbs or alcohol

- Avoid cigarette smoke. Smoking, drinking alcohol, using drugs and medicinal herbs can affect your baby's development.



3. HOW TO EAT HEALTHY FOOD DURING PREGNANCY

- Eat a balanced diet as advised by health personnel.
- In order to increase your energy, take snacks between meals such as fruits, milk, cheese etc.
- There is no forbidden food during pregnancy except in the case of diabetes.



4. What are danger signs during pregnancy ?

- Bleeding.
 - Bleeding at an early stage of pregnancy may cause miscarriage.
 - Bleeding at an advanced stage of pregnancy may endanger the mother and/or the fetus.



- Swollen feet, arms and face, headaches, followed by dizziness.
- visual disorders and epigastric pain sometimes followed by convulsions.

These signs and symptoms in the pregnant woman indicate eminent danger for the mother and/or the fetus.



- Fever. Fever is usually caused by an infection or malaria. It endangers the woman's safety and causes miscarriage or premature labor.



- Flow of liquid from the birth canal. This is a sign of pregnancy disorder and is dangerous to the fetus.

- Foetal kicks decrease or disappear.

This indicates that the foetus is in danger.



- A pregnant woman keeps vomiting and doesn't want to eat.

This may endanger the mother's health.



Your spouse or a family member should take you to the midwife or doctor immediately if any of the above signs occurs.

5. WHAT ARE THE PREPARATIONS BEFORE DELIVERY?

You and your spouse should decide during pregnancy where the delivery will take place: Hospital, Health Centre or Clinic ?



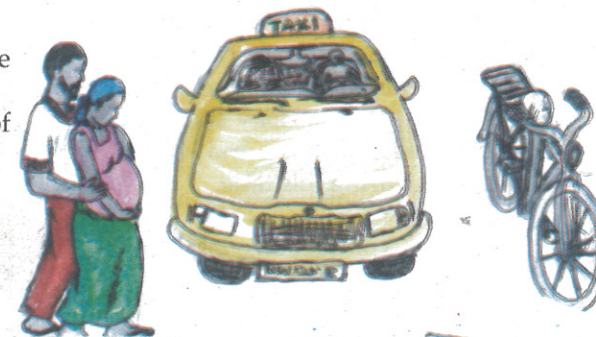
- Your spouse or family should save some money for delivery expenses.



- You and your spouse should ask the midwife or doctor for the estimated delivery date.

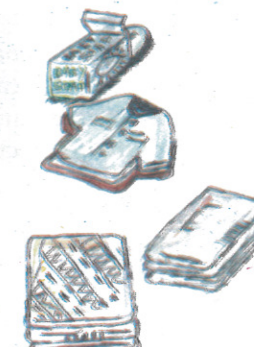


- Your spouse and the community should arrange for a means of transport to take you immediately to the Hospital in case you go into labor.



You and your spouse should prepare:

- Sheets, towels and clean clothing for the baby.
- Sheets and clean clothes for the mother after delivery.



C- Woman during delivery

1. What are the signs of delivery?

- Regular contractions coming often and lasting longer.
- Mucus mixed with blood coming out of the birth canal.
- Amniotic fluid draining out of the birth canal as a consequence of rupture of the amniotic membrane.



Your spouse or family should contact your midwife or doctor immediately if any of the above signs occurs.

2. Things to do for a woman in labour.

- The labour process may last for 12 hours from when the contractions begin. The pregnant woman may still eat, soft foods, drink, and walk around during this time.
- If the contractions increase take deep breaths through the mouth.
- If the pregnant woman feels a need to defecate, this means the baby is coming soon. Tell the midwife/doctor immediately.
- Follow the midwife/doctor's instructions when to push the baby out.



3. What are the danger signs for a woman in labor?

- The baby is not delivered after 12 hours of adequate contractions.
- Bleeding from the birth canal.
- The umbilical cord or the baby's hand comes out first from the birth canal.
- The woman is not strong enough to push during delivery or is having convulsions.
- Smelly and or cloudy amniotic fluid.
- The placenta does not come out 30 minutes after the baby is delivered.
- The pregnant woman is restless or has severe pain.

Your spouse or the family member should bring you to the midwife or doctor immediately if any of the above signs occurs.

D- Post-partum mother

1. What things should a post-partum mother do?

- Breastfeed your baby within 30 minutes after delivery to prevent bleeding and to stimulate breast milk.
- Breastfeed your baby as often as possible and every time he/she wants.
- Take care of your newborn baby.
- Ask your midwife/doctor about exclusively breastfeeding your baby and how to care for a newborn baby.

Check your condition with the midwife/doctor at least two times during the post-partum.

2. How to maintain the health of a post-partum mother

- Eat nutritious food.
- Rest enough, so that you are in good condition to produce enough breast milk.
- Take one dose capsule of vitamin A.
- Continue your treatment with iron tablets daily during the postpartum period.
- Keep your vagina clean, change your sanitary napkin each time it is wet.



3. What are the signs and disorders in a post-partum mother?

- Abundant bleeding from the birth canal.
- Smelly discharge from the birth canal.
- Having persistent fever for more than two days or high fever.
- Swollen face, arms or legs; headache and convulsions.
- Signs of mental depression, behavioral and emotional disorders.
- Painful, red swollen legs and fever.
- Swollen and red painful breasts.

Your spouse or family member should bring you to the midwife/doctor immediately if any of the above signs occurs.

4. Why a mother needs to follow a family planning program after delivery.

- To have sufficient time to breastfeed and take care of her newborn baby, maintain her health, and take care of her family.
- To control her next pregnancy so that it won't be too close to the last one (ideally, more than two years apart).



Consult your midwife or doctor to select the appropriate family planning method(s) for you and your spouse. The post-partum period is the right time to start family planning.

5. What are the types of contraception/family planning methods?

- Types of contraception for the man/husband

- Male condoms

Roll condom onto the erect penis before sexual intercourse.

- Vasectomy (Male sterilisation)

The tube that carries sperm is tied or cut in a minor surgery.

- Types of contraception for the woman/wife:

- Female condom: Inserted into the vagina before sexual intercourse.

- Oral contraception (pill)

- Take regularly one pill a day and continuously.
- Breastfeeding mothers should take a specific kind of birth control pills.

- Injection

Injected into the right/left side buttock every one or three months, depending on the type of injection.

- Implanted hormones

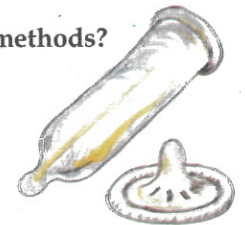
Placed under the skin of the upper arm.

- IUD

Inserted into the uterus six to eight weeks after childbirth or at anytime outside pregnancy.

- Tubal ligation (female sterilization)

The fallopian tubes are tied off/cut in a minor surgery.



Records of mother's health services

(Filled in by health personnel only)

Pregnancy

Identification :

Age-----(yrs)

Occupation:-----Religion-----

Residence:-----Phone No:-----

District:-----Region-----

Person to contact:-----Phone No-----

Past History:

Family:-----

Allergic:-----

Surgical:-----

Blood transfusion.....

Social:-----

Gyneco-Obsterics:

Menarche----- (yrs) Cycle length----- (days) Bleeding duration----- (days)

Type of contraception used before pregnancy:-----

LMP:----- EDC----- Gravida----- Para-----

Nb of premature births:----- Nb of miscarriages:----- Nb of living children:-----

Interval from last pregnancy:----- Last delivery assisted by :-----

Last delivery*: [] Spontaneous/normal [] With actions:-----

*Put check mark [x] in the appropriate box

GYNECO-OBSTETRICS PAST HISTORY (Risk factors) **

Risk factors		Associated to the present pregnancy	
1. Abortions (spont)	14. Vacuum	24. Bleeding before 28 wks	36. Diabetes
2. Abortions (prov)	15. Forceps	25. Bleeding after 28 wks	37. Fetal malpresentation
3. Treated infertility	16. Prematurity	26. Placenta previa	38. Cardioparthy
4. Grand multipara	17. Perinatal death	27. Multiple pregn	39. Malaria
5. EUP	18. Intrapartum complication	28. Hydramnios	40. HIV
6. Myomectomy	19. Postpartum complication	29. Cervical incomp.	41. Viral hepatitis
7. Uterine rupture	20. Rhesus -ve	30. Preclapsia	42. Threatened premature deliv.
8. Narrow pelvis	21. Low S/E status	31. Oedema	43. Anemia
9. Aged primigra (29 or +)	22. Age <18 >40yr	32. Proteinuria	44. Obesity
10. Single patient	23. Sickle cell	33. Urinary tract infection	45. Coomb's test
11. Caesarean Deliv.		34. Hypotony	46. Asthma
12. Fetal malformation		35. Post term	
13. Birth before arrival			

**Write corresponding Numbers in box : []

Others:-----

Laboratory Exams		Prophylaxis
Bld Gp/RH	Glycemia	VAT
EHB	Rubella	IPT
FBC	Toxoplasmosis	Impreg mosq. Net
TPHA/VDRL	Urine: Alb Glucose	Iron
HIV	Bacteruria	PMTCT

PRENATAL PHYSICAL EXAMINATION								
Date	Gest. Age (wks)	Active Fetal Mvt	Wt (kg)	B.P (mmHg)	Conjunctivae (Pallor/pink)	Breasts	Uterine Hte (cm)	Abd. Girth (cm)

Obstetric Ultrasound (when necessary)		
9-12 wks	19-22 wks	32-36 wks

PRENATAL PHYSICAL EXAMINATION						
Pres.	FHT	Oedema of feet	State of cervix	Observations	Signature/ name of provider	Next visit

LABOUR, DELIVERY AND POSTPARTM

Delivery

Date of delivery:..... Time:

Cycle of pregnancy:.....Wk Total duration of labour-----

Birth attendant :

Doctor, Midwife, Traditional Birth

Attendant, Others

Place of delivery :

Hospital, Maternity clinic, Health Center,

Others

Type of delivery :

Normal, Assisted, Caesarean section

Mother's condition :

Healthy, Sick, Diseased

Newborn baby's condition at birth :

Live birth, stillbirth

Post-partum complications :

Hemorrhage, Fever, Convulsions, Smelly lochia,

Others:

*Mark [x] in the appropriate box.

Referral

Date/month/year :..... Time:

Referred to (Health service facility) :.....

Temporary intervention:

Referred by:-----

Referral feed-back

Name of Health Facility -----

Diagnosis: -----

Intervention:-----

Advice : -----

Referral feed-back by:-----

Date:-----

Final conclusion of post-partum condition

Mother's condition**

Healthy Sick Deceased

Infant condition**

Healthy Sick Deceased

**put check-mark (x) in the appropriate box

POST PARTUM CONSULTATION (within 6 weeks)

Date/Time	Complaint	Blood Pressure (mmHg)	Pulse /minute)	Weight (kg)	Temp. (°C)	Uterine involution	Hemorrhage/ Lochia (normal/ abundant)

Vaccination

Nature of Vaccin	VAT I	VAT II	VAT III	VAT IV	VAT V
Time Table	1st Contact	1 month after VAT I	6 months after VAT II	1 year after VAT III	1 year after VAT IV
Date					
Signature/stamp					

POST PARTUM CONSULTATION (within 6 weeks)

Breast feeding problem	Intervention and Treatment (Fe, Vit. A, Referral, FEED-BACK)	Remarks and next appointment	Examiner's name, signature/Health facility stamp

Family Planning Service for Post-partum Mothers

Date/month/year					
Health facility					
Type of contraception					

ACQUISITION OF IEC

Topic	Mother's Section			
	A	B	C	D
Date				
Signature of MCH provider				

INFORMATION ON BIRTH DECLARATION

After delivery the mother should ask for birth declaration from the health facility where the delivery took place. She will present this declaration to the nearest civil status centre in order to establish a birth certificate for her baby. This declaration has to be done within one month except for particular cases.

CHILD'S SECTION

A. Child Identification

Birth Registration N^o:.....

Place of Birth :.....

Name of child.....

Date of birth.....

Birth weight :..... grams

Body length :..... cm

Head circumference :..... cm

Sex: [] boy [] girl*

**Indicate appropriate box*

New born baby's condition when delivered at birth:

APGAR Score at 1 minute.....at 5 mins.....

When was the first breastfeeding given** :

() within 30minutes

().....

(Write down clearly).

No of Birth Declaration

B. Newborn baby (less than 1 month)

1. What are the signs of a healthy new born baby?

- Cries immediately after birth.
- Whole body is pink.
- Moves actively.
- Able to suck breast-milk deeply.
- Having a birth weight of 2,500 grams or more.



2. What should be done for the new born?

- **Give breast-milk exclusively. Do not give other food.**

- Breastfeed your baby within 30 minutes after delivery to stimulate breast milk (ask midwife/doctor how to do it).

- Breastfeed your baby as often as possible and any time he/she expresses the need.

- The first-produced breast milk yellowish in colour called «colostrum» contains protective substances against some diseases. Give it directly to the new born. Do not throw it away.



- **Keep the newborn warm.**

- Wrap your baby with a dry sheet. Change it if it gets wet.

- Do not put your baby in a cold windy place.

- If the birth weight is less than 2,500 grams hold your baby closely in order to have a skin to skin contact with the mother (kangaroo method).

Ask your midwife/doctor how to do it.



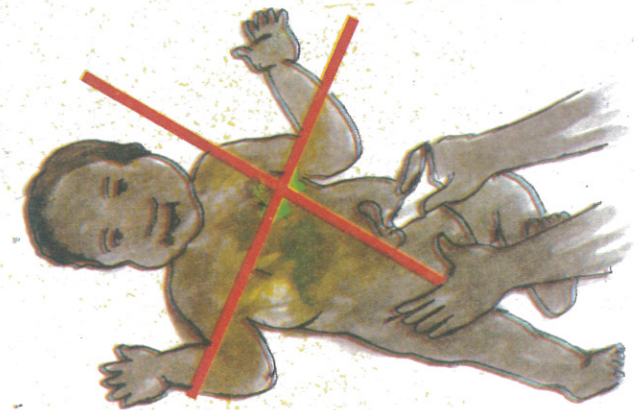
- **Prevent infection from affecting your baby.**

- Ask for antibiotic eye drops to be instilled into the baby's eyes immediately after birth.

- Start vaccination for the newborn according to the vaccination program.

- Keep the umbilical cord clean and dry. Wipe it daily and when it gets soiled using sterile gauze and alcohol at 90%.

- Do not apply herbs or other material to the cord.



• **Stimulate your baby to facilitate his/her psychomotor development.**

- Embrace and caress your baby with love and affection as often as possible.

- Hang a moving object with bright colours above the baby so that he/she can see it.

- Smile and talk to your baby and listen to music with him/her.



At the age of 1 month a baby is able to :

- Stare at his/her mother
- Utter small sounds
- Smile
- Move legs and arms actively

• **Check the newborn's health with the midwife/doctor at least twice during the first month.**

- Respect the vaccination calendar of the vaccination program.
- Ask for advice on how to:

. Give breast-milk exclusively.
. Care for the umbilical cord.. Keep the newborn warm.

. Provide development stimulation.



3. What are the signs of a seriously ill infant?

- . Refuses to suck the breast.
- . Presents abnormal movements (convulsions).
- . Has cold hands and feet during a fever.
- . The infant's body turns yellow.
- . The umbilical cord is wet and smelly.
- . Weak or absence of movements of arms and legs.
- . Breaths badly.



The father, mother or a relative should bring the baby to the midwife, doctor, or any health staff immediately, if any of the above signs occurs.

C. Baby through childhood (age one month to five years)

1. What are the signs of a healthy baby or child?

- Body weight is increasing every month and the graph lies within the 2 lines on The Right Path for Good Health chart pages 52-53.
- Growth and psychomotor development are improving as the child gets older.
- Child is rarely ill and is happy, cheerful, active, energetic and responsive.

2. HOW CAN A MOTHER KEEP HER BABY OR CHILD HEALTHY?

• Monitor the child's growth regularly

-Weigh your child once a month in the village Integrated Health Centre, Hospital or any health facility in your Health Area. Start from the age of 1month and continue up to 5years.

-Ask for the result and have the health providers record it in the MCH handbook (Right Path for Good Health chart pages 52 - 53).

- Signs that a child is growing well :

- Child weight is increasing each month.
- The child's growth line is increasing in the Right Path for Good Health chart and the graph situated between the 2 lines.

- Signs that a child is growing poorly :

- Body weight is not increasing.
- In the growth chart (Right Path for Good Health chart pages 52-53.), the child's growth line is declining, is flat, or is moving under the lower line.
- If your child is growing poorly, ask for nutritional advice from the health provider.
- Play and chat with your child. It is important for child's psychomotor development.

• Ask for information on the vaccination calender from the health center, or from other health facilities.

- A child should receive all vaccines before the age of one year.



- Vaccination prevents Tuberculosis (TBC), hepatitis (yellow fever), polio, diphtheria, whooping cough, tetanus, meningitis due to Haemophilus B and measles (pages 54-55).

- Light illnesses such as cold, diarrhea, skin disease are not obstacles for immunization.

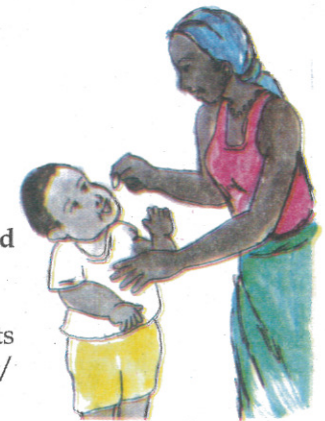
- Schedule of immunization :

• Ask for vitamin A at six months and every 6 months.

- Vitamin A makes eyes healthy, prevents blindness and increases resistance/strength..

- Vitamin A is given to children from 6 months up to 5 years

- Ensure that your baby sleeps under insecticide treated mosquito net.



3. HOW SHOULD THE MOTHER FEED HER BABY/CHILD AND STIMULATE HIS/HER PSYCHOMOTOR DEVELOPMENT?

BABY AT THE AGE OF 1 TO 6 MONTHS

Feeding advice

Up to 6 months old

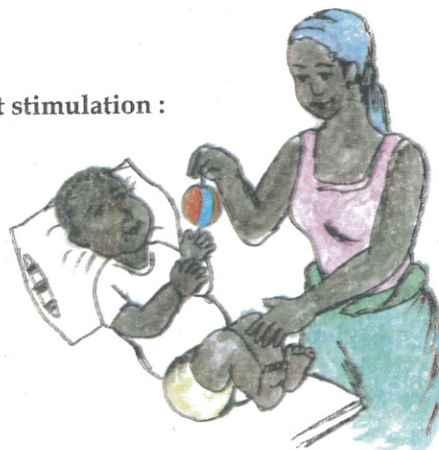
- Breastfeed the baby whenever he/she demands (at least 8 times in 24 hours) during day and night.
- Feed baby with breast milk ONLY for the first 6 months.
- Breastfeed the baby with your left and right breasts alternatively.



Advice for psychomotor development stimulation :

Up to 4 months old:

- Embrace and caress your baby with love and affection as often as possible.
- Hang a moving object with bright colours above the baby so that the baby can see it. Smile and talk to your baby, and listen to music with him/her.



Age 4 to 6 months:

- Place your baby on his/her belly often.
- Move an object to the left and to the right in front of the baby's eyes.
- Stimulate your baby with various sounds.
- Provide big and colourful toys for your baby to reach for.



At the age of 3 months a baby is able to :

- Support his/her head upward while lying on his/her belly
- Laugh
- Move head left and right side
- Observe his/her own hands



At the age of 6 months a baby is able to :

- Imitate sounds
- Move to reach the nearest object
- Roll over on his/her own
- Turn his/her head to follow a sound



Increasing age, weight and intelligence

Check the baby's health at least 2 times: At 6 weeks and at 6 months.

- If your baby is developing slowly, discuss with your health service provider.

BABY AT THE AGE OF 6 TO 12 MONTHS

Feeding advice

- Introduce other foods at six months while continuing breast milk.
- Introduce one type of food at a time in a semi-solid form to watch for signs of intolerance or allergy.
- If you use ready-made complementary food, follow the instructions on the age of the baby, and check the expiry date.
- Give snacks twice a day between meal times (such as green beans, banana, biscuit and banana-rice cake).
- Give fruits such as orange, banana paw-paw and fruit juice like orange, mango and tomato juice.
- Teach your baby to eat by him/herself using a spoon and a plate.



Suggestions for psychomotor development stimulation:

- Assist and teach your baby to sit without support.
- Ask your baby to play «hide and seek»
- Give your baby a biscuit and teach him/her how to hold it.
- Play with your baby; teach him/her how to pinch a small object with his/her two fingers. Teach your baby to walk while holding on to you.



- Talk to your baby as much as possible.
- Persuade your baby to imitate you
Ma...ma pa.....pa

- Assist your baby to stand.
- If your baby is able to stand, assist and train him/her to walk holding your hands.
- Provide clean and safe toys to hit and play with.



At the age of 9 months a baby is able to :

- Sit on its own
- Say ma...ma...ma, da...da...da..
- Enjoy playing alone and clapping hands
- Hold a biscuit



At the age of 12 months a baby is able to :

- Play «Hide and seek».
- Pinch a small object
- Imitate simple words (papa, dada)
- Stand and with support.



Your baby learns by seeing, touching, feeling, imitating and trying.

Check the baby's health at least twice :

- If your baby is developing slowly, discuss with your health worker.
- Ask for advice on :
 - How to give complementary food.
 - How to provide psychomotor development stimulation.

Child at the age of 1 to 2 years

Feeding advice.

- Give breast milk any time your child wants it.
- Feed baby three times a day.
- Add egg yolk, chicken, fish, carrot, green vegetables, beans, coconut milk, oil to soft cooked rice.
- Give snack twice a day between meal times, such as banana and biscuits.
- Give your child fruit or juice.
- Help the child to eat by him/her self



Advice for psychomotor development stimulation :

- If your child is able to walk, teach him/her to climb steps. Be with your child when he/she climbs.
- Teach your child to do simple chores such as wiping the table, putting his/ her toys back in their places, sweeping the floor.
- Teach your child to write on paper.



- Show and point to your child's body parts. Ask your child to name them.
- Encourage your child to tell a story. Tell him/her children's stories. Teach your child to sing. Encourage your child to play with other people.



At the age of 2 years a child is able to :

- Point and identify body parts
- Climb a staircase and run
- Imitate chores such as sweeping the floor, moping
- Write things on paper.



Compliment your child each time he/she accomplishes things appropriate for his/her age.

Check the baby's health at least twice .

- If your child is developing slowly, discuss with your health service provider.
- Ask for advice on :
 - How to give complementary food.
 - How to provide child psychomotor development stimulation.
 - How to care for you child's teeth.

Child at the age of 2 to 3 years

Feeding advice

- Give family food three times a day.
- Give snacks twice a day between meal times such as banana, biscuits and yogurt.
- Do not give sweet and sticky food between meal times.



Suggestions for psychomotor development stimulation :

- Teach your child to dress on his/her own.
- Show him/her an illustrated book, read and tell stories to your child.
- Have your child eat food from his/her own bowl or plate.
- Teach your child to wash his/her hands, urinate and defecate in the right places.



At the age of 3 years a child is able to:

- Stand on one leg without support
- Talk in understandable words
- Identify colors and numbers
- Eat without any assistance
- Hug and kiss the nearest person
- Throw a ball



Check the child's health and development at least twice a year.

Child at the age of 3 to 5 years

FEEDING ADVICE: same as a child at the age of 2 to 3 years

Advice for psychomotor development stimulation :

- Ask your child to tell what he/she is doing.
- Listen to your child when he/she is talking.
- If your child stammers, help your child to speak slowly.
- Let your child play and try new things.

Watch your child as he/she plays.



At the age of 5 years a child is able to :

- Jump
- Draw a person with three body parts(head, body, arms/legs)
- Describe his/her experiences
- Understand antonyms such as hot-cold; tall-short
- Play with others
- Answer simple questions
- Count to ten
- Wash and dry his/her hands
- Put on his/her own clothes
- Give the names of his/her playmates



Check the child's health and psychomotor development at least twice a year.

4. How should a mother keep her child clean to prevent illness?

- Bathe your child every day, in the morning and in the evening, using soap.
- Wash your child's hair 2 to 3 times a week
- Wash your child's hands with soap before eating and after defecation.
- Cut your child's fingernails and toenails when they get long.
- Clean the house every day to remove dust and stagnant water.
- Keep your child away from cigarette smoke and kitchen smoke.

Teach your child to defecate in the toilet.



5. How should a mother take care of child's teeth to prevent tooth decay?

- If teeth have not emerged, clean the baby's gums after feeding with warm moist cotton cloth.
- If teeth are emerging, brush the teeth using tooth paste twice a day after breakfast and before bed.
- Teach your child to brush his/her own teeth from three years of age.

Ensure that your baby receives vitamin D and Fluoride up to 2 years of age.

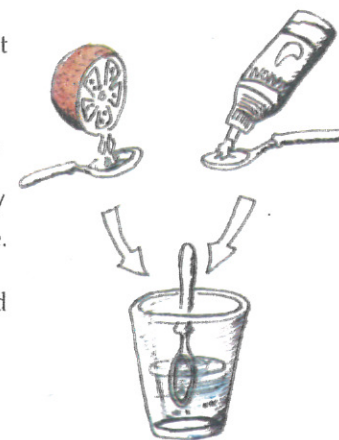


Check your child's teeth every 6 months after the child reaches the age of 2 years.

D. how to treat common childhood illnesses at home

1. Cough

- If your child is still breastfeeding, give breast milk more often
- Give your child safe drinking water frequently.
- If your child is more than 1 year old, give him/her sweet sauce mixed with honey or lemon juice.
- keep your child away from cigarette smoke and other smoke.
- Do not burn the trash near the house.

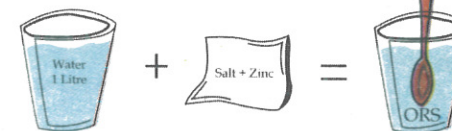


Bring your child to the health center if cough does not stop within two days.

2. Diarrhoea

If your child is still breastfeeding, give breast milk more often.

- Give ORS (Oral Rehydration Salt) of weak osmolarity and Zinc, each time the child has diarrhoea until it stops.



Your child should still continue to eat as usual. Prevent your child from having diarrhoea by: being sure he/she drinks safe drinking water, washing hands with soap before eating and after defaecating. Making sure your child defecates in the toilet.

Bring your child to the health center if diarrhoea does not stop, you see blood in the faeces, or your child refuses to drink, has sunken eyes, or is irritated or restless.

3. Fever

- Fever is a symptom that accompanies cold, malaria, measles, otitis and other infections.
- If your child is still breastfeeding, give breast milk more frequently and more often.
- Give more liquid than usual such as safe drinking water, and plain vegetable soup.
- Do not dress your child in heavy clothing or cover the child with a thick blanket.
- APPLY A COMPRESS to the child's head with water at room temperature or warm water. Do not apply compresses to the child with cold water as it causes chills.
- Give paracetamol if the fever is high, as advised by health personnel.
- Let child sleep under insecticide impregnated bed-nets to avoid mosquito bites.



Bring your child to the health center if the fever does not disappear within 2 days.

4. Skin diseases

- Skin diseases are usually in the form of a rash, ulcer or sore.
- Clean the affected area with clean water and dry it with a clean cloth
- If it is a sore, cover the wound with a clean cloth. Do not apply any herb.
- To prevent skin diseases bathe your child regularly, change his/her clothes if they are wet or dirty, and wash his/her hands after play.



Bring your child to the health center if skin is reddish, or itching, or if the wound is wet, smells or is draining pus.

E. What are the signs of a sick child?

- Unable to breastfeed.
- Unable to drink or is drinking poorly
- Vomits frequently.
- Presents abnormal movements (convulsions).
- Is unconscious,
- Breathes badly.



Bring your child to the health facility immediately if any one of the above signs occurs.

F. When should the child be taken to the health service facility?

- If the illness gets worse.
- If he/she has bloody diarrhea.
- Coughing is followed by difficult breathing
- Your child has a fever with:
 - Upper abdominal pain and restlessness.
 - Cold feet and palms.
 - Bleeding from nose or gums.
 - Extended rash on the skin.



G. What emergency medicines should be available in your home

- Povidone iodine (betadine) to treat wounds.
- ORS of low osmolarity and zinc, to replace fluid lost because of diarrhoea.
- Anti-malaria kit
- Paracetamol or other antipyretics for fever..



Give medicine appropriately with the right dosage, time and treatment duration, as advised by health personnel. Keep drugs out of childrens' reach.

H. How can a mother protect her child from accidents?

- Keep dangerous things out of the child's reach such as: knives, drugs, insecticides, rat poison, kerosene, detergents, etc.
- Do not let your child play near hot things such as stove, iron, and hot water flask.
- Do not let your child play with an electric cord. Pay attention to any open wires.
- Watch the child when he/she is playing. Do not let him/she play near wells, ponds, rivers, streams or highways.





MINISTÈRE DE LA SANTÉ PUBLIQUE - CAMEROUN
MINISTRY OF PUBLIC HEALTH - CAMEROON

Nom de l'enfant : _____

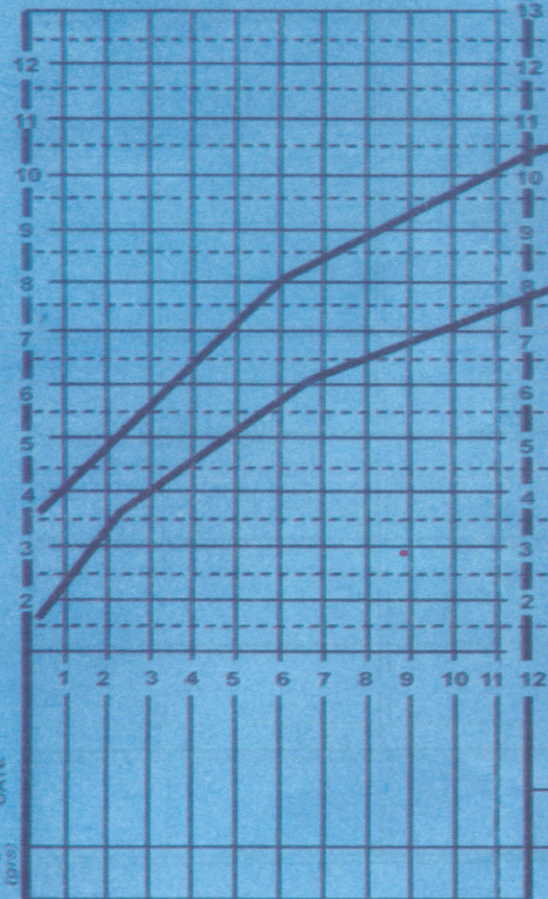
Name of child _____

Date de naissance : _____

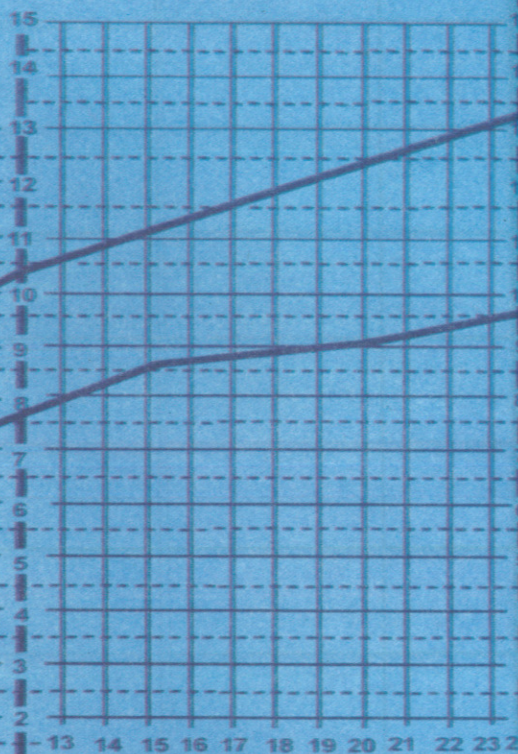
Date of birth _____

Poids à la naissance / At Birth Weight _____

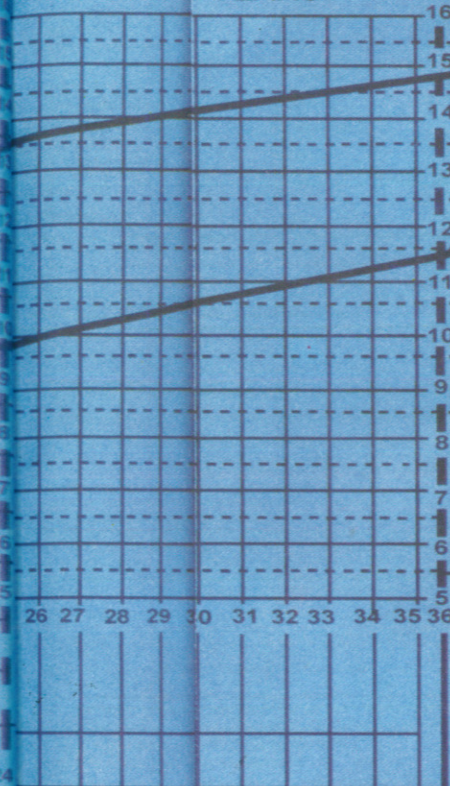
KG NAISSANCE / AT BIRTH 1 AN / YEAR



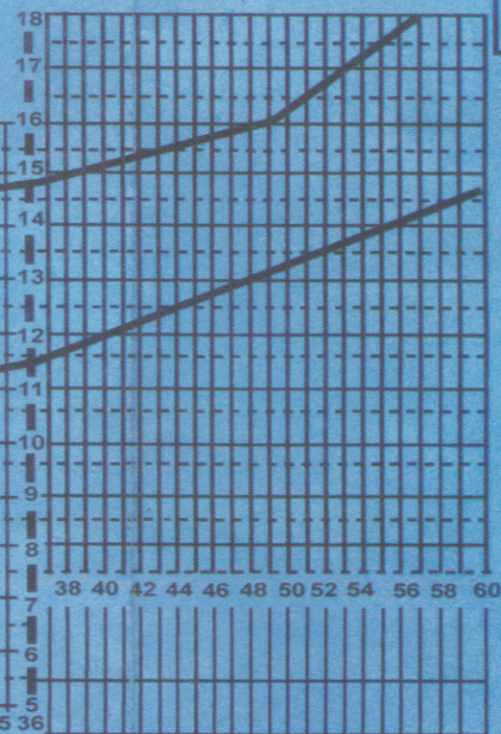
KG 1 - 2 ANS / YEARS



2 - 3 ANS / YEARS



3 - 5 ANS / YEARS



OBSERVEZ LA DIRECTION DE LA LIGNE
QUI MONTRE LA CROISSANCE DE L'ENFANT
STUDY THE GROWTH CURVE OF THE CHILD

Indiquez l'événement dans la colonne du mois
Lister the event in column corresponding to the month

- | | |
|---|--|
| <ul style="list-style-type: none"> - Diarrhée (DH) / Diarrhea - Malaria (Rg) / Malaria - Anémie (AN) / Anemia - C / IPCM - Grossesse (Gr) / Pregnancy - Accouchement - Événements importants
très importants | <ul style="list-style-type: none"> - Allaitement maternel (AM)
Breast feeding - Allaitement artificiel (AA)
Bottle feeding - Introduction de la bouillie (B)
Introduction of Pap - Décès de la mère (de M) / Dead of mother - Décès du Père (de P) / Dead of father |
|---|--|



PROGRAMME ELARGI
DE VACCINATION



PEV

Reproduction EDS/02/22/02/02/04

NUTRITIONAL ADVICE FOR INFANTS AND CHILDREN AGED 5 YEARS AND BELOW :

• SOME LOCAL FOODS

A balance diet is made of starch, proteins, fats and oils and/or vegetables and fruits.

Starch	Proteins	Fats and oils	Vegetables	Fruits
Maize	Beans	Groundnuts	Green	Orange
Cesame	Eggussi	Palm oil	Hucckle berry	Grape
Yams	Soya beans	Pear	Cassave leaves	Tangerine
Cassava	Fish	Soya bean oil	Cabbage	Paw paw
Plantain	Meats	Butter	Eru	Pineapple
Cocoyams	Chicken	Coconut milk	Pumpkin leaves	Banana
Irish potatoes	Crayfish		Okro	Water melon
Sweet potatoes	Milk		Lecttus	Mangoe
	Eggs		Onion	Tomato

• GENERAL ADVICE.

Age less than 6 months

-Exclusive breastfeeding

From 6 months to 2 years :

-Enriched pap, food paste and rice
-2 pap meals, at 8 A.M and 4 P.M . and a cup of milk between each meal
(3 cups per day)

From 2 to 5 years

- Family meal 3 times a day with snacks at 10 a.m. and 4 p.m. made up of fruits or natural fruit juice and a cup of milk in the evening.

• ENRICHED PAP

Basic

recipe

5 litres of maize
1/4 (5 litres bucket)of soya beans
3 cups of rice or 500g macaronni/spaghetti (Facultative)
3 cups of cray fish or 5 dry fish (Mbunga)
3 cups of groundnuts

How to prepare enriched pap mixture (Flour)

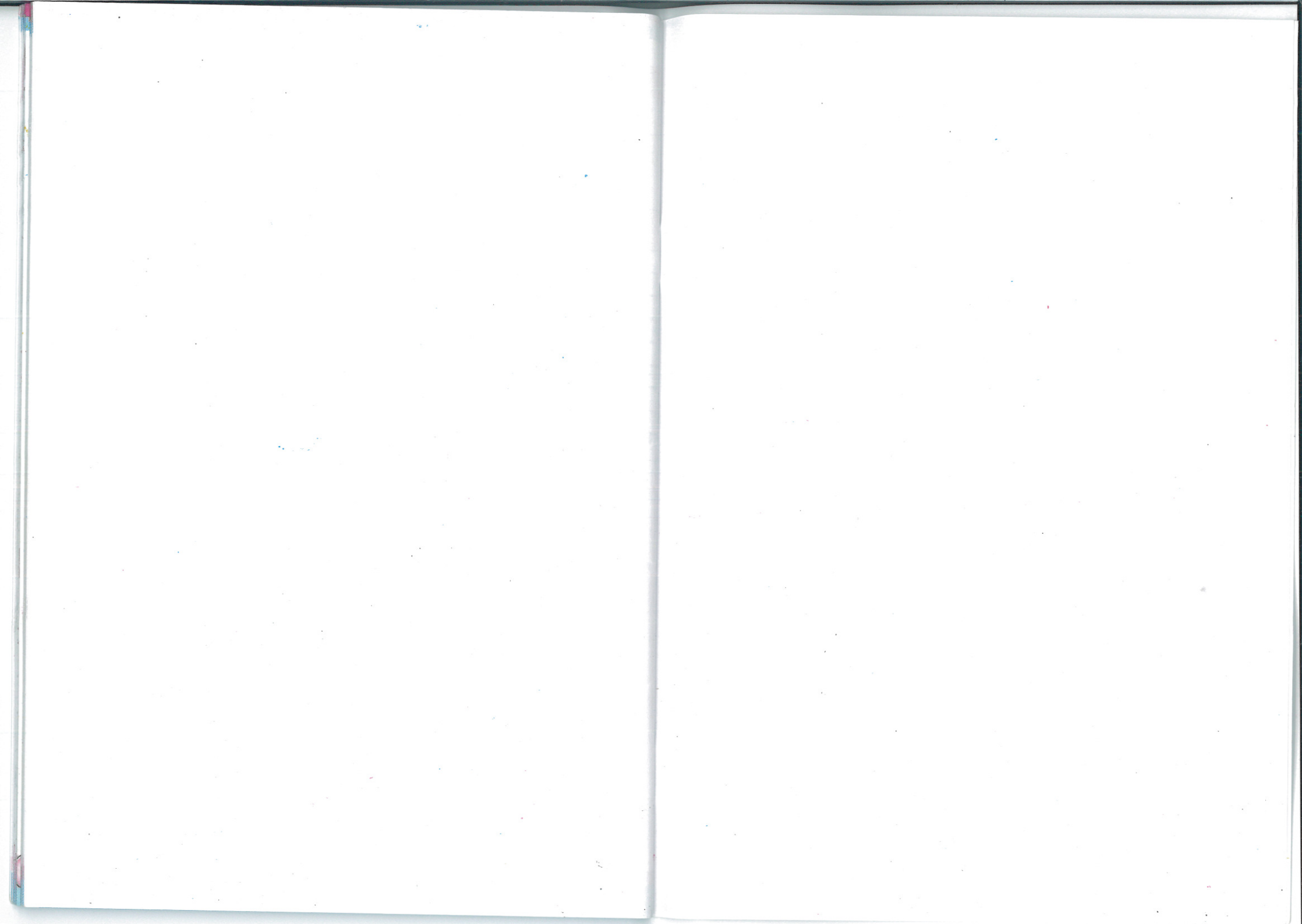
- 1-Wash and dry maize
- 2-Fry soya beans.
- 3-Wash and dry rice.
- 3-Select and remove bones from crayfish or dry fish and dry in a fry pan
- 4- Mix maize, soya beans, rice or macaronni/spaghetti, Cray fish or dry fish, and grind.
5. Sieve the mixture and store it in a dry plastic bucket with lid for at most 1 month while drying in the sun from time to time
- 6-Fry and grind groundnut separately and keep the paste in a separate container (For not more than 2 weeks)

How to prepare the pap

- 1- Add 1 table spoon of groundnut paste to 3 table spoons of flour and mix in a bowl with 1/2 glass of cold water.
- 2-Leave 1/2 to 1 litre of water to boil and pour the mixture slowly into the boiling water while steering to prevent lumps.
- 3-Add sugar (4 to 8 cubes) or honey (1 to 3 table spoons) and continue steering on the fire for 15 minutes.
- 4-Pour the pap in a flask to be used during the day for up to 12 hours.

Feeding:

Mix 3 level spoons of milk for appropriate age (facultative) to 1 cup of pap and feed child accordingly.







Ministry
of Public Health



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Japan International Cooperation Agency

**OBTENEZ VOTRE COPIE DE MANUELLE SMI
DANS LES HOPITAUX, CENTRE DE SANTE ET CLINIQUES DANS
les Districts de Santé Pilotes du Cameroun**



**UN DOSSIER MEDICAL ET OUTIL D'INFORMATION POUR LA
FEMME ENCEINTE ET SON ENFANT JUSQU'A L'AGE DE 5 ANS**



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HOSPITALS, HEALTH CENTRES AND CHINICS IN
Pilot Health Districts in Cameroon**



**FOR HEALTH INFORMATION AND RECORDS
FOR PREGNANT WOMAN AND HER CHILD UP TO 5 YEARS
OF AGE**



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