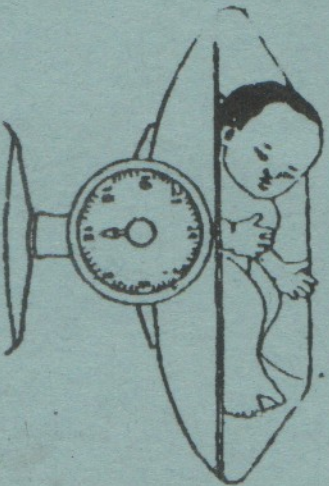




AMINU KANO TEACHING HOSPITAL
 PRIMARY HEALTH CARE
 CHILD HEALTH CHART



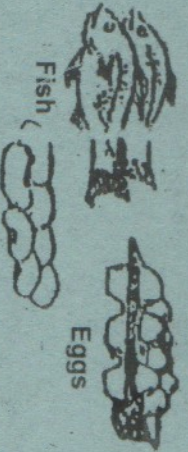
YOUR BABY FIVE RULES

1. Breast Feed exclusively only for 4 - 6 months.
2. Supplement feeding after 6 months.
3. Never bottle feed your baby.
4. Use cup and spoon for feeding.
5. Supplement with energy and protein diet.

Food Groups

- FOR GROWTH AND REPAIRS
- FOR ENERGY
- FOR PROTECTION

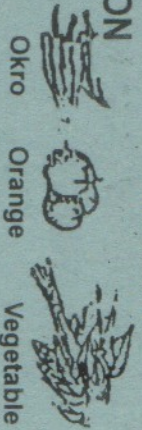
GROWTH



ENERGY



PROTECTION



BREAST MILK IS BEST FOR YOUR BABY

IMMUNISATIONS	DATE GIVEN	DATE FOR NEXT IMMUNISATION
AT BIRTH: BCG OPV/OHBV 1		
6 WEEKS: DPT. 1 OPV 1 + HBV 2		
10 WEEKS: DPT. 2 OPV 2 HBV 3		
14 WEEKS: DPT. 3 OPV 3		
9-12 MONTHS MEASLES VIF		
MOTHERS TETANUS TOXIOD		
	1ST DOSE	
	2ND "	
	3RD "	
	4TH "	
	5TH "	

HOW TO TREAT DIARRHOEA AT HOME

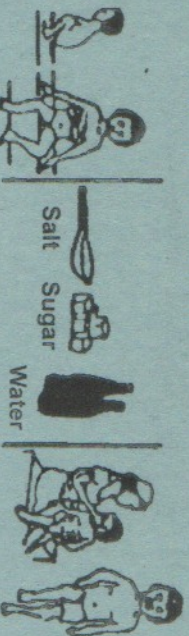
When your child has diarrhoea, he/she loses a lot of body water and salts and this can be dangerous for him/her.

As soon as diarrhoea starts, replace the lost fluid and salt by giving him/her a solution prepared as follows:

1. Cooking Salt - 1 level teaspoon.
2. Sugar - 10 level teaspoons or 5 cubes.
3. Clean drinking water - 2 full soft drink (Mineral) bottles.

Slowly give 1 teacupful of the solution to your child after each diarrhoea stool. Then take your baby to the health clinic to see the Health Worker. Continue with breast feeding and normal diet.

Do not starve your child.



ASK THE MOTHER ABOUT THESE REASONS FOR GIVING THE CHILD EXTRA CARE (Make a circle round the right answer)

Was the baby less than 2.5 kg at birth.....	No.....	TAKE EXTRA CARE
Is this baby a twin.....	No.....	yes
Is this baby bottle fed.....	No.....	yes
Does the mother need more family support.....	No.....	yes
Are any brothers or sisters underweight.....	No.....	yes
Are there any other reasons for making extra care?.....	No.....	yes

For example - tuberculosis or leprosy or social problems.

PRODUCED BY THE PRIMARY HEALTH CARE UNIT
 AMINU KANO TEACHING HOSPITAL KANO

CHILD'S NAME

WATCH THE DIRECTION OF THE LINE SHOWING THE CHILD GROWTH

GOOD Child growing well
DANGER Losing weight may be ill needs extra care
DANGER Not gaining weight find out why

BIRTH TO 1 YEAR

1 TO 2 YEARS

2 TO 3 YEARS

3 TO 4 YEARS

4 TO 5 YEARS

