Visit Notes: Your Child's Growth and eating pattern

Date of Visit	Age at visit 0-5 Years	Head Circ.	Weight kg	Length cm	Hb (g/dl)	Concerns & Recommendations
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Record age in completed months from birth to 1 year old. If the child is more than 1 year old, record age in completed years and months.

Immunization Schedule (EPI)

			mzanoi		Jaaro	(LII)			
Recommend Age & Doses		Type of Vaccine	Date of Immunization	Make	Batch #	Signature of health worker	Comment		
At Birth		HepB							
At Birth /		BCG							
12 Months									
2 Months /		OPV or IPV							
1 st Dose		Hib+HepB+DPT(Penta) Prevenar 13							
		Prevenar 13							
4 Months /		OPV or IPV							
2 nd Dose		Hib+HepB+DPT (Penta)							
		Prevenar 13							
6 Months /		OPV or IPV							
3 rd Dose		Hib+HepB+DPT(Penta)							
		Prevenar 13							
1 Year		MMR							
		Madadia							
15 Months		Varicella				-			
			BOOST	ER DOSES					
1 Year after/		OPV or IPV							
18 Months		DPT							
3rd Dose									
1 st Booster		Prevenar 13							
2 years		MMR							
2 nd Booster		OPV or IPV							
4 - 5 years		Varicella							
		DPT							
9 years	1	HPV				i			
, , , , , , , , , , , , , , , , , , , ,	2								
	3								
15 Years & over		DT							
		OPV							
		CHILD IS FULL	Y IMMUNIZED F	OR ENTRY	TO PRIMAR	Y SCHOOL			
Other									
						T			
Key:		BCG = Bacile Calmette Guerin	n; OPV = Oral Polio Vac	cine; IPV = Inacti	vated Polio Vacc	ine; Pentavalent Va	accine = Hib + HepB + DPT;		
		Hib = Haemophilus Influenza T		s B; DPT = Dipthe	eria, Pertussis, Te	etanus Toxoid; DT	= Diptheria, Tetanus Toxoid;		
		MMR = Measles, Mumps, Rubella							

	DEVELOPMENT SCREENING CHECKLIST	L
Normal Window of Achievement	Milestones	Age Achieved
1 - 2 months	Smiles and Coos	
2 months	Stares follow past midline	
3 -6 months	Balances head *	
3-6 months	Rolls over	
5 - 11 months	Sits without support *	
7-12 months	Says mama, dada	
12-15 months	Walk without support *	
15 months	Able to speak 4 - 5 single words with verb *	
21 months	Able to speak 20 - 50 words with verb	
26 - 36 months	Learning to jump	
24 - 36 months	Toilet trained	
3-4 years	Tries to draw a circle *	
4-5 years w	Buttons, unbuttons and laces shoes	

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	0-5 Years	Circ.	kg	cm	(g/dl)	
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Allergies

Age	Allergy (Foods & Others)	Reaction	Advice / Referral

Recommendations for Feeding

Age of Child	In first 6 mths (180 days)	6 mths to 8 mths	9 mths to 11 mths	12 mths to 23 mths	24 mths to 5 yr
Frequency	Day & night	+	+ + +	+3+	++++
		If needed add:	If needed add:	If needed add:	
Type of foods	Breastfeed only		Breast milk + Soft, thick porridge made with milk Finely chopped or mashed family foods Mashed fruit or fruit juice between meals	•Breast milk + •A variety of foods including thick porridge chopped family foods and fruits	•A variety of family food and fruits
Amount of food to offer	Until baby comes off the	Begin with 2-3 tablespoons	½ bowl	³ ⁄ ₄ - 1 bowl	1 bowl
at each meal	breast	(Increase gradually to ½ cup)			

The bowl shown in the bottom row of the feeding recommendations should be the same size as a ½ lb margarine container

- If the child is not breastfed, ask the health worker for suggestions on feeding him or her.
- If the child is sick continue feeding and give more fluids (breastfeed more often)
- After illness encourage the child to eat more.

Kev:	Meals e.g. Porridge or food from family pot (before adding seasoning)
	Snack e.g. Fruit, fruit juice, bread/roti with nut butter

WHO Child Growth Standards Head circumference (cm)

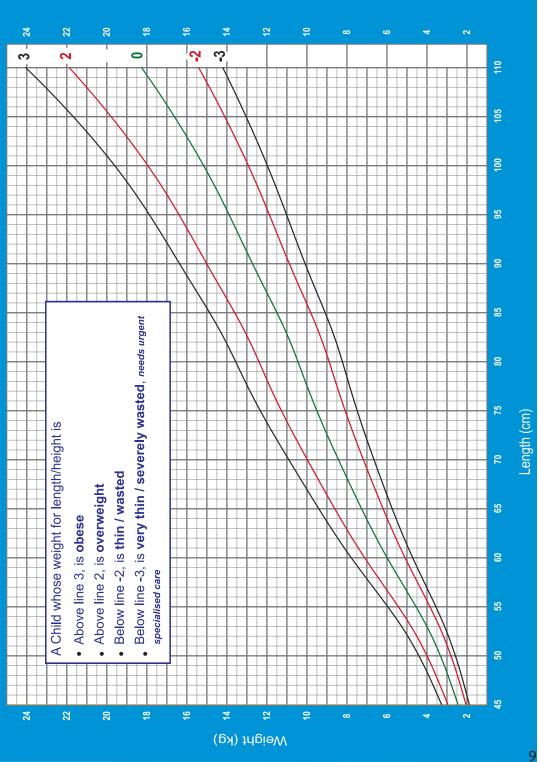
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Birth to 2 years (z-scores) Weight-for-length BOYS

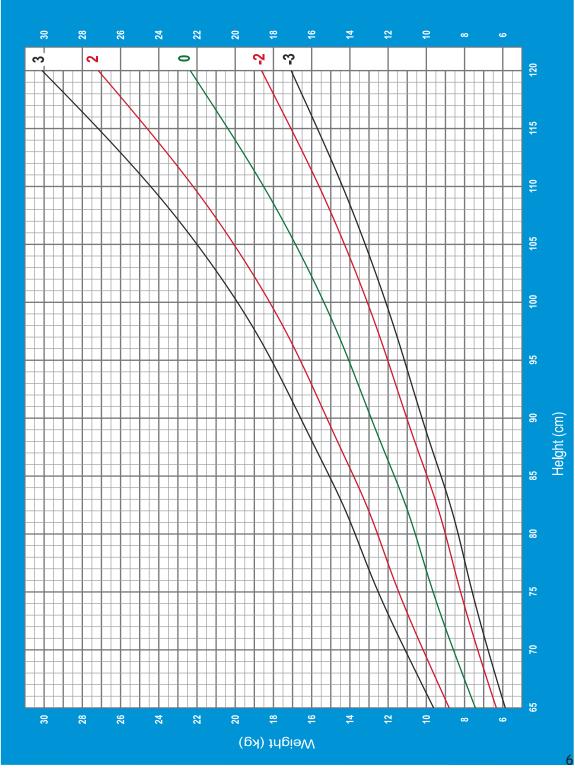




WHO Child Growth Standards

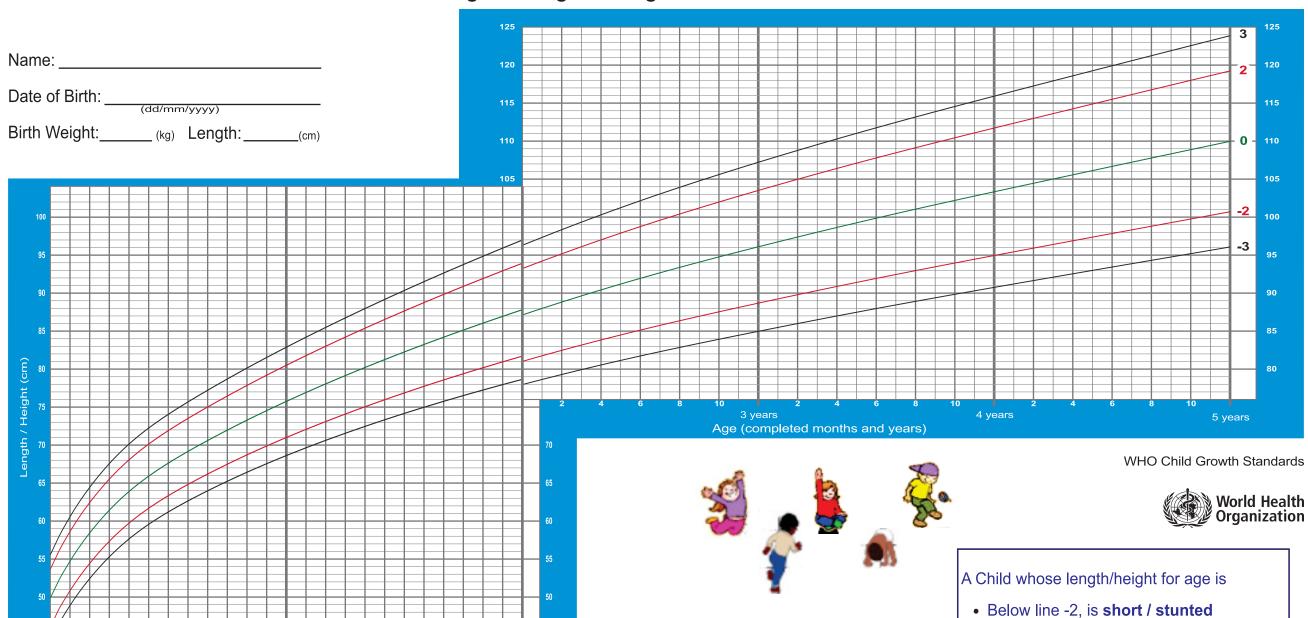
2 to 5 years (z-scores) Weight-for-height BOYS





Understanding Your Child's Growth Chart

Length / Height for Age: Birth - 5 years (z - scores)



Age (completed months and years)

- Below line -3, is very short / severely stunted

Let your child play, move around, see, touch and explore. It helps him to learn and develop.