

# Child Health Book - Samoa



Ministry of Health  
Māhālini o te Ora Samoa



ADB  
ASIAN DEVELOPMENT BANK



World Health  
Organization  
Representative Office  
for the South Pacific

unicef   
for every child





Ministry of Health  
Matagaluega o le Soifua Maloloina

# **Tusi mo le Ola Soifua Maloloina o Tamaiti Child Health Book - Samoa**



*The Ministry of Health acknowledges Toatalaola Cosmos Maualaivao for his artwork to be used as the cover page for the Child Health Book.*

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# UPU TOMUA

O le **“Tusi o Fa’amaumauga o le Soifua Maloloina o Fanau”**, o le galuega sa muai faamaite ai le Vaega o Auaunaga o le Soifua Maloloina mo Fanau ile Falema’i Tele o Tupua Tamasese Meaole, ile tausaga 2004, ina ia suia mai fa’amaumauga o le Soifua Maloloina mai pepa malo (cards) e pei ona sa iai muamua ile tu’uafa’atasia i totonu o se tusi e pei ona ua iai lenei taumafaiga.

E telē se galuega na fa’atinoina e le Matagaluega o le Soifua Maloloina i le toe iloiloina o lenei tusi, ma toe fa’aopoopo nisi o fa’amatalaga e alagātatau ona tu’uina i totonu, ina ia atoatoa ai fa’amaumauga tau le soifua maloloina o fanau.

O le Tusi o Fa’amaumauga o le Soifua Maloloina o Fanau, e fai ma pine fa’amau mo fa’amatalaga e fa’ata’au ile olaga tuputupu’a’e o le fanau mai lava ile taimi e fanau mai ai. E fa’amauina ai fa’amatalaga tau lona tulaga soifua maloloina, o tulaga ma’ale’ale o lona soifua tuputupu-a’e, o fa’amaumauga o ona togafitiga, fa’apea foi ma le fa’amauina o le fa’agasologa o lona mamafa ma lona maua luga, a’o tuputupu-a’e, aemaise ai ole faamaumauga o ona tui puipui uma pei ona faatulagaina i lea vaitaimi ma tausaga o lona soifua tuputupu-ae.

E le gata i lea, ae o le a fa’apea foi ona maua ai ma fa’amatalaga i taumafa talafeagai e tatau ona fafaga ai le fanau, o le fa’atinoga o siaki mo le fa’alogo, o le maloloina lelei o ona nifo, fa’apea ma nisi o fa’amatalaga tau fesoasoani muamua e ao ona silafia mo le fa’afaileleina o le ola tuputupu-a’e o le fanau. O lo o fa’ailoaina atu foi i totonu o lenei tusi, fa’amatalaga tau feso’ota’iga e feso’ota’i mai ai le mamalu o le atunu’u i auaunaga mo’omia mo le soifua maloloina o fanau aemaise feso’ota’iga i ni faalavelave faafuasei.

E fautuaina alii ma tamaitai foma’i ma tausoifua, ina ia fa’aaogaina lenei Tusi o Fa’amaumauga o le Soifua Maloloina o Fanau, e fa’amauina ai fa’amatalaga uma e fa’ata’au ile soifua maloloina o fanau i so’o se vaega o falema’i o lo o fa’atinoina ai auaunaga mo le soifua maloloina o fanau. E faamalosiā foi fautuaga mo matua ina ia malu puipuia le teuina o nei tusi tāua ma le aoga, ma e ao ona fa’aali i so’o se falema’i e asia mo togafitiga o le fanau.

## FOREWORD

The “**Child Health Book**” was the initiative of the Paediatric Team at the TTM National Hospital in 2004 where the original Child Health Card was transformed into a book.

Under the Ministry of Health, the booklet has been further reviewed and revised according to developments in child care, and in particular to incorporate the revised/current immunization schedule.

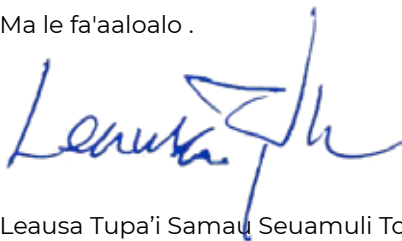
The Child Health Book is a personal record of a child’s health, growth and development milestones during these vital years. It is a book to record all pertinent information of a child from birth such as medical conditions, allergies, growth progress according to weight and height and most importantly to record the child’s immunisations.

Information in the booklet is also provided for parents about immunisations, growth and development, breastfeeding and nutrition, hearing, teeth development, as well as simple first aid instructions for some common childhood conditions. There is also a page for essential health services contact numbers for quick reference and emergencies.

Doctors and nurses are advised to record all necessary information on health and development of the child on this Child Health Book at every patient visit whether for an outpatient consultation, well baby clinic or when discharged from hospital.

Parents are strongly advised to keep this book safe and present it at every visit to a hospital, health or community clinic visit.

Ma le fa'aaloalo .



Leausa Tupa'i Samau, Seuamuli Toleafoa Dr. Take K Naseri  
**DIRECTOR GENERAL OF HEALTH /CEO**  
**Ministry of Health**

Revised Edition May 2022

# O LA'U TUSI SOIFUA MALOLOINA BIRTH HISTORY

PHOTOGRAPH  
OF CHILD



Numera o le Falema'i  
Hospital Health ID number:

\_\_\_\_\_

Aso Fanau  
My Birth Date:

\_\_\_\_\_

Fa'ai'u o le Tamaititi /  
Child's surname:

\_\_\_\_\_

Igoa / Given name(s):

\_\_\_\_\_

Tama po o le Teine / Gender:

\_\_\_\_\_

Suafo o le Tina / Mother's name:

\_\_\_\_\_

Suafo o le tama / Father's name:

\_\_\_\_\_

Matua Tausi / Guardian(s):

\_\_\_\_\_

Nu'u / Village(s):

\_\_\_\_\_

Telefoni / Contact Number(s):

\_\_\_\_\_

# FA'AMAUMAUGA O LE FANAUGA

Aso Fanau / Date of birth: \_\_\_\_\_

Taimi na fanau ai / Time of birth: \_\_\_\_\_

Nofoaga na fanau ai / Place of birth: \_\_\_\_\_

Hospital  /Home Delivery

Ituai'ga o fanauga (fa'atosaga) / Type of delivery: \_\_\_\_\_

Normal vaginal delivery / Assisted delivery / Caesarean Section

Vaiaso o le ma'itaga / Gestational Age: \_\_\_\_\_

APGAR Score: \_\_\_\_\_ 1 minute \_\_\_\_\_ 5 min \_\_\_\_\_ 10 min

Mamafa / Birth weight (Kg.) \_\_\_\_\_

Umi / Length (Cms) \_\_\_\_\_

Fua fa'ata'amilo ile ulu /  
Head circumference (Cms) \_\_\_\_\_

Chest circumference (Cms): \_\_\_\_\_

## FA'AMAUMAUGA O LE FANAUGA

MEDICINES GIVEN AFTER BIRTH	DATE GIVEN	Nurses Name Initial & Signature
Injection Vitamin K		
Chloramphenicol/Tetracycline eye ointment		
Hepatitis-B		
BCG		

Tulaga fa'aletonu se itu tino ina ua fanau mai / Congenital abnormalities:

- Cerebral Palsy / Blindness (Right / left / both)
- Cleft lip / Cleft
- Palate
- Deformities in upper limb(s)
- Deformities in lower limb(s)

Vailaau, meaai e mafua ai le pata o le tino / known allergies:

Mafuaaga e alagatau ona va'aia lelei o lenei tamaitiiti:

This child needs special attention because:

- Fanau i le fale / home delivery
- Fanau mai e le'i atoa le 37 vaiaso / born premature less than 37 weeks
- Mamafa i le fanau mai lalo ifo o le 2.5 kg / Birth weight less than 2.5 kg
- Tulaga e leo atoatoa ai le soifua maloloina o se itu tino ua fanau mai / Has some congenital abnormalities (Refer above)
- Fa'aletonu i lona alaea fa'atoa fanau / Had birth asphyxia



## ROUTINE IMMUNISATION SCHEDULE

NAME OF CHILD:		BIRTH DATE:		NAME OF MOTHER:		
Age	Name of vaccine	Route and site	Date given	Batch number	Name of Nurse	Next appointment date
At birth	Hep-B	IM				
	BCG	ID				
Primary Series 1 (6 weeks)	Oral Polio Vaccine - 1	Oral				
	Rota Virus Vaccine - 1	Oral				
	DPT+Hib+Hep-B-1	IM				
Primary Series 2 (10 weeks)	Pneumococcal Vaccine (PCV13-1)	IM				
	Oral Polio Vaccine-2	Oral				
	Rota Virus Vaccine -2	Oral				
	DPT+Hib+Hep-B-2	IM				
Primary Series 3 (14 weeks)	Pneumococcal Vaccine (PCV13-2)	IM				
	Oral Polio Vaccine-3	Oral				
	DPT+Hib+Hep-B-3	IM				
9 months	Inactive Polio Vaccine	IM				
	Measles, Mumps, Rubella (MMR 1)	SC				
	Typhoid Conjugate Vaccine (TCV)	IM				
15 months	Pneumococcal Vaccine (PCV13-3)	IM				
	Measles, Mumps, Rubella (MMR 2)	SC				
	DPT-Booster	IM				
5 years	OPV-Booster	Oral				
10 years	Td Vaccine	IM				
	Td Vaccine	IM				
13 years and above*	HPV Vaccine - 1	IM				
	HPV Vaccine - 2	IM				

## VITAMIN A AND ALBENDAZOLE SUPPLEMENTATION

Age of the child	Vitamin A and Albendazole schedule (Oral)	Date of Administration	Next Appointment date	Name of the Nurse
9-12 months	Vitamin A - 1 (100,000 IU)			
15 months	Vitamin A - 2 (200,000 IU)			
2 years	Vitamin A - 3 (200,000 IU)			
	Albendazole 400mg			
2.5 years	Vitamin A - 4 (200,000 IU)			
	Albendazole 400mg			
3 years	Vitamin A - 5 (200,000 IU)			
	Albendazole 400mg			
3.5 years	Vitamin A - 6 (200,000 IU)			
	Albendazole 400mg			
4 years	Vitamin A - 7 (200,000 IU)			
	Albendazole 400mg			
4.5 years	Vitamin A - 8 (200,000 IU)			
	Albendazole 400mg			
5 years	Vitamin A - 9 (200,000 IU)			
	Albendazole 400mg			

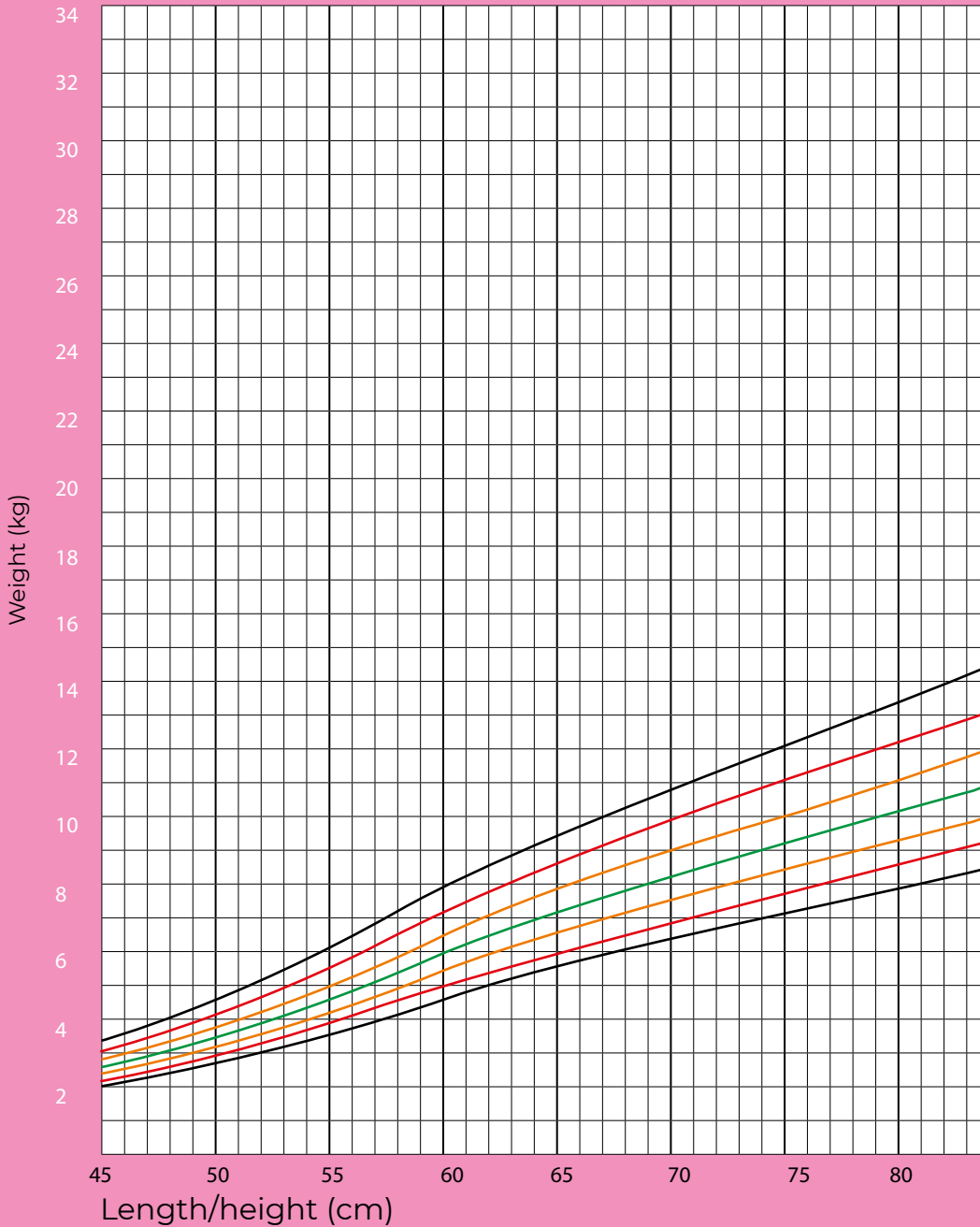
# ISI ITUAIGA TUI PUIPUI SUPPLEMENTARY IMMUNISATION ACTIVITY

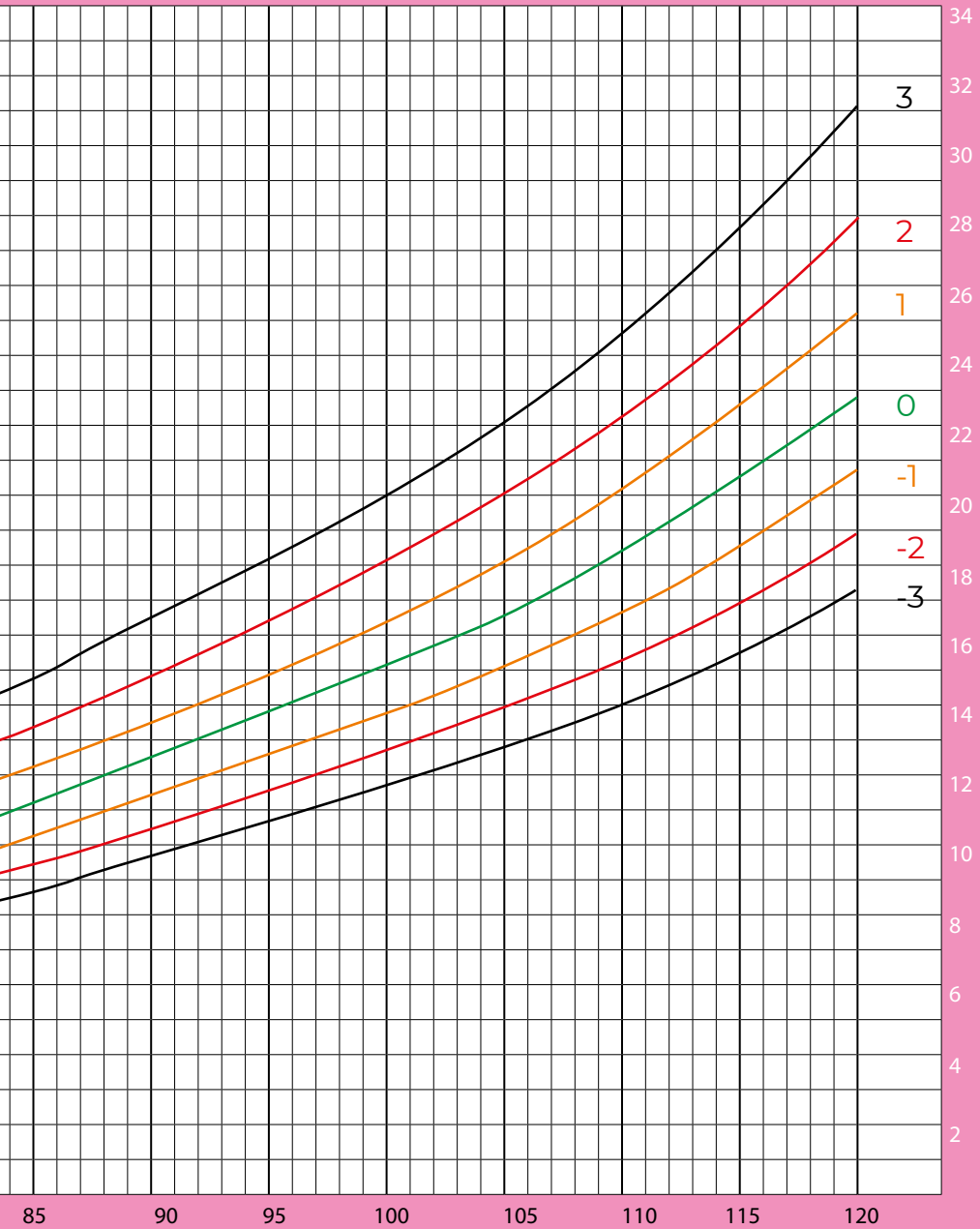
TUI PUIPUI IMMUNISATION	ASO NA FAI AI DATE OF ADMINISTRATION	SAINI SIGNATURE	NISI FA'AMAUMAUGA

## TD VACCINATION FOR PREGNANT WOMEN

ASO NA FAI AI LE TUI DATE GIVEN	FALEMA'I NA FAI AI LE TUI HEALTH FACILITY IN WHICH IT WAS GIVEN

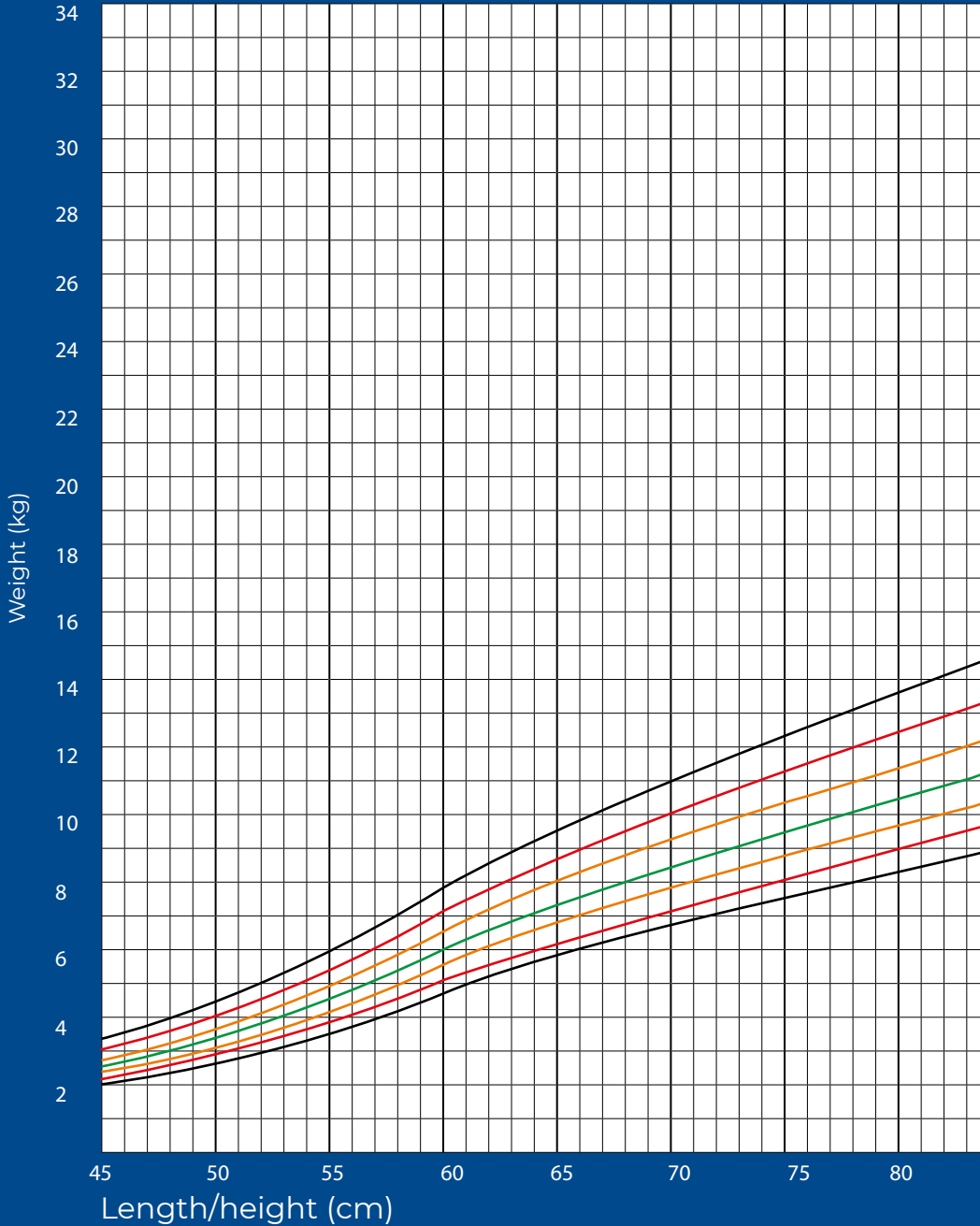
# WEIGHT-FOR-LENGTH/HEIGHT GIRLS Birth to 5 years (z-scores)





# WEIGHT-FOR-LENGTH/HEIGHT BOYS

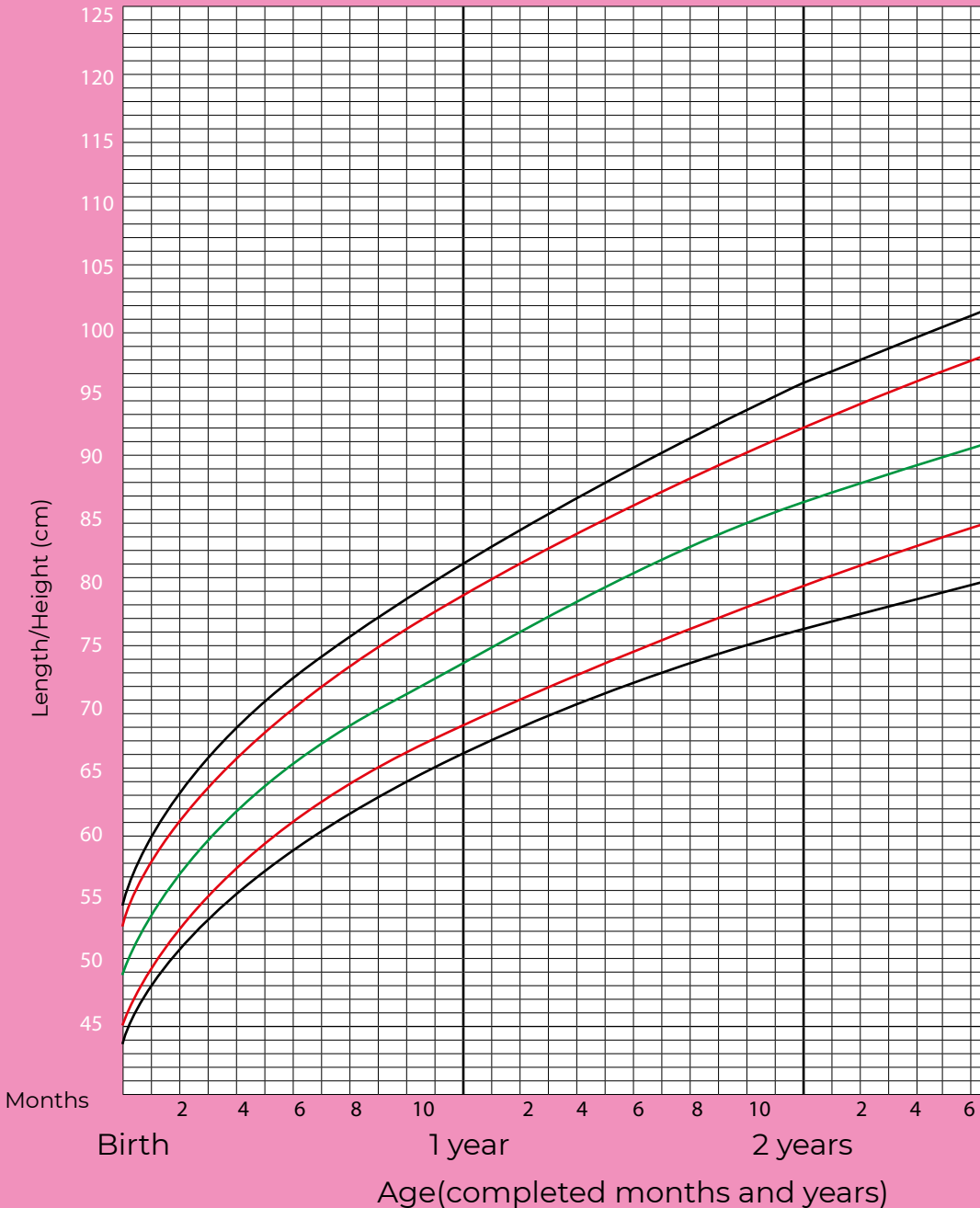
## Birth to 5 years (z-scores)





# LENGTH/HEIGHT-FOR-AGE GIRLS

## Birth to 5 years (z-scores)





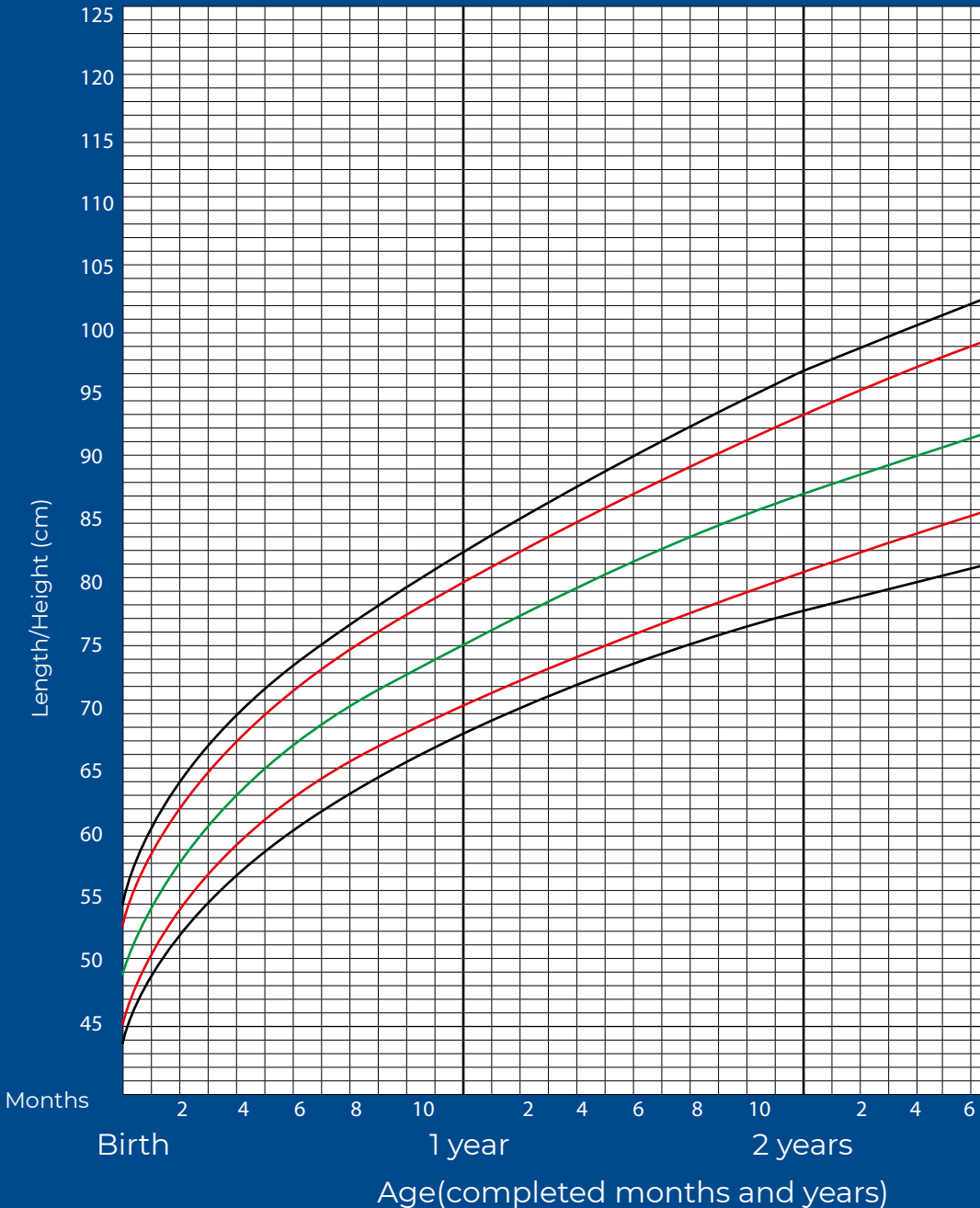


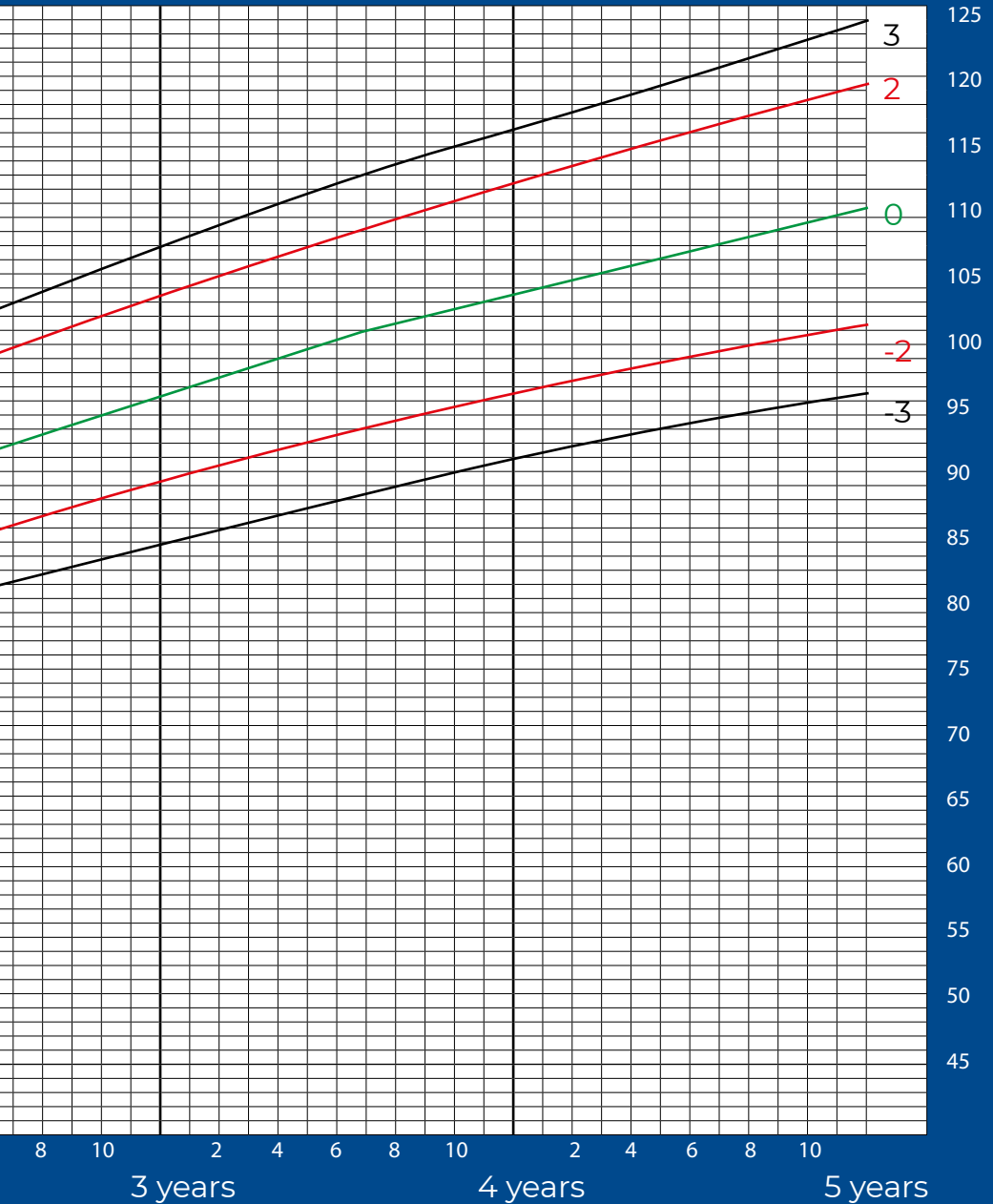
## WHO Child Growth Standards

Ministry of Health, Samoa  
Matagaluega o le Soifua Maloloina

# LENGTH/HEIGHT- FOR-AGE BOYS

## Birth to 5 years (z-scores)





## WHO Child Growth Standards

Ministry of Health, Samoa  
 Matagaluega o le Soifua Maloloina

**Nutritional Assessment of the child**

Visit date	Age	Height (cm)	Weight (Kg.)	MUAC tape colour (✓)	Oedema (✓/X)	Height for Age# Normal/ Stunted	Weight for Height Normal /MAM <sup>s</sup> /SAM /Over-weight	Other diseases* / symptoms	Hemoglo- bin levels	Remedial Action	



# DISCHARGE SUMMARY – 24 HOURS AFTER BIRTH

## HEALTHCARE PROVIDERS TO FILL OUT

Developmental Milestones: Please if present or × if absent<sup>1</sup>.

1. Shows a variety of arm and leg movements (B)
2. Positive rooting and sucking reflex (B)
3. Positive protective head turning reaction (F)
4. Positive Moro reflex (B)

### Total Ticks (Key: B = on back, F= on front)

**NB:** If a baby scores 2 or less , recheck list at next visit. If no full score of 4  after 2 visits, refer to medical officer.

Physical examination

Wt:

Ht:

- |                   |                   |
|-------------------|-------------------|
| • Fontanelles     | • Genitalia       |
| • Eye             | • Anus            |
| • Nose/Mouth      | • Hips            |
| • Ears            | • Back            |
| • Lungs           | • Hips            |
| • Heart           | • Legs/ Arm       |
| • Abdomen         | • Reflexes / Tone |
| • Umbilicus/ Cord | • Skin            |
| • Femoral Pulses  |                   |

Comments Plan: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_

# WELL CHILD DEVELOPMENT CHECK – WEEK 1

## HEALTHCARE PROVIDERS TO FILL OUT

**Progress:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physical examination

Wt:

Ht:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Fontanelles</li><li>• Eye</li><li>• Nose/Mouth</li><li>• Ears</li><li>• Lungs</li><li>• Heart</li><li>• Abdomen</li><li>• Umbilicus/ Cord</li><li>• Femoral Pulses</li></ul> | <ul style="list-style-type: none"><li>• Genitalia</li><li>• Anus</li><li>• Hips</li><li>• Back</li><li>• Hips</li><li>• Legs/ Arm</li><li>• Reflexes / Tone</li><li>• Skin</li></ul> |
|--|--|

Comments Plan: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# WELL CHILD DEVELOPMENT CHECK – 6 WEEKS OLD

## HEALTHCARE PROVIDERS TO FILL OUT

**Progress:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physical examination

Wt:

Ht:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Fontanelles</li><li>• Eye</li><li>• Nose/Mouth</li><li>• Ears</li><li>• Lungs</li><li>• Heart</li><li>• Abdomen</li><li>• Umbilicus/ Cord</li><li>• Femoral Pulses</li></ul> | <ul style="list-style-type: none"><li>• Genitalia</li><li>• Anus</li><li>• Hips</li><li>• Back</li><li>• Hips</li><li>• Legs/ Arm</li><li>• Reflexes / Tone</li><li>• Skin</li></ul> |
|--|--|

Comments Plan: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_

Date \_\_\_\_\_



# WELL CHILD DEVELOPMENT CHECK - 10 WEEKS OLD

## HEALTHCARE PROVIDERS TO FILL OUT

**Progress:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Physical examination

Wt:

Ht:

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Fontanelles</li><li>• Eye</li><li>• Nose/Mouth</li><li>• Ears</li><li>• Lungs</li><li>• Heart</li><li>• Abdomen</li><li>• Umbilicus/ Cord</li><li>• Femoral Pulses</li></ul> | <ul style="list-style-type: none"><li>• Genitalia</li><li>• Anus</li><li>• Hips</li><li>• Back</li><li>• Hips</li><li>• Legs/ Arm</li><li>• Reflexes / Tone</li><li>• Skin</li></ul> |
|--|--|

Comments Plan: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# WELL CHILD DEVELOPMENT CHECK - 14 WEEKS OLD

## HEALTHCARE PROVIDERS TO FILL OUT

**Development Milestones:** Please ✓ if present or x if absent:

1. Brings head and both hands to midline (B)
2. Little or no head lag when pulled to sitting position (B)
3. Kicks strongly, legs moving alternately (F)
4. Lifts head using forearms with support (F)

Total Ticks  (Key: B = on back, F= on front)

NB: If a baby scores 2 or less ✓s, recheck list at next visit. If no full score of 4 ✓s after 2 visits, refer to medical officer.

**Assessment:** **Wt:** \_\_\_\_\_ **Ht:** \_\_\_\_\_

Vision  Hearing

Physical examination: (If Indicated) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments/Plan: \_\_\_\_\_

\_\_\_\_\_

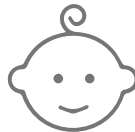
\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# WELL CHILD DEVELOPMENT CHECK – 6 MONTHS OLD

PHOTOGRAPH  
OF CHILD



## HEALTHCARE PROVIDERS TO FILL OUT

**Development Milestones:** Please ✓ if present or x if absent:

1. Brings head and both hands to midline (B)
2. Little or no head lag when pulled to sitting position (B)
3. Kicks strongly, legs moving alternately (F)
4. Lifts head using forearms with support (F)

Total Ticks  (Key: B = on back, F= on front)

**NB:** If a baby scores 2 or less ✓s, recheck list at next visit. If no full score of 4 ✓s after 2 visits, refer to medical officer.

**Assessment:** **Wt:** \_\_\_\_\_ **Ht:** \_\_\_\_\_

Vision

Hearing

Physical examination: (If Indicated) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Comments/Plan: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

# WELL CHILD DEVELOPMENT CHECK - 12 MONTHS OLD

PHOTOGRAPH  
OF CHILD



## HEALTHCARE PROVIDERS TO FILL OUT

**Development Milestones:** Please ✓ if present or x if absent:

1. Brings head and both hands to midline (B)
2. Little or no head lag when pulled to sitting position (B)
3. Kicks strongly, legs moving alternately (F)
4. Lifts head using forearms with support (F)

Total Ticks  (Key: B = on back, F= on front)

**NB:** If a baby scores 2 or less ✓s, recheck list at next visit. If no full score of 4 ✓s after 2 visits, refer to medical officer.

**Assessment:** **Wt:** \_\_\_\_\_ **Ht:** \_\_\_\_\_

Vision  Hearing

Physical examination: (If Indicated) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Comments/Plan: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_





# TUI PUIPUI IMMUNISATION



# VAEGA TAUA E 5 O LE FA'ATINOINA O TUI PUIPUI

Malamalama ile Tui Puipui ma le fa'amai e puipui e le tui sa faatino.

Understand the vaccines given and what diseases they prevent.



Malamala i faafitauli e mafai ona vave aliae pe a uma ona fai le Tui Puipui ma le auala e foia ai.

Know the common side effects and how to deal with them.

Ia e fa'atali mo le 20 minute pe a uma ona fai lou tui Puipui.

Remember to wait 20 minutes at the Immunisation clinic after immunisation.



Ia e manatuaina le aso e toe faatino ai le isi tui puipui.

Remember the date of your next appointment.

Teu lelei le tusi tui ma manatua e ave le tusi ile taimi e fai ai Tui Puipui.

Keep the Child Health Book Safe and bring it to every visit.



## 5 KEY MESSAGES DURING IMMUNISATION



## IA MANATUA

O Tui Puipui e fa'amalosia ai puipuiga fa'alenua o le tino e tete'e atu ai fa'amai pipisi e te ono a'afia ai. O itu lelei pe a fai tui puipui e aofia ai puipuia o le tagata mai le ma'i tigaina i se taimi umi ma ono maluu pe a pesia i siama o fa'ama'i pipisi. E saogalemū ma aoga Tui Puipui.

Afai ua misi isi Tui Puipui o lau pepe e pei ona fa'atonuina i le Tusi Tui, e mafai lava ona fa'aauau le fa'atinoina o Tui Puipui tusa lava pe afai ua misi. Fa'amolemole vave va'ai se foma'i po'o se tausi soifua fa'amauiina i se falema'i lata ane mo nisi fa'amatalaga.

E iai āuga e alia'e pe'ā uma ona fai Tui Puipui, ae o āuga masani e tupu i so'o se pepe/tamaititi pe a uma ona fai tui puipui.

1. Tigā ma fula, mumū le vaega na fai ai le tui, e mafai ona fusi i se fasi ie susū ae aua le niniina i se vix po'o se isi lava kulimi.
2. E fiva le pepe/tamaititi pe a uma ona fai le tui e tusa ma le 24 itula le umi e iloa ai uaaogā le tui. Fa'aauau pea le fa'asusuina o pepe ae fa'ainu se vai po'o sui o fuālaauaina taumafa mata mo tamaiti matutua. Fa'ainu le vai fiva pe a mana'omia pe afai ua fiva tele

Afai e fa'aauau pea ona alia'e āuga i le maea o le 2 aso ma ua fa'apopole ina ai oe vave vaai se foma'i po'o se tausi soifua i se falema'i lata ane. E seāseā lava alia'e ni āuga tugā i le tele o pepe/tamaiti ua uma ona fai Tui Puipui.

## IMPORTANT IMMUNISATION ADVICE

Immunisations prepare your body's immune defence system to fight off certain diseases before you become infected. The benefits of immunisations are that you do not become ill from the disease, suffer from long term complications or even death. Vaccines are safe and effective.

If your baby misses an injection or dose according to the Immunisation Schedule, you can still continue his or her immunisations. Please visit the nearest Vaccination clinic or hospital or see a doctor or registered nurse.

There can be some side effects following vaccinations but these are normal and will go away in a couple of days.

1. Pain, swelling redness at the site of injection- this can be relieved by placing a cool cloth over the site of the injection. Do not massage or use vicks or any other creams.
2. Fever – this usually occurs within 24 hours as an immune response. Continue breastfeeding or for an older child give extra oral fluids. Remove any tight clothing and cool the body with a cool sponge. Give liquid paracetamol as directed if needed to relieve any high fever or discomfort.

If symptoms continue for more than two days or if you are worried or have any questions contact your doctor, registered nurse or visit your nearest health facility. Severe side effects are extremely rare following vaccination.

## FA'AMA'I E PUIPUIA MAI E TUI PUIPUI

**O Tui Puipui o le a puipuia ai lou alo. O ia fa'ama'i e pipisi (e le aofia ai le Tetanus), e iai ogaoga tûgâ o lo'o fa'amatala i lalo.**

- 1. Ate Fefete:** Lea e osofa'i ma fa'aleagaina le ate. O âuga e a'afia ai: le fa'afâufâu, 'e'eva le tino, sasama le tino ma mata. E mafai ona maua ai i le kânesa o le ate.
- 2. Lipi:** O se fa'ama'i ono a'afia ai le âlâe'a ma fa'aletonu ai le mânava, ma e mafai ona maliu ai.
- 3. Tui ona:** O le siama lea e ulufia ai le tino pe'a i ai se lavea po'o le manu'a foi. O âuga e a'afia ai uaua o le tino ma fa'amalô ai maso o le tino ma i'u ina a'afia foi maso o lo'o fesoasoani i le mânava.
- 4. Talevivini:** E fa'aleagaina ai le âlâe'a mo le mânava. Âuga: Malosi tele le tale. E pua'i ma faigatâ ona mânava.
- 5. Misela:** E mâsani ona pata ai le tino, fiva, tafe le isu, tale, tîgâ ma tagi mata. E ono a'afia ai i se fa'ama'i o le fâi'ai.
- 6. Mami:** O le siama vairasi e fulafula ai tûtôga e gaosia ai fâua. E faigatâ ona mânava lelei ma e mafai na maliu ai le tamaititi.
- 7. Rupela:** O âuga e tai fa'afôliga tutusa ma le mîsela. E pata ai le tino ma fiva. E iai a'afiaga tûgâ i pepe fânanau mai i tinâ o a'afia i nei ma'i ao ma'i taga.
- 8. Polio:** E ta'ua o le fa'amai pipili. E mafai ona pe atoa ai le tino pe pipili foi ma fa'aleaga ai maso o lo'o fesoasoani i le mânavâ.
- 9. Hemophilus Influenza type B (HIB):** E mâfua ai le tuaula po'o le fiva fai'ai. E mafai ona maua ai le nîmonia ma a'afia ai so'oga o pônâivi.

## FA'AMA'I E PUIPUA MAI E TUI PUIPUI

- 10. Tuberculosis (TB):** E ono a'afia ai so'o se vâega o le tino ae tele lava i le māmā. E ta'ua lea fa'ama'i o le māmā pala. E filogia le fatutale i le toto ma tale mo le tele o vaiaso. O nisi a'uga, o le afu mālûlû i le po, pa'e'e le tino ma faigatâ ona mânava lelei ma e mafai ona maliu ai le tamaititi.
- 11. Nimonia (Pneumonia):** O le fa'ama'i e afua ai le nimonia e mafua mai i se siama ua tã'ua o le 'pneumococcal' po'o le niunakoko e a'afia ai māmā o le fanau lāiti. O āuga o lenei fa'ama'i e aofia ai le maualuga o le fiva, tale, ma faigata ona mânava. E mafai ona a'afia ai ma ala toto, a'afia ai le faiai, a'afia totonu o taliga, fa'apea ai ma a'afiaga o ala manava
- 12. Manava Tatā:** O le vairasi o le Rota po'o le 'Rotavirus' e mafua ai le manava tatā, ma e fiva, fa'asuati ma faigofie ona pipisi i tamaiti laiti. Afai e manava tatā, e faigofie ona le lava le vai i le tino e mafua ai ona tigaina ma ono taofia ai le falema'i.
- 13. Kanesa – Faaatu Tagata:** O le vairasi ua taua o le HPV (Human Papilloma Virus) e ta'atele ona a'afia ma pipisi mai le isi tagata i le isi tagata. O le HPV e mafai ona mafua ai toga e ola i totoga sa, ma mafua ai le kanesa o le gutu o le toala fanau. E sili atu ma le 200 ituaiga vairasi o le HPV o lo'o iai le lalolagi. E aofia ai totonu o le aofa'i o nei ituaiga o vairasi o le HPV, nisi o ituaiga e maualuga lona a'afiaga, lea e mafua ai le kanesa. O le ituaiga 16 ma le 18 e ta'atele ma o ituaiga ia e lua e maualuga a'afiaga ma afua ai kanesa o le gutu o le toala fanau.
- 14. Taifoi:** O le taifoi e mafua mai le Siama ua taua o le 'Salmonella Typhi' i le faa'peretania po'o le siama taifoi. E telē lona a'afiaga ma e iai taimi e o'o ai ina maliu le tagata ona o le tele o nisi o a'afiaga ogaoga. O āuga o le taifoi e a'afia ai le fiva, o le vaivai pe pepē le tino, tīgā le ulu, tīgā le manava, manava tatā pe mamau foi le manava. E mafai ona pipisi ona o vai ma taumafa ua fa'aleagaina ma a'afiaga o le si'osi'omaga ma le tumamā lautele.

# VACCINE PREVENTABLE DISEASES

Immunisation prevents the following illnesses. These diseases can be spread from person to person (except for Tetanus). Their complications are also discussed below.

- 1. Hepatitis B:** Hepatitis B is caused by a virus which attacks and damages the liver. Symptoms are vomiting, tiredness, jaundice. It can lead to liver cancer.
- 2. Diphtheria:** This bacteria causes a throat infection which can lead to breathing difficulties.
- 3. Tetanus:** This is a disease that results from dirty body wounds. The person develops painful muscle spasms. It can affect muscles of the jaw and even those used for breathing. This can cause difficulty in swallowing and breathing.
- 4. Pertussis:** Pertussis is caused by a bacterium which damages the breathing tubes causing coughing making it difficult for the child to breath.
- 5. Measles:** Measles usually causes a rash, high fever, runny nose, cough and sore watery eyes. It may cause a disease of the brain (encephalitis).
- 6. Mumps:** This is a viral disease causing painful swelling of the salivary glands. A child will complain of pain when swallowing or chewing. Complications can include encephalitis.
- 7. Rubella:** Rubella may cause a mild illness with a rash almost like the measles rash and fever. It can result in abnormalities in infants born to mothers infected during the early months of pregnancy.
- 8. Polio:** This virus can cause paralysis of the whole body and weakness of respiratory muscles that help you to breathe.
- 9. Haemophilus Influenza type B (HIB):** This bacteria often leads to meningitis (an infection of the covering of the brain and spinal cord). It can also cause pneumonia and joint infection.

## VACCINE PREVENTABLE DISEASES

- 10. Tuberculosis:** This can affect any organ in the body but most commonly the lungs, causing coughing that can last for weeks with blood-stained sputum/spit. The child will have night sweats, weight loss, difficulty breathing which may lead to death.
- 11. Pneumonia:** Pneumococcal is one of the bacteria that cause pneumonia in the lungs especially in young children. Symptoms are high fever, cough, difficulty breathing. It can also cause infection in blood stream, infection of brain, middle ear infection, infection of sinus and bronchitis.
- 12. Rotavirus:** Rotavirus causes diarrhea with fever and vomiting and is easily spread among children. Diarrhea can quickly lead to dehydration (loss of fluid from body) which is the main reason for hospital admissions.
- 13. Human Papilloma Virus/ Cervical Cancer:** Human Papilloma Viruses (HPV) are very common among people and can spread easily from person to person. HPV can cause genital warts and major cause of cervical (opening area of the womb) cancer. More than 200 types of HPV exist. Among them some are considered as High-risk types, which are causing cancer. Types 16 and 18 are the two most common high-risk types as they alone cause over 70% of cervical cancers.
- 14. Typhoid:** Typhoid is caused by bacteria called Salmonella Typhi. It is a serious disease and sometimes can be fatal due to its complications. Symptoms of typhoid are fever, fatigue, headache, abdominal pain and diarrhea or constipation. It can be spread by contaminated food and water, poor hygiene habits and inadequate sanitation.

# VACCINATION CONSENT FORM BY PARENTS, CAREGIVERS

## MO LE SILAFIA;

Ua maea ona fa'ailoa mai i a te au le tele o Tui Puipui ole a faia mo la'u tama amata mai i le fa'atoa fanau mai, ma fa'asolosolo ai lava i isi Tui Puipui e fuafua i le matua o lona soifua. Ua ou malamalama foi i le fa'asologa o nei Tui Puipui.

Ua ou iloa le taua o nei Tui Puipui e puipuia ai lau tama ma fanau iti o le atunuu mai fa'amai pipisi. Ua fa'ailoa mai foi ia te a'u ni fa'afitauli po'o ni a'afiaga o la'u tama i le taimi E FA'ATINO ai le Tui Puipui.

Ua ou iloa foi ua fa'atulafonoina le faia ma ma'ea lelei o Tui Puipui o la'u tama ae le'i amata le aoga. E tatau ia te a'u ona teu malu lenei Tusi ma ia mautinoa le tu'uina atu i aso ma taimi fa'atulagaina e fa'atino ai le Tui Puipui.

## TO WHOM IT MAY CONCERN

We have been informed about the vaccines our child will receive, starting from birth as per the country's vaccination schedule.

We understand the importance of these vaccines for protecting our child and also our country from the vaccine preventable diseases. We have been informed about certain common side effects which may happen to our child following vaccination. We understand that by law our child must be fully immunised before starting school. We will provide the necessary support in completing the child's vaccination schedule and follow the advice given following vaccination.

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Saini o Matua/ Signature of Parent(s)

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Aso/ Date

(Refer: Infants Amendment Act 2019)



# **FA'ASOLOGA TUPUTUPU A'E O LE TAMAITITI**

## **GROWTH & DEVELOPMENT**



# FA'ASOLOGA TUPUTUPU A'E O LE TAMAITITI

Matua o le tamaititi (Masina)	Gaioiga o le tino	Gaioiga o le lima	Uiga Fa'aalia	Gagana
<b>3</b>	Fao ae fa'aoga lima e tete'e ai	Matala uma tamatama'i lima	E ata mai a ata atu	Ata ata
<b>6</b>	Saofa'i e mau le nofo le 9 masina	Falefoa'i mea i lima uma e lua	Iloa mea a fiafia ai, ma le fiafia ai	Tau talatal "mama" "papa"
<b>9</b>	Tu i luga ma pipi'i solo	Piki mea laiti i tamatama'i lima	Talotalo fa'atofa	Fa'ata'ita'i fa'aleoga
<b>12</b>	U'u le lima ma savali	Faapa'u se mea o u'u pe a fa'atonuina	Ua iloa pe a vala'au	Iloa ta'u ni upu se lua
<b>18</b>	Savali i luga o sitepu	Iloa fa'aoga le sipuni	Fa'ata'ita'i aga a isi	Iloa ta'uni upu se ono
<b>24</b>	Tamo'e	Tusitusi ma 'osi'osi	Ta'alo fa'atasi ma isi tamaiti	Ua iloa fai ni faiupu se 2 pe 3



# DEVELOPMENT MILESTONES

Age (months)	Gross motor	Fine motor	Social skills	Language
<b>3</b>	Supports weights on forearms	Opens hands spontaneously	Smiles in response to smile	coos, laughs
<b>6</b>	Sits momentarily, sits steadily by 9 months	Transfers objects	Shows likes and dislikes	Babbles “mama” “papa”
<b>9</b>	Pulls to stand	Pincer Grasp	Plays peek-a-boo, waves	Imitates sounds
<b>12</b>	Walks with one hand held, walks in step by 15 months	Release an object on command	Comes when called, helps get dressed	1-2 meaningful words
<b>18</b>	walks upstairs with assistance	Feeds from a spoon	Mimics actions of others	At least 6 words
<b>24</b>	Runs	Scribbles	Plays Alongside others	2-3 sentences







# FUAFUAINA TATAU O TAUMAFANUTRITION

# Taua o le **FA'ASUSUINA** o Tamaiti i ō latou Tinā....

## MO PEPE:

- ✓ Saunia meaai uma e manaomia e pepe mo le ono masina muamua
- ✓ Fesoasoani i le pupulia mai faamai e pei o le mai sela, kanesa ma le mai suka o tamaiti
- ✓ Faamalolosi ai ponaivi o le auvae ma faaitilitia ai faamai o nifo
- ✓ Pulpulia mai se maliu e lei fuafuaina

## MO TINA:

- ✓ Fesoasoani i le taofia le alu o le palapala pe a uma ona fanau. ( faua tele le amata faasusu o le pepe i le taimi faatoa fanau mai ai)
- ✓ Fesoasoani i le pupulia mai o le tina i le kanesa o susu ma le faaau tagata
- ✓ Faaitilitia ai galuega e fai (leai ni fagususu e faia)

## MO SAMOA:

- ✓ Maulinoa le saogalemu i taimi o mala faa-le-natura e pei o: afa, lologa ma isi
- ✓ Maua ai ni tagata faigaluega maloloina ma le atamamai i le lumanai
- ✓ Faaitilitia tupe alu mo le faaleleia o le soifua saogalemu

# BREASTFEEDING

offers more advantages  
than you think.....

## FOR BABY:

- ✓ Provides all the food a baby needs for the first six months
- ✓ Protect against diseases and infections such as asthma, cancer, childhood diabetes, diarrhoea, pneumonia, ear infections.
- ✓ Promotes good jaw development so baby has fewer dental problems

## FOR MUM:

- ✓ A family planning method if mother breastfeeds baby day and night
- ✓ Helps protect against breast and ovarian cancer
- ✓ Increase bonding with baby which helps prevent child abuse and neglect
- ✓ Reduces work load (no bottles to prepare)

## FOR SAMOA:

- ✓ Only Breastmilk is safer for infants when disasters strikes
- ✓ Produces a healthy and intelligent workforce for the future
- ✓ Protects the environment because there is less rubbish
- ✓ Reduces health care costs

# LAGOLAGOINA LE FA'ASUSUINA O PEPE MO SE SAMOA MALOLOINA

**0-6** MASINA

Fa'asusu pepe  
na o le suasusu  
o Tina mo le  
ulua'i 6 masina



# THE Magic OF

# Breastmilk

made by you, specifically for your baby



## COLOSTRUM

- **1 - 3 days**
- Average
- **30mls in 24 hours**

- Rich colour as it is packed with nutrients
- Produced in small amount.
- High in antibodies, especially IgA.
- Prepares and lines baby's stomach for digestion
- Helps to prevent jaundice.
- High in growth factors
- Especially important for premature and sick babies



## TRANSITIONAL

- **3 - 14 days**
- Average
- **500mls Daily**

- Milk becomes lighter and thinner.
- High in antibodies, live cells, good bacteria to help protect baby from diseases
- Becomes higher in energy, fat and lactose (Natural sugar), good for rapidly growing newborn.
- Contains essential active enzymes and hormones.
- Important time for establishing milk supply
- Changes in ingredients and amount to match baby's growing needs.
- Unrestricted feeding schedules are very important for establishing your milk supply.



## MATURE MILK

- **14 - 2 years**
- Average
- **500mls**

- Becomes sweeter, higher in fat and vitamins
- Immunoglobulins increase if amount decreases.
- Is highest in fat at the end of each feed.
- Meets ALL baby's needs for 6 months with benefits continuing lifelong.
- Rich in protein, lactose, vitamins, minerals, antibodies and live cells to support baby's healthy growth and development



# FA'AMATALAGA MO MATUA MA Ē O LO'O TAUSIA FANAU LĀITI

Fafagaina o Pepe ma fanau lāiti sa a'afia i le Misela.



E telē le avanoa e maua ai pepe ma fanau lāiti i le tino pae'e pe a a'afia i le Misela. E taua le fa'asusu lelei o pepe i le suāsusu o Tinā ma fafaga i meaai paleni i taimi uma.

0-6  
masina



- Fa'asusu pepe **NA O LE SUASUSU** o tinā mo le 6 masina muamua.

6 -8  
masina



Palu ia malū mea'ai,  
'aua ne'i suāvaia tele.



- Fa'aaauuina pea le fa'asusuina o pepe ia tinā.
- Fafaga le tamaititi 2-3 'aiga i le aso i polesi, supo po'o meaai palu.  
E.g. supoesi, suafa'i, ulu, fa'i, i'a, fuāla'au 'aina a'anogase o manu fasi.
- Amata i le 2-3 sipuni 'ai i le 'aiga ma fa'aopopo mālie i ai le ½-1 ipu ti i le 'aiga.

9-11  
masina



- Fa'aaauuina pea le fa'asusuina o pepe ia tinā.
- Fafaga le tamaititi 3-4 'aiga i le aso i meaai ua uma ona paluina malū.
- Ave iai 1-2 vai'aiga soifua maloloina i le aso pe'a ma'naomia.
- Fua fa'atatau o le 'aiga; ½ ipu ti i le 'aiga.
- Fa'ainu i vai talafeagai-niu po'o vai 'auli/vai puna

12  
masina  
ile  
2 tausaga



- Fa'aaauuina pea le fa'asusuina o pepe ia tinā.
- Fafaga le tamaititi 3-4 'aiga i le aso i meaai ua uma ona paluina malū.
- Ave iai 1-2 vai'aiga soifua maloloina i le aso pe'a manaomia.
- Fua fa'atatau o le 'aiga; ¾- 1 ipu ti i le 'aiga.
- Fa'ainu i vai talafeagai-niu po'o vai 'auli/vai puna



# INFORMATION FOR PARENTS AND CAREGIVERS

Feeding babies and young children.



0-6 months



- Feed babies **ONLY BREASTMILK** and nothing else for the first 6 months of life.

6 – 8 months



Food should be thick enough to stay on the spoon



- Continue breastfeeding.
- Feed child 2-3 meals per day with porridge, soup or mashed foods. eg. Pawpaw, ripe/cooked banana, breadfruit, fish, chicken, beef.
- Start with 2-3 tablespoons per meal; gradually increase to ½-1 cup per meal.

9 – 11 months



- Continue breastfeeding.
- Feed child 3 – 4 meals per day with mashed or finely chopped family or finger food.
- Offer 1-2 healthy snacks as needed
- Amount per meal: ½ cup
- Give healthy drinks such as water or niu.

12 months to 2 years.



- Continue as per 9 to 11 months but increase food amount to ¾ to 1 cup per meal.



# TAUMAFATA TATAU I SAMOA HEALTHY EATING IN SAMOA



Taumafafa ituaiga meaaai eeseae mai vaega e tolu o meaaai, i aiga taitaasi  
Include a variety of fresh local foods from the 3 Food Groups in each meal

## MEA'AI MASOA'A ANO ENERGY



FLOUR

## FUALA'AU'AINA PROTECTIVE



## ANOGASE O MANU, I'A MA ISI MEAA'AI FA'ATUPUTINO, BODY BUILDING



INCLUDE ALL MEALS; LOCAL ARE BEST.



INCLUDE VEGETABLES AT TWO MEALS  
A DAY AND HAVE FRUIT AS A SNACK.



EAT TWO PORTIONS DAILY.

# HEARING

Aua nei fa'aaogaina ni vavae vili taliga e fufulu ai taliga o tamaiti pepe. O taetuli o taliga latou se fa'amamaina totonu o pu taliga ma e iai le taimi e sau ai lava i fafo.

Fa'amamā le isu ma ia mautinoa le fa'amago lelei.

E iai le fa'agaau i le va o le fa'ai ma le taliga e masani ona mūmū pe a fūlū pe a'afia foi le ala mānava. O le vaega lea e a'afia ai le vaega ogatotonu o le taliga.

Fa'amolemole fa'afeso'otai se foma'i po'o se tausi soifua pe a ua vaaia se sua manogi ua tafe mai totonu o le taliga, po'o ua iai foi se fa'afitauli i le fa'alogo po'o le tautala.

Do not use cotton buds to clean baby's ear. Wax has a job of cleaning the ear and will come out on its own.

Keep the nose clean and dry.

There is a tube between the throat and the ear which can become inflamed when a child has the flu or respiratory infection. This may cause middle ear infections.

Please see doctor if your child develops a smelly ear discharge or if you notice any problem with hearing or speech.





## E FA'APEFEA ONA E ILOA OLO'O O'U LAGONA OE

**O vaega e tatau ona atoatoa e  
iloa ai le lelei o le fa'alogo ma le  
tautala o lau pepe.**

**1. Mai le fa'atoa fanau mai I le 3 masina.**

- Lagonaina o ni leo e masani ona fa'alogo iai.
- Te'i pe oso pe a paō fa'afuase'i

**2. 3 – 6 masina**

- Liliu mai le ulu po'o mata agai se leo e fiafia ai
- E iloa o lo'o fa'alogo.
- E ala gofie pe a paō ni mea.
- Amata ona tautala.

**3. 6 – 12 masina**

- Malamalama I upu faigofie e pei o le leai ma le fa'atofā.
- E fa'ata'ita'i ma tautala I tala.
- Liliu le ulu pe a lagonaina ni leo malie.

**4. 12 – 18 masina**

- Amata ona malamalama I le tele o upu i Vaiaso ta'itasi.
- Pe a fesili iai, e fa'asino mai tagata po'o vaega o le tino po'o ni mea ta'alo.
- E iloa fa'atonuga e fai atu ft “nofo i lalo”
- E manino le tauga o upu ft polo, maile, ta'avale

O le fa'alogo o tamaiti pepe ma tamaiti laiti e fesuisuai I taimi. Afai ae fa'apopoleina oe I le fa'alogo a lau pepe, fa'afeso'ota'i se foma'i po'o se falema'i latalata ane 66684.



## HOW WILL YOU KNOW IF I HEAR YOU?

### A Checklist for your baby's hearing and speech

#### 1. Birth to 3 months

- Settles to familiar sounds or voices.
- Is startled by or jump when there is a sudden noise.

#### 2. 3 – 6 months

- Turns head or eyes towards interesting sounds
- Appears to listen
- Wakes easily to sound
- Starts to make speech- like sound.

#### 3. 6 months to 12 months

- Understands simple words such as 'no' and byebye.
- Begins to copy speech sounds.

#### 4. 12 – 18 months.

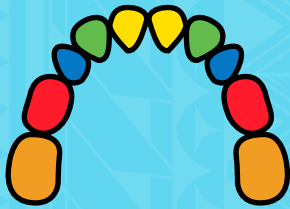
- Appears to understand more words each week
- When asked, points to people, body parts or toys
- Follows simple spoken instructions i.e sit down
- Says two to three real words i.e "ball, dog, car"

The hearing of all babies and children can change over time. If you have any concerns about your baby's hearing, contact your baby's doctor or staff at your local health clinic 66684.

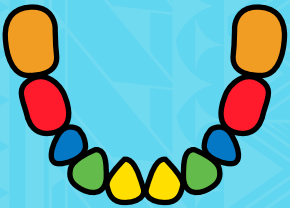
# O O'U NIFO MY TEETH



**TOP**



**BOTTOM**



Tooth:	Appears at:	Falls out:
Central Incisor	8 - 12 months	6 - 7 years
Lateral Incisor	9 - 12 months	7 - 8 years
Canine	16 - 22 months	10 - 12 years
First Molar	13 - 19 months	9 - 11 years
Second Molar	25 - 33 months	10 - 12 years
Second Molar	21 - 31 months	10 - 12 years
First Molar	14 - 18 months	9 - 11 years
Canine	17 - 23 months	9 - 12 years
Lateral Incisor	10 - 16 months	7 - 8 years
Central Incisor	6 - 10 months	6 - 7 years

## O O'U NIFO - MY TEETH

### Fa'ato'a fanua I le 6 masina

Birth to 6 months

**Tausisi e faamama le gutu o pepe e faagaina ai se ie mama e solo lemū ai taenifo/ laulaufaiva/ ma totonu ole gutu**

Keep babys mouth clean by gently wiping the gum/ tongue and mouth with a clean cloth

### Ului nifo ole pepe pe'ā ma le 6 masina le matua

Once you see the first teeth around the 6 months

**Fufulu malie nifo o pepe i se pulumu fulunifo vaivai/ ie mama ae lei se toothpaste. Vaai le fomai nifo mo se siaki**

Gently brush teeth with a soft toothbrush/ gauze/ cloth without toothpaste. Visit the dentist for a checkup.

### 6 masina - 3 tausaga

6 months to 3 years old

**Fufulu nifo o pepe faalua ile aso, aemaise taimi ae lei moe ile po.**

Brush childs teeth at least twice a day and especially before going to bed.

### Tamaiti fa'asusu i fagususu

Bottle fed children

**Aua le tuua umia se fagususus o iai se susu poo se vai suamalie ile gutu o pepe, pea fai ua moe.**

Do not allow a bottle containing milk or sweetened liquid in baby's mouth after they have fallen asleep.

Ta'i 12 masina

Every 12 months

**Vaai le fomai nifo siaki masani.**

Visit the Dentist.



A photograph of a baby lying on a white scale, being weighed by a healthcare worker. The baby is wearing a blue patterned diaper. The healthcare worker's hands are visible near the baby's waist. The background is a clinical setting with a white scale and a blue wall. The image is overlaid with a decorative blue pattern of geometric shapes and arrows on the left side.

# **FESOASOANI MUAMUA MO LOU ALO**

## **FIRST AID FOR YOUR CHILD**

# FESOASOANI FA'A-LE-SOIFUA MALOLOINA

## 1. OSO LE LILI

- E o i luga 'îo'imata ae aliali mai vaega papa'e o mata, ma fa'asolo ina ta'agulu le mânava;
- Fa'asolo ina leiloa se isi pe faa-ma'a'a ma gatete le tino;
- 'Âmata ona tafe mai le piapia i le gutu.

Togafitiga muamua i le fale:

- Fa'atao'to, fa'atafa i lona itu;
- la mautinoa o fa'atafa lona ulu;
- la mautinoa e leai se mea o punitia ai le mânava;
- A faifo le tulaga faigatâ(lili) o le ma'i, ona tapena vave mai loalea i le falema'i

**A sili atu ma le 5 minute o tete ma lili pea, vili loa le falema'i**

## 2. FIVA FAI'AI

- Fiva, le mafai ona ai se mea, pe pu'a'i;
- Faigatâ ona fafagu pe'â moe;
- Tagitagi taimi uma;
- Sasama, pe pei e pulepule/pata mûmû pei e ûno'oa, le tino.

**Âfai ua masalomia ua maua lou alo i le fiva faia'i, 'aumai loa i le falema'i**

## 3. FIVA

- Mâlosi tele le vela (Ua sili atu i le 38 tikeri)

Togafitiga muamua i le fale:

- Tatala'ese' uma ofu ma fa'asausau;
- To'o to'o le ulu ma le tino' âtoa i se ie susû (aue ne'i fa'aaogâ se vai'aisa);
- Fa'ainu se vai fiva (Paracetamol/Panadol) tai 6 itula;
- Fa'ato'aga le faainuina o vaiauli, niu, vai'îpolo

**A sili atu i le 2 pe 3 aso o vela tele pe ua 'âmata ona lili, 'aumai vave loa i le falemai**

## 4. TALE

Togafitiga muamua i le fale:

- Fa'atôaga le fa'ainuina ma fa'asusu pea;
- Fa'ainu se vai fiva pe'a vela tele

## 1. FITS/SEIZURES

- Eyes roll up and breathing becomes heavy/chesty;
- Becomes unconscious or stiffens and shakes uncontrollably;
- Frothing may be present at the mouth.

What to do at home:

- Lie the child on the side;
- Be sure to turn the head to the side;
- Ensure that the airway is clear (mouth and nose);
- Once the fit/seizure or prolonged subsides, bring the child immediately to the hospital

**If fitting/ seizures continue for more than 5 minutes, call the hospital**

## 2. MENINGITIS:

- Fever, refusal to feed, or is vomiting;
- Difficult to wake;
- Has a high pitched cry/moaning cry;
- Has pale or blotchy skin or has a rash (reddish-purple spots)

**WHAT TO DO:** If you suspect your child has meningitis. Bring your child to the hospital immediately.

## 3. FEVERS

- Very hot, not just warm, to touch (temperature more than 38 degrees)

What to do at home: Take off clothing to cool the body;

- Tepid sponge your child with wet towels (Do not use cold water);
- Give paracetamol liquid as directed every 6 hours;
- Keep giving fluids e.g. water, coconut or lemon drinks

Immediately bring to the hospital if fevers continue to spike for more than two days or child starts to fit/ have seizures,

## 4. COUGH

What to do at home:

- \* Give plenty of fluids and continue breast feeding
- \* Give paracetamol/panadol for fevers.

## VA'AI SE FOMAI PE A TOPETOPE LE MANAVA, SELA PE II LE TMANAVA

### 5. MANAVA TATÂ MA PUA'I

- Suâvaia le fe'aumamao e sili atu i le fa'atolu na fai i le aso;
- Fiva, pe pua'i foi ma le mafai ona 'ai se mea'i.

Togafitiga muamua i le fale:

- Fa'aaau pea le fa'asusuina i lona tinâ;
- Fa'atôaga le fa'ainuina i vaiauli/hiu mua/vai pauta fa'apitoa);
- Fafaga pe'â fia ai;
- Taumafai e fa'ainuina mâlie pe'afai e pua'i.

### 6. SAUNIGA O LE VAIPUNA FA'APITOA MO LE MANAVA TATÂ

- Fa'apuna le vai ona fa'ama'alili lea;
- Fua le tasi le lita o le vai;
- Tatala ai le pauta (ORS) e tasi ma sa'eu lelei;
- Fa'atôaga loa le faainuina.

IA MANATUA;



FUFULU MAMÂ LIMA I NI  
VAI MAMÂ MA SE FASIMOLI

# SEE A DOCTOR IF YOUR CHILD HAS FAST BREATHING, IS SHORT OF BREATH OR WHEEZING

## 5. DIARRHOEA AND VOMITING

- Watery stools more than 3 times a day;
- Fevers; vomiting, unable to tolerate feeds.

What to do at home:

- Give clear fluids, coconut juice, soup, or oral rehydration fluids (ORS) after every loose motion;
- Give fluids as tolerated by child;

**If your child is unable to drink, has persistent vomiting, sunken eyes or has no energy, bring to the hospital immediately.**

## 6. HOW TO PREPARE ORAL REHYDRATION SOLUTION (ORS)

- Boil water and allow to cool;
- Measure 1 litre of water into a clean container;
- Pour contents of 1 packet of ORS into the container and mix well;
- Encourage your child to drink small sips frequently/ often.

## REMINDER

**USE BOILED WATER  
FOR DRINKING**



# FESOASOANI FA'ALAVELAVE FA'AFUASE'I MO LOU ALO

## O LE TAMAITITI UA LAOA

### A. Mo pepe se'ia o'o i le tausaga le matua

Gaioiga muamua:

1. Vâla'au mo se fesoasoani.
2. Taofi mau le 'auvae i lalo ina ia mau le ulu o le pepe.
3. Fa'afaô i luga o lou lima po'o lou tuli.
4. Fa'alima ona pô le va i tau'au a le pepe ('aua ne'i mâlosi tele lau pô).
5. 'Ave'ese le mea o lo'o laoa ai le pepe pe' afai o lo'o e iloa atu. Fa'aeteete ne'i te'i ua e tûleia atili i totonu o le fofoga a le pepe.



## FIRST AID MEASURES FOR YOUR CHILD IN AN EMERGENCY

### THE CHOKING CHILD

#### A. Babies up to 1 year

First Aid Measures:

1. Call for help.
2. Firmly support the head by holding the jaw.
3. Hold them upside down across your arm or knee.
4. Slap them between the shoulder blades up to 5 times. Don't be too forceful
5. Remove the object only if you can see it easily. Don't try to fish for it – you may push it further in.

# FESOASOANI FA'ALAVELAVE FA'AFUASE'I MO LOU ALO

## B . Tamaititi Siliga ma le Tausaga le Matutua:

Afai o loo malamalama:

1. Taofi mau mai tua o le tamaititi
2. Fusi ou lima ia so'o le pui manava o le tamaititi.
3. Oomi agai luga i le moa mo se 6-10 taimi.

'Āfai ua le mafai ona aveese le mea ua laoa ai le tamaititi, amata loa gaioiga fa'aola muamua . (Vaai itulau 55 ma 56.)



## B. The Choking Child - Children over 1 year old

If they are conscious:

1. Hold them from behind.
2. Wrap your arms around their waist with your hands clasped.
3. Give 6-10 upward thrusts.

**YOU CAN'T REMOVE THE  
OBJECT IN THESE WAYS, DO  
MOUTH- TO- NOSE (OR MOUTH-  
TO -MOUTH ) BREATHING UNTIL  
HELP ARRIVES.**

# MÂNAVA FA'AOLA MA GAIOIGA FA'AOLA MUAMUA: IA FA'AAOGAINA I FA'ALAVELAVE FA'AFUASE'I

## CPR for Babies – in an Emergency Only

### A. Le âlâ'ea

- Fa'ataliaga le tamaitiiti i se mea mâfofolafola.
- Fa'api'ō la'iititi aga'i tua le ulu. Ia mautinoa e leai se mea o puintia ai lona mânava.
- Fa'aaogâ ou tamai lima ina ia fa'atûlaga sao ai lona auvae.(Vaai I le ata fa'atusa)



### A. Airway

- Put the child on their back on a firm surface.
- Open the airway by gently tilting the head back, not too far.
- Lift their chin with your fingers. (Refer to the above illustration)

### B. Mânava Fa'aola

- Siaki ma va'ai po'o gaioi le fatafata ma fa'alogo po'o mânava. 'Âfai e le'o mânava, 'amata loa ona fa'agaioi lenei:
  - i. Fa'asagatonu pea le ulu a le tamaitiiti i tua. Fa'amaopo lelei ou laugutu ia opo le gutu ma le isu o lou alo. (Mo se tamaititi matua, u'u mau le isu i ou tamaitama'ilima ma opo lelei le gutu o lou alo ma lou fofoga)
  - ii. Ia mânava ifo ni mânava laiititi se 4.
  - iii. Siaki po'o sii' ae' ma pa'u le fatafata a le tamaitiiti.

### B. Breathing

- Look, listen and feel for breathing. If there is none, do the following:
  - i. Keep the child's head back. Seal your lips around nose and mouth. (For an older child, pinch the nose closed with your fingers and seal his/her mouth with yours)
  - ii. Give 4 slow puffs of breath first.
  - iii. Check that the chest rises and falls





### C. Tata o le fatu

- Siaki po'o tata le fatu
- 'Âfai e le'o tata le fatu, vave 'âmata loa gaioiga fa'aola mo le tamaitiiti.
- Tu'u lou lima (po'o ou tamai lima e lua pe afai o se pepe) i le oga totonu o le fatafata ona oomi lea i lalo i le 1.5 – 2.5cm, ma fai fa'aselau i le minute.
- E tatau ona fai pea ni mânava fa'aola e faalima ona fa'agaioi, e pei ona taua.
- Ia fa'aauauina pea lea gaioiga seia taunuu atu se fesoasoani pe mânava foi le tamaitiiti.



### C. Circulation.

- Check the heart by feeling for a pulse on the inside of the upper arm or neck.
- If there is no heart beat or pulse, begin chest compressions.
- Place your palm (or 2 fingers, if it is a baby) on the center of the chest between the nipples and press down 1.5 – 2.5cm at a rate of 100 times a minute.
- After every 30 compressions give 2 breaths through the nose and mouth.
- Keep going until help arrives or the child starts breathing by him/herself.



# NUMERA TELEFONI TAUA IMPORTANT PHONE NUMBERS

**Ambulance**            **911**  
**Fire**                        **911**  
**Police**                    **911**

## Main Hospital

Ministry of Health, Motoootua	68100
Tupua Tamasese Meaole Hospital, Motoootua	21212
Tuasivi MT2 Hspital, Savaii	53511
TTM Immunisation Clinic	66515
TTM Family Planning Clinic	66662
Mental Health Unit and Social Services	66602, 66603
Hearing Clinic	66684
Dental Clinic	66720
Free Toll Number	800-6440

## District Hospitals and Health Centres

### UPOLU

Leulumoega	42210
Faleolo	42940
Saanapu	54015
Poutasi	41618
Lalomanu	47120
Lufilufi	40327

### SAVAII

Satupaitea	53511
Foailalo	56165
Sataua	58086
Safotu	54015

Victims Support	800 7874
Red Cross	23686
Faataua o le Ola	30609
Samoa Family Health	26929
Goshen Trust	27487
Senese	27532
Aoga Fiamalamalama	23818
Salvation Army	8400666

# NOTES





Ministry of Health  
Matagaluega o le Soifua Maloloina