

C. Tata o le fatu

- Siaki po'o tata le fatu
- 'Âfai e le'o tata le fatu, vave 'âmata loa gaoiga 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 gaoiga 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 100 times a minute
- After every 5th press give 1 breath through the nose/mouth.
- Keep going until help arrives or the child starts breathing by him/herself.



UPU TOMUA

Ua saunia lenei tusi ina ia tau'a'aoina atu i mâtua i so'o se falema'i po o se fôma'i/tausi-soifua i taimi uma lava e ave ai lou alo e va'ai. Ia teuina faalelei lenei tusi aua o lo o i ai uma le tala fa'asolopito o le soifuaga o lou alo.

O le a fa'aaogâina foi lenei tusi ma fa'amaumauga o tui puipui vaila'au ma ni mea'ai e mâtua ai le pata o le tino, faapea le silafia ai o le mamafa o lou alo pe o talafeagai ma lona matua.

O lo'o fa'amatalaina atu foi lenei tusi ni metotia e fa'aaogâina pe'â a'afia lou alo i fa'ama'i mäsani o tamaiti.

FOREWORD

This Child Health Book has been designed by the Paediatric Unit of TTM Hospital to improve patients' clinical information keeping, update medical and nursing staff on individual patients/clients conditions, record any known allergies so as to avoid specific allergens, keep immunization records, record progress of weight for age category, and to provide simple first aid instructions for some common childhood conditions.

Doctors and nurses are advised to record any necessary information in this Child Health Book at every patient/client visit, whether for an outpatient consultation, well baby clinic or when discharged from a hospital.

Patients are strongly advised to present this Child Health Book to every hospital/clinic/health center or community clinic at every visit.

Pediatrics Unit 2004;
Revised Feb. 2015, NHS.

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Mânava Fa'aola ma Gaioga Fa'aola Muamua: la Fa'aaogaina i Fa'alavelave Fa'afuase'i

CPR for Babies – in an Emergency only

A. Le âlâ'ea

- Fa'ataliaga le tamaititi i se mea mâtfolafola.
- Fa'api'o la'iititi aga'i tua le ulu. la mautinoa e leai se mea o puintia ai lona mânava.
- Fa'aaogâ ou tama'i 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 gaiogi le fatafata ma fa'alogo po'o mânava. 'Âfai e le'o mânava, 'amata loa ona fa'agaioi lenei:
 - Fa'asagatonu pea le ulu a le tamaititi 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)
 - la mânava ifo ni mânava laiititi se 4.
 - Siaki po'o sii' ae' ma pa'u le fatafata a le tamaititi.



B. Breathing

- Look, listen and feel for breathing. If there is none, do the following:
 - 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)
 - Give 4 slow puffs of breath first.
 - Check that the chest rises and falls

Fesoasoani Fa'alavelave Fa'afuasei mo lou alo

O le Tamaititi ua Laoa

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.

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



The Choking Child

B. 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.

If you can't remove the object in these ways, do mouth- to- nose (or mouth- to -mouth) breathing until help arrives.(See CPR – Pg 55 & 56)

First Aid Measure for your Child in an Emergency

O Ia'u Tusi Soifua Maloloina/ My Health Book

Fa'ai'u o le tamaititi/ Child's Surname: _____

Igoa/Given Name(s): _____

Tama po o le Teine/ Gender: _____

Aso Fanau/Date of Birth: _____

Numera o le Falema'i/ Hospital Number: _____

Nofoaga na fânau ai/ Place of birth: _____

National ID Number: _____

Photo

Suafa o le Tinā /Mother's name: _____

Suafa o le tamā /Father's name: _____

Mâtua Tausi /Guardian(s): _____

Nu'u/ Village(s): _____

Telefoni/ Contact Number(s): _____

Faamaumauga o le Fanauga/ Birth History

Aso Fānau/DOB _____ Taimi na fānau ai/Time of birth _____

Vaiaso o le ma'itaga/Gestational Age: _____

Mamafa/Birth Weight: _____ Umi/Length: _____

Fua fa'ataamilo ile ulu/Head circumference: _____

APGAR Score: _____ 1minute _____ 5mins _____ 10mins

Itūai'ga o fanaūga (fa'atosaga)/ Type of delivery: _____

Tui Puipui/Immunization	Aso na fai ai/Date	Saini/Signature
Hepatitis B		
BCG		
* Please also enter details into immunization table (page 10)		

• Vitamin K given: _____ (date) _____ (signature)

• Chloramphenicol/tetracycline eye ointment given:

• **Date:** _____ **Signature:** _____

• Tūlaga fa'aletonu se itu tino ina ua fānau mai/ Congenital abnormalities:

* Vailaau, meaai e mafua ai le pata o le tino/ Known Allergies: _____

Mafuaaga o le alagātatau ona va'aia lelei o lenei tamaitiiti:

This child needs special attention because:

- Fānau i le fale/home delivery
- Fānau mai e le'i atoa le 37 vaiaso/Born premature – less than 37 week
- Pauna fānau i lalo ifo i le 2.5kg/Birth weight less than 2.5kg
- Tulaga fa'aletonu se itu tino ina ua fānau mai/Has some congenital abnormalities (Refer above)
- Fa'aletonu i lona ālaea fa'ato'a fānau/Had birth asphyxia

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. Vāla'au mo se fesoasoani.
2. Taofi mau le 'auvae i lalo ina ia mau le ulu o le pepe.
3. Fa'afaō i luga o lou lima po'o lou tuli.
4. Fa'alima ona pô le va i tau'au a le pepe ('ava ne'i mālasi 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 tūleia atili i totonu o le fofoga a le pepe.



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.

First Aid Measures for your Child in an Emergency

4. Cough

What to do at home:

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

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 is very lethargic, 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 as tolerated.

Reminder:



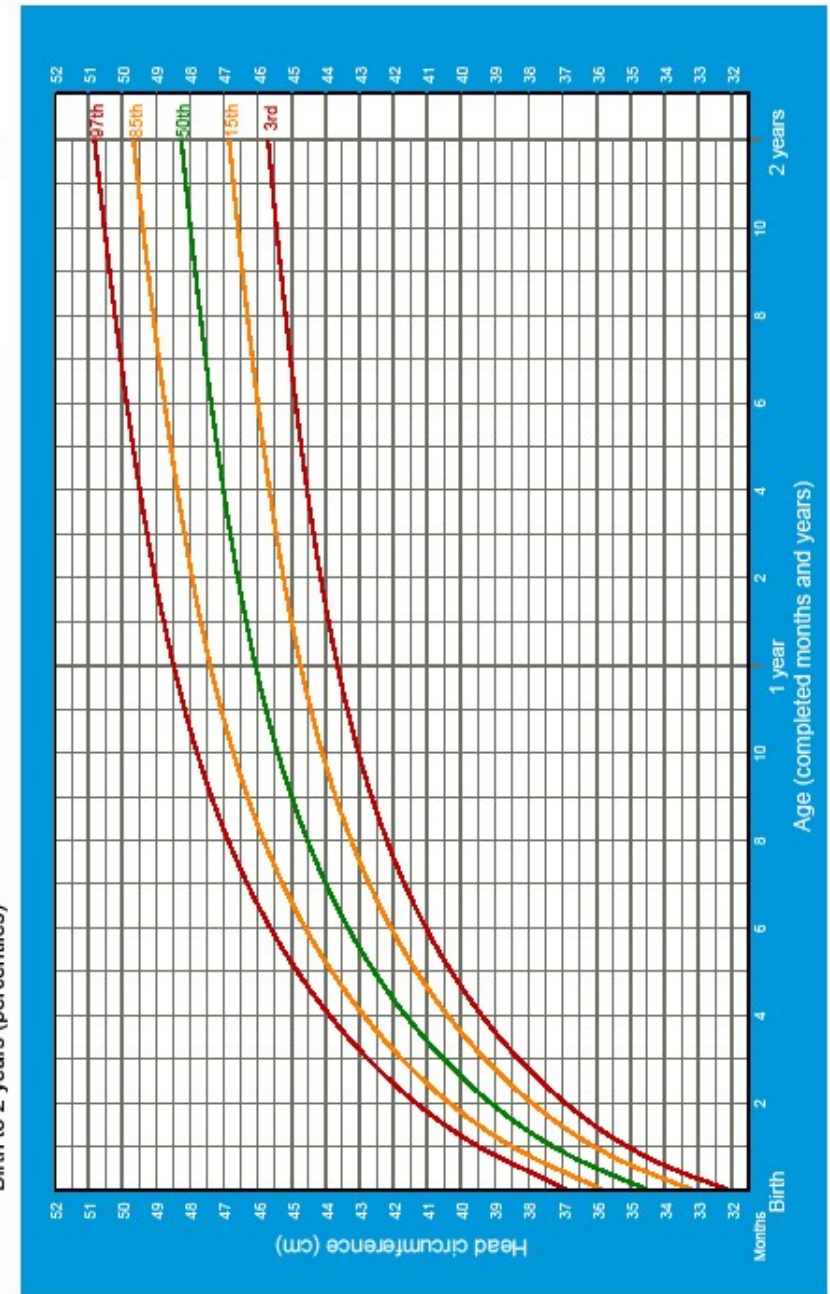
Wash hands with soap and clean water



Use boiled water for drinking

Head circumference-for-age BOYS

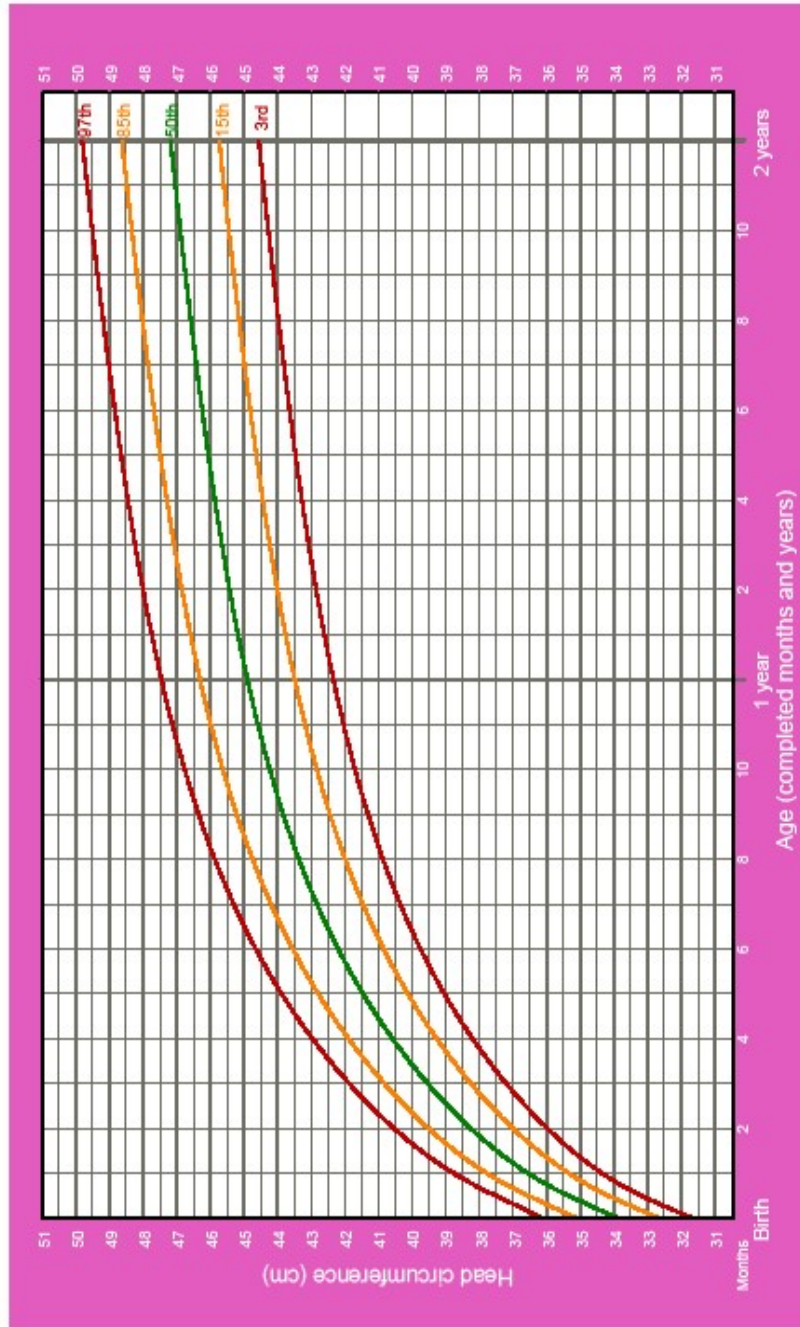
Birth to 2 years (percentiles)



Head circumference-for-age GIRLS



Birth to 2 years (percentiles)



WHO Child Growth Standards

Health Help

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 his/her side;
- Be sure to turn his head to the side;
- Ensure that the airway is clear (mouth and nose);
- Once the fits/seizure subsides, bring 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 immediately bring to the hospital

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 elixir as directed every 6 hours;
- Keep giving fluids e.g. water, coconut or lemon drinks.

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

4. Tale

Togafitiiga muamua i le fale:

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

Va'ai se fomai pe'a topetope le manava, sela pe ii le manava

5. Manava tatâ ma pu'a'i

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

Togafitiiga muamua i le fale:

- Fa'aauu pea le fa'asusuina i lona tinâ;
- Fa'atôaga le fa'ainuina i vaiauli/niu mua/vai pauta fa'apitoa);
- Fafaga pe'â fia ai;
- Taumafai e fa'ainuina mâlîe pe'afai e pu'a'i.

'Âfai ua le mafai ona inu le tamaitiiti po ua tûtô mata ma fa'ai'vai'vâ, vave 'aumai loa i le falema'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 fa'ainuina.

Ia manatua:



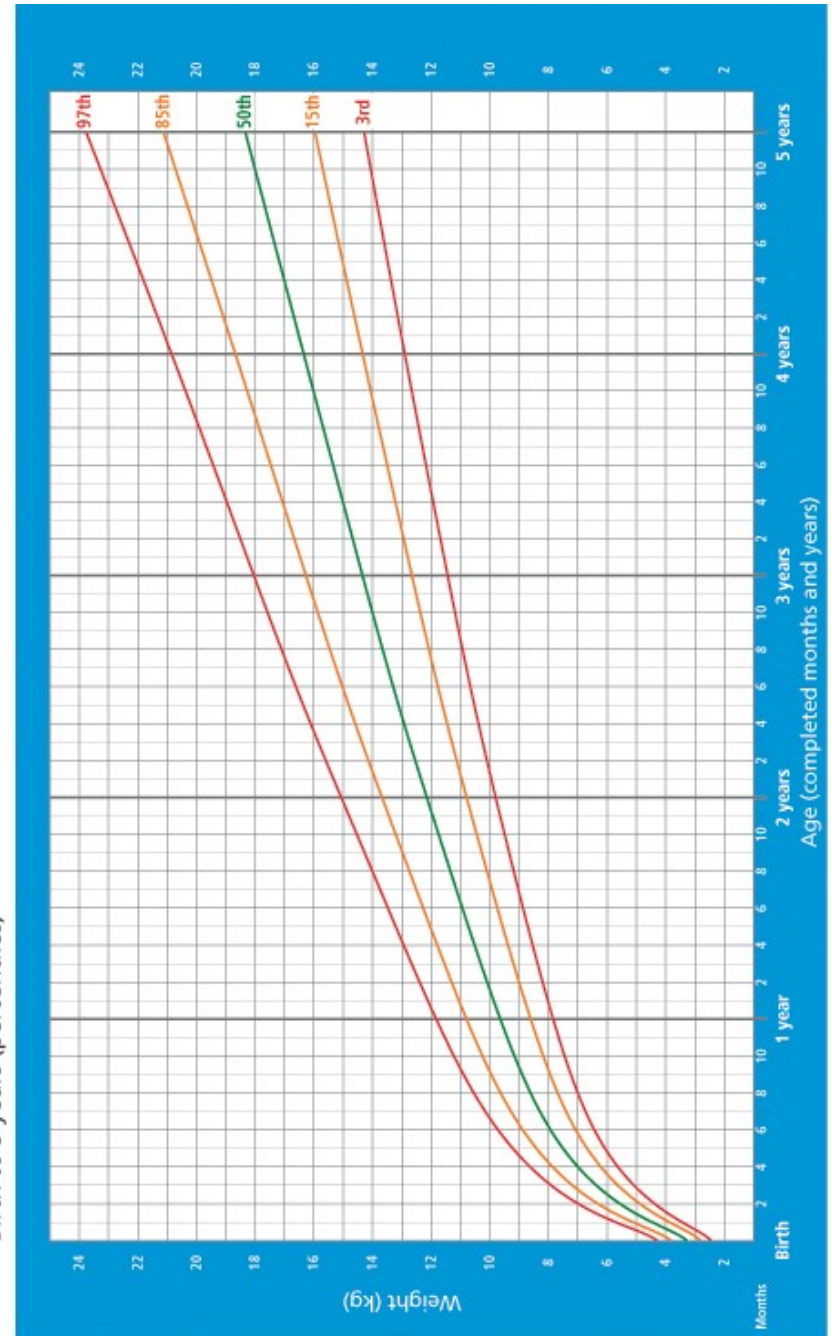
Fufulu mamâ lima i ni vai mamâ ma se fasimoli



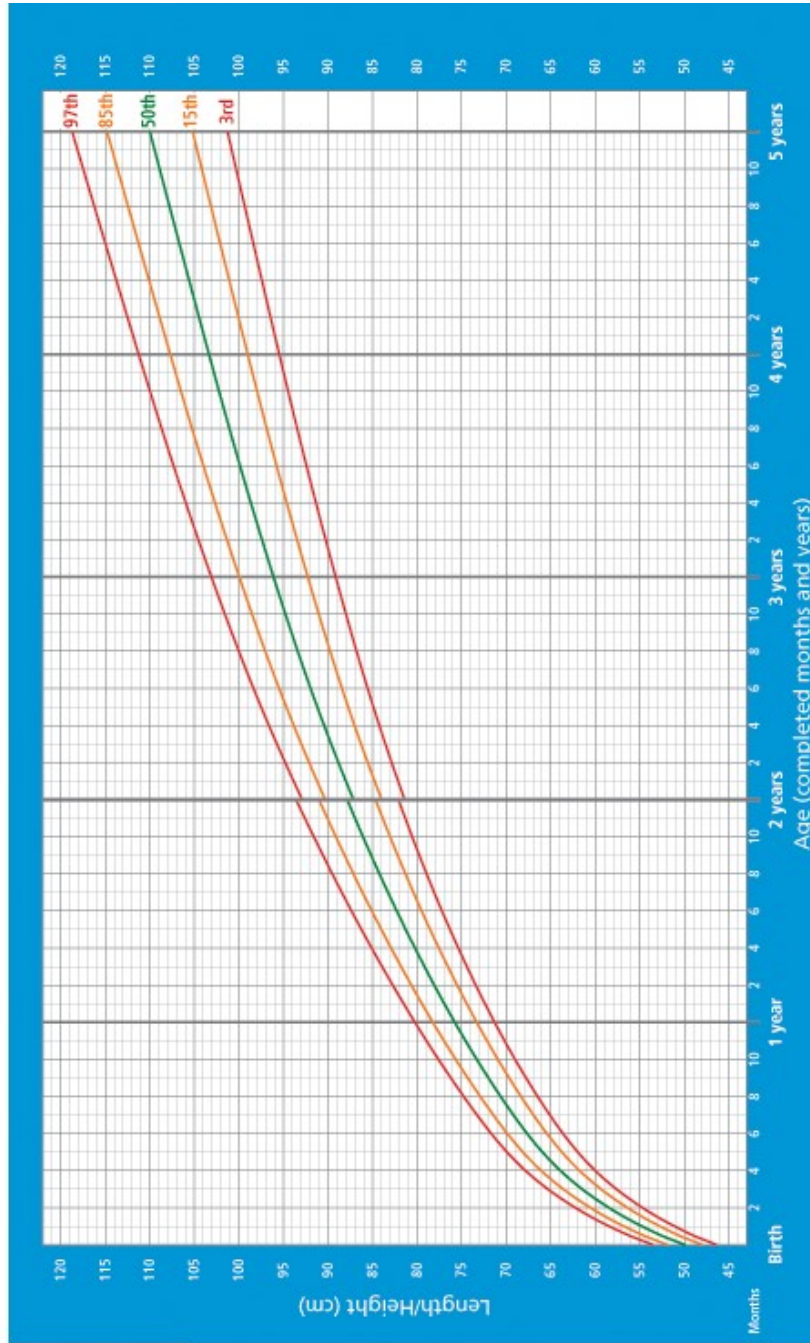
Fa'apuna uma vai taumafa

Weight-for-age BOYS

Birth to 5 years (percentiles)



Birth to 5 years (percentiles)



WHO Child Growth Standards

Fesoasoani Fa'ale-soifua maloloina

1. Oso le lili

- E o i luga 'ifo'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;
- Ia ma'itino o fa'atafa lona ulu;
- Ia ma'itino e leai se mea o punitia ai le mânava;
- A faifo le tulaga faigatâ (lili) o le ma'i, ona tapena vave mai loa lea 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.

Gaioga e fai:

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

3. Fiva

- Mâlosi tele le vevela (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 (**aua 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'ipolo

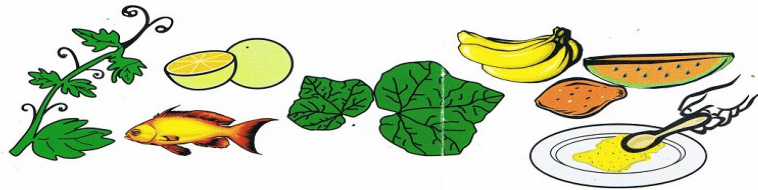
A sili atu i le 2 pe 3 aso o vevela tele pe ua 'âmata ona lili, 'aumi vave loa i le falemai

Ulua'i mea'ai mo le tausiga o pepe

9 masina i le 2 tausaga:

- Fa'aauau pea le fa'asusuina mo le 2 tausaga pe sili atu foi.
- Fa'aopoopo le tele o le mea'ai a le tamaititi a'o tuputupu a'e.
- Fafaga le tamaititi fa'alima pe sili atu i le aso; ave iai vaia'iga talafeagai 1-2 taimi i le aso.
- Aua le avea se lauti poo le kofe i le tamaititi.

'Âfai e le o fa'asusuina pepe i ou suâsusu, e mana'omia lou talanoa i se fôma'i poo se tausi soifua i le fafagina o lau pepe.

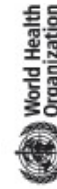


9 months to 2 years

- Continue breastfeeding for 2 years or beyond.
- Slowly increase amount of food as child grows.
- Feed 5 or more times a day; offer nutritious snacks 1 – 2 times per day as baby gets older.
- Don't give baby tea or coffee.

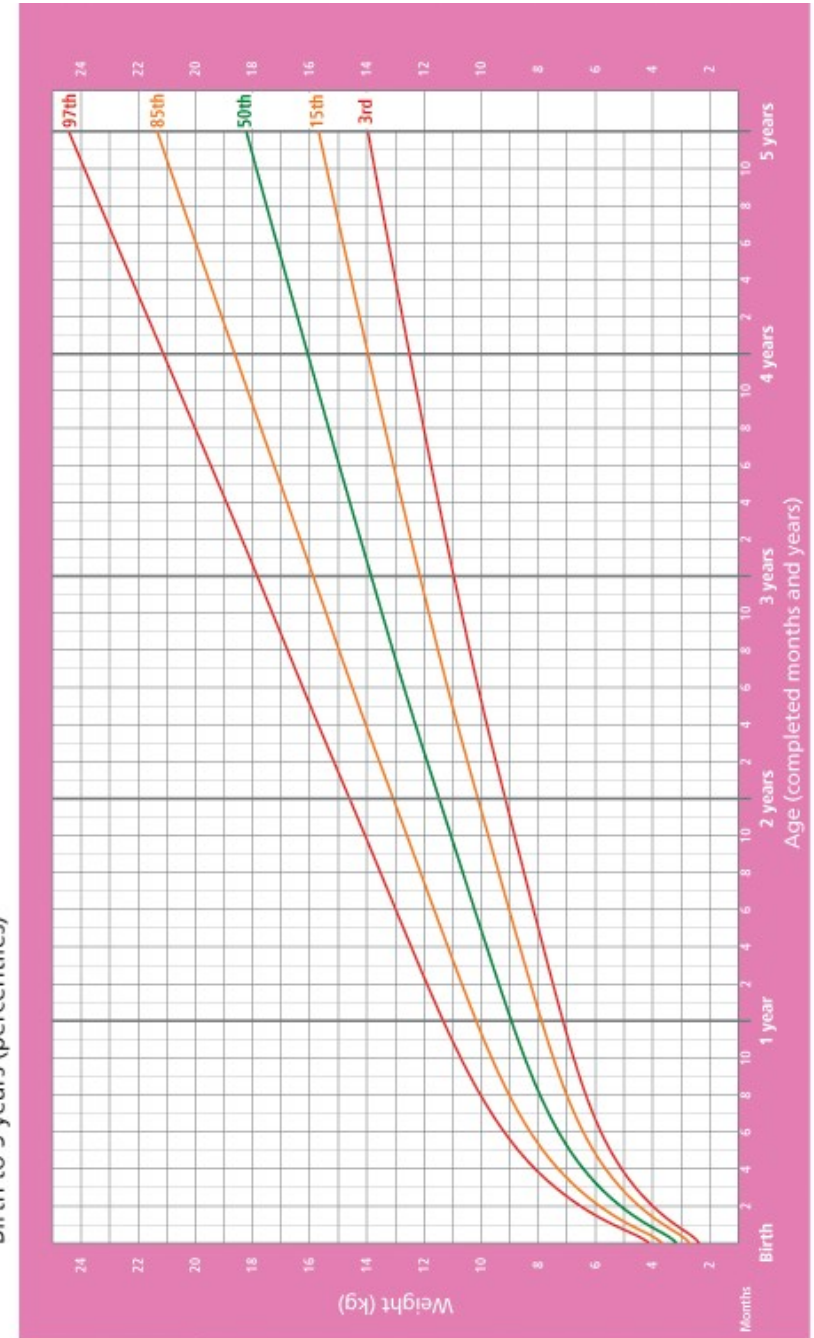
Note: If your baby is not breastfed then you need to talk to your doctor

First food for baby



Weight-for-age GIRLS

Birth to 5 years (percentiles)



WHO Child Growth Standards

Length/height-for-age GIRLS

Birth to 5 years (percentiles)



WHO Child Growth Standards

Ulua'i mea'ai mo le tausiga o pepe

6 – 8 masina:

- Fa'aauau pea le fa'asusuina ia tina
- Amata malie ona fa'aopopo ai se tasi pe lua sipuni ti mea'ai ua uma o na palûina mâlu. E pei o se fa'ataitaiga, supoesi, vaisalo, suafai, suâaraisa, meaai lelei ma fualaauaina ma aanogase o manu.
- Fafaga le tamaititi 2 – 3 taimi i le aso.
- Fa'atino le tumama lautele ma le tagofia lelei o meaai
- Amata ona ave meaai i tamaiti e ai mai le 8 masina.



Mashed food should be thick enough to stay on the spoon

Palu ia malu ae aua le suavaia

6 – 8 months:

- Continue breastfeeding
- Begin adding one or two teaspoons of mashed foods e.g. soup, mashed pawpaws, taro, or mashed meat and vegetable soup (food should be thick enough to stay on spoon)
- Feed child 2 – 3 times a day.
- Practice good hygiene and proper food handling.
- Introduce finger foods/snacks beginning around 8 months.

First food for baby

Ulua'i mea'ai mo le tausiga o pepe

La'asaga e tãua mo le Fa'asusuina o Pepe

- Fafaga pepe i le na o le suãsusu o tina mo le 6 mãsina muamua.
- O le susu so'o o le pepe o le tele foi lea o le suãsusu e gaosia.
- E le manaomia e pepe se vai – tusa lava pe'a vevela le tau.
- 'Aua le fa'aaogaina fagu susu – o fagususu ma matãsusu fai e ono mãfua ai fa'ama'l, ma fa'amuta ai le fa'asusuina o pepe i suãsusu o tina.
- Tatau le suãsusu ma fa'aaoga se ipu e fafaga ai pe 'afai e te lua valavala ma pepe.



Key Steps to Successful Breastfeeding

- Feed baby with breastmilk and nothing else for the first 6 months (exclusive breastfeeding).
- The more often the baby suckles the more milk the breasts make.
- Baby does not need extra water – even in hot weather.
- Do not use a feeding bottle – bottles and teats can cause illness and stop breastfeeding.
- Squeeze out (express) breastmilk and feed from a cup when you are away from baby.

First food for baby

Faasologa o Tui Puipui/Immunization Schedule				
Matua/ Age	Tui Puipui Vaccine	Tui Puipui Vaccine	Tui e sosoo ai Next dose due	Nisi Fa'amaumauga Comments
Aso na fa- nau ai/ At birth	BCG Date & Signature	HepB Date & Signature		
6 Vaiaso/ Weeks	DTP HepB-Hib 1 Date & Signature	OPV 1 Date & Signature		
10 Vaiaso/ Weeks	DTP HepB-Hib 2 Date & Signature	OPV 2 Date & Signature		
14 Vaiaso/ Weeks	DTP HepB-Hib 3 Date & Signature	OPV 3 Date & Signature		
14 Vaiaso/ Weeks	IPV Date & Signature			
9 masina/ months	MMR 1 Date & Signature			
15 masina/ months	MMR 2 Date & Signature			
5 Tausaga/ Years	DTP Date & Signature			

Isi Ituaiga tui puipui/Supplementary Immunization Activity

Tui puipui Immunization	Aso na fai ai Date of administration	Saini Signature	Nisi faamaumauga Comments

la manatua:

- Âfai ua misi le tui puipui o lou alo i le taimi faatonuina, e mafai lava ona toe faia lona tui pe a va'ai se foma'i poo se tausi soifua
- E mafai ona fula pe mûmû foi le vâega ole tino sa fai ai le tui. E maua le mapu o lou alo pe a tu'u ai se i'e susû.
- Fa'ainu le vai fiva e faaititia ai le fiva ma le tîga, e pei ona fa'atonuina.
Fa'afesootai se foma'i, po'o se tausi soifua, pe'a fa'apopoleina pea.

Important Points:

- If your baby misses an injection/dose at the right time, you can still continue his/her immunizations. Please see a doctor or registered nurse.
-

Some swelling and redness at the site of the injection is normal. A cool cloth on the injection site may help relieve this.

- Paracetamol (Panadol) liquid given to baby helps relieve pain and fever. Please check the dose with your doctor, nurse practitioner or pharmacist.

If you are worried or have any questions contact your doctor or nurse practitioner.

Ulua'i mea'ai mo le tausiga o pepe

Fa'asusu na o le suâsusu mai le tinâ mai le taimi e fânau ai se'ia âtoa le 6 masina le matua.



Breastfeed only from birth to 6 months

First food for baby

