



Islamic Republic of Afghanistan



Ministry of Public Health

Mother and Child Health Handbook



Please keep this handbook safe and carry it each time you visit health facility

Dear Parents,

I am happy to introduce the Maternal and Child health (MCH) Handbook to you. The MCH Handbook contains maternal health (before pregnancy, Childbirth and post-partum) and child health records (from newborn until the child age of 5 years old) and contains information on how to maintain health care for mother and child. Maternal and child mortality is a big burden on families, communities and at country level. It affects the wellbeing of coming generation and the country as whole. We hope that by introducing this MCH handbook, pregnant mothers and their children seek preventive and curative services that are available around the country. Every pregnant mother receives one MCH Handbook if a mother had a multiple pregnancy, she will receive the number of MCH Handbooks according to the numbers of newborns she delivered.

The MCH Handbook is available at all health facilities providing maternal and child health services.

I request you to:

- Read and understand the MCH Handbook with your family. If you have any question, for any help please ask health care providers
- Bring the book with you every time you go to the health facility for provision of care during Pregnancy, Delivery, After Delivery, Family planning services, Vaccination, Growth Monitoring, Child Health and other health Services.
- The role of this book in health promotion and protection is very vital and we hope to keep it safe.

I also request the health care providers to provide enough information about the handbook to mothers and fill the records correctly.

Sincerely yours

**Ferozuddin Feroz MD, MPH,
Minister of Public Health**

A handwritten signature in blue ink, appearing to read 'Ferozuddin Feroz', is written over the typed name and title.

Serial Number:

Name of Health Facility :

Code of Health Facility :

Phone Number (if available):

FAMILY IDENTITY

Mother's Name :

Age of Mother:

Education: None Elementary School High School University

Occupation:

Number of Pregnancy: the Last Child Age:

Blood Group: Rh

Father's Name :

Education: None Elementary School High School University

Occupation:

Blood Group: Rh :

Child's Name :

Sex: Female Male

Place of Birth: Villige District Province

Date of Birth:

Child Number:

Blood Group: Rh

Maternal Health

1. Antenatal Care

Care during Pregnancy is important for early detection and treatment of danger signs, and can play important role in mother and their child health

Remember!

If your menses period is late go to the health care provider. Attend at least 4 visits during pregnancy, preferably at the following times. if required, visit the health care provider more frequently.

1 st visit	2 nd visit	3 rd visit	4 th visit

1st visit

(3 months)



2nd visit

(4-6 months)



3rd visit

(8 months)



4th visit

(9 months)



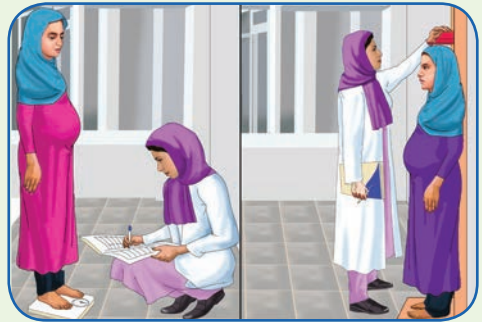
Dear Pregnant mother!

You will receive the following services during ANC visits:

Height measurement: Make sure your height is measured during the first ANC visit, if your height is shorter than 145cm; you are highly recommended to deliver in a health facility, to reduce short stature related pregnancy risk.

Weight measurement:

Make sure your weight is measured during each ANC visit and you gain at least 1 kg/month weight after 4th month of pregnancy.



Blood pressure checkup: Make sure that your blood pressure is checked during each ANC visit, because high blood pressure is a risk factor.

Iron- folic acid tablet: take iron-folic acid tablets as per the health care provider advice preferably during night to reduce nausea. Taking tablet will prevent anemia and neonatal malformation.



Tetanus Toxoid: Make sure you receive TT vaccine as per maternal immunization schedule. It will protect you and your newborn baby against tetanus.

Calcium Tablet: Take Calcium tablets as per health care provider advice preferably during meal time from 5month up to delivery. This helps in prevention of high blood pressure.



Deworming medicine: Take deworming medicine as per health care provider advice after first trimester of pregnancy

Nutrition During Pregnancy

1. Take balanced and diverse food daily, there is no food restriction during pregnancy.
2. Take at least one time additional meal each day.
3. Ensure you take iodized salt in your food.
4. Drink enough water and fluid every day two times between meals (10 glasses or 2-3 liters daily).
5. If you feel nauseous, or vomit and have no appetite, eat food in small portion frequently, non fatty foods such as Fruit, vegetable and bread are preferred and should be eaten more.



Daily care during pregnancy

Protect yourself and baby from malaria by using insecticide treated bednets especially in Malaria endemic areas.



Sleep at least 1-2 hours during the day preferably on your left side, to have a healthy pregnancy.



Avoid heavy lifting for the safety of your-self and your baby.



Do not take any medicines without health care provider advice.

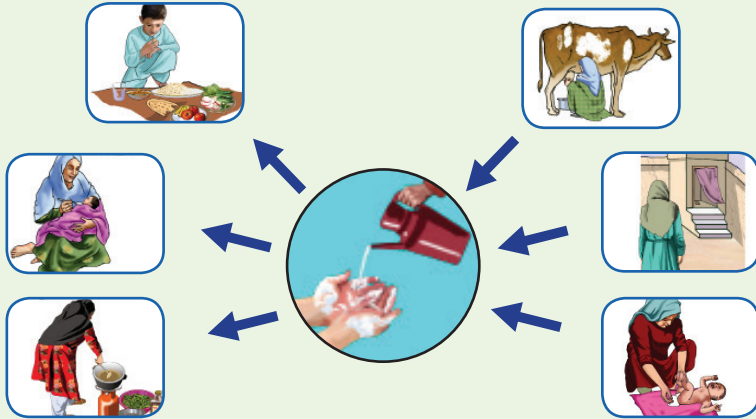


Avoid taking Narcotics, tobacco, hashish, opium, snuff and cigarette smoking.



Hand Washing

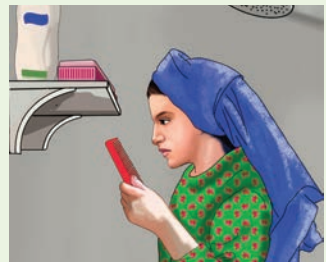
Wash your hands with soap and clean water at the following times:



- After contact with animals. after defecation
- After disposal of child feces, before meals
- Before giving meals to the child, before preparing food

- Take baths at least 1-2 times in a week, and keep yourself and your cloths clean.

- Brush your teeth with toothpaste regularly after each meal.



Birth Preparedness

1. Save some money for delivery and other expenses.



3. Select who will accompany you for delivery.



5. Select a health facility for delivery.



7. Identify means of transportation.



2. Know your expected date of delivery.



4. Identify a blood donor.



6. Identify a person who can care of your home and children while you are visiting a health facility.

8. Prepare a clean delivery kit, if you will not have access to a health facility (delivery should be done in presence of SBA).



Danger Signs during Pregnancy

High Fever



Abdominal pain and /or Fluid leakage before the due date

Convulsions, Severe headache/blurred vision



Edema



Bleeding



2. Intra-partum care

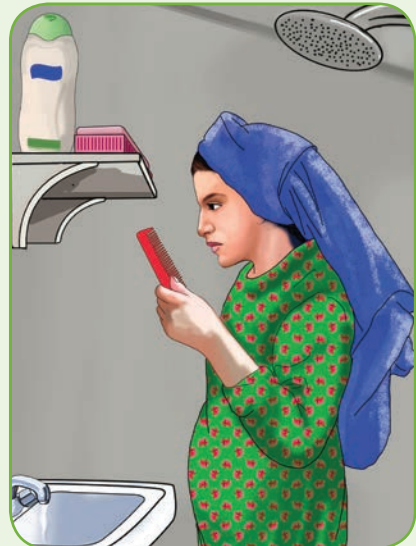
Labor Signs

1. Bloody sticky discharge
2. Painful uterus contractions every 20 minutes or less
3. Amniotic membrane rupture



Self-care during labor

1. Take a comfortable position and feel free to move around
2. Take notice of onset of labor signs
3. Drink plenty of fluid



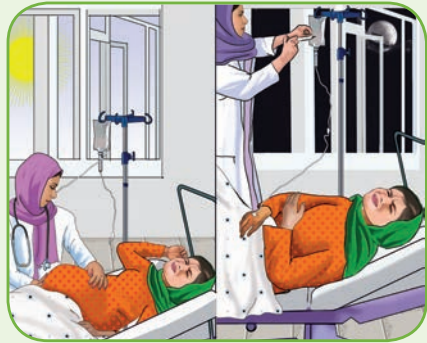
Danger signs during labor

If you experience any of the following signs immediately go to doctor /midwife.

Severe bleeding



Prolonged labor (over 12 hours)



Prolapse of baby's umbilical cord or hand and feet

Difficult breathing

Fever



High blood pressure



Severe headache



Blurred vision



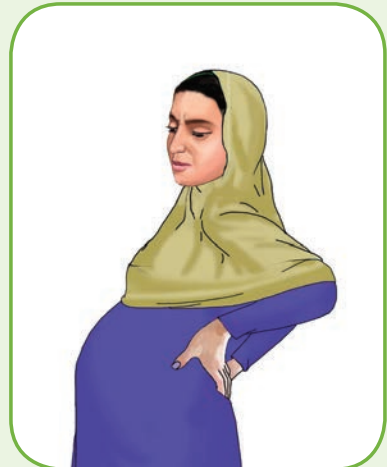
Edema



Convulsions



- Unpleasant smell of the amniotic fluid
- Severe abdominal pain
- Retention of placenta for more than one hour.



3. Post-natal Care

Care during post-natal period is important for early detection and treatment of danger signs of mother and child.

Remember!

Go to doctor or midwife approximately 4 times after delivery, preferably at the following times. if required visit health care provider more frequently.

1 st visit	2 nd visit	3 rd visit	4 th visit

1st visit

(0-24 hours delivery)



2nd visit

(3rd day after delivery)(48-72 Hours)



3rd visit

(Day 7-14 after delivery)



4th visit

(6 weeks after delivery)



Dear mothers

You will receive the following services during post natal visits

1. Assessment general condition
2. Measurement of blood pressure, body temperature, breathing and pulse
3. Examination for bleeding
4. Examination of birth canal and signs of infection



5. Examination of uterus contraction and fundal height measurement
6. Examination of breast, nipple and initiation breast feed
7. Postnatal contraception
8. Management of danger signs
9. Counselling on; taking rest, exclusive breastfeeding ,self-hygiene (plus cleanliness of surgeric wound if the baby is born by caesarean)

Daily care during post-natal

Keep yourself and genital area clean and change your sanitary napkin regularly

Post-natal nutrition:

1. Take iron folic acid tablets for three months after delivery.
2. Eat a balanced diet
3. Get sufficient rest/sleep and drink plenty fluid



Postpartum danger signs

1. Excessive bleeding
2. Foul-smelling vaginal discharge
3. Edema of face, hands and foot, or head-ache and convulsion
4. Fever of more than 2 days
5. Swollen breasts, which are redness and painfull
6. Postpartum depression
7. Uncontrolled Urine and faeces discharge from the Vagina

Note: In presence of the above signs visit the nearest health facility



4. Birth spacing (Family Planning)

Use family planning methods and consider a 3 year interval between pregnancies this will provide enough time to replenish nutrients lost during pregnancy, anemia and it will also prevent unwanted pregnancies, preterm, low birth weight neonates, it will also reduce maternal, neonatal and child mortality.

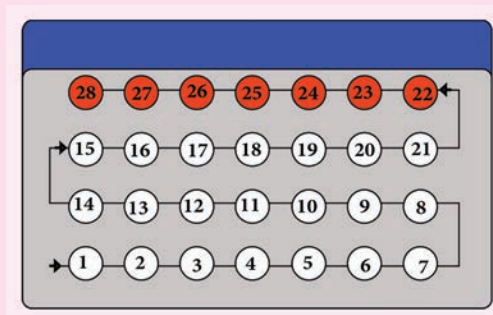
Types of family planning methods:

Lactational amenorrhea: exclusive breast-feeding for the first 6 months after birth may delay menstruation and prevent pregnancy.

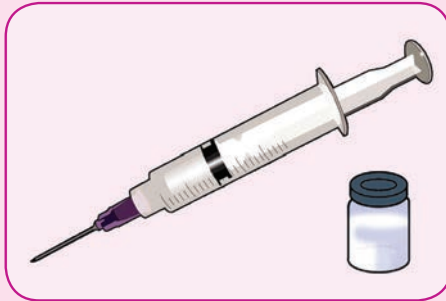
Male condom: This is a plastic cover used by male during sexual intercourse to prevent pregnancy.



Oral contraceptives: You take 1 pill every day (as per doctor's advice). The pill is most effective when you take the pill at the same time every day.

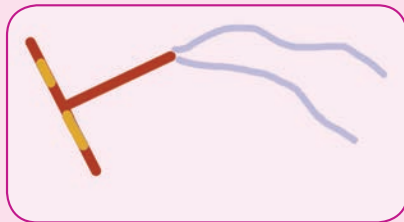


Injectable (DMPA): This is an injection once every 2 or 3 months (as per doctor advice).



IUD or loop: This is a safe and effective method for almost all women. It can provide protection about five years. This method can be implemented immediately after birth and menstruation.

Implant: This is a small rod or capsule (about the size of a matchstick) placed under the skin. This prevents pregnancy for up to 3-5 years.



Precaution: Minor side effects are most common in the first three months after use of the contraceptives. These disappear with continued use of the contraceptives.

ANC Card

Registration No.:

Last menstruation period LMP (specify date)				Expected date of Delivery (EDD) (specify date)		
Pregnancy History	Gravida		Parity		any problems during previous pregnancy and delivery	

Medical History

In case of presence of the conditions below tick the relevant box					
Tuberculosis	Yes	No	Malaria	Yes	No
Hypertension			Liver/Hepatitis		
Chronic renal disease			Allergies (specify)		
Epilepsy			Surgeries (specify)		
Diabetes			Blood transfusion		
RTIs/STI (specify)			Current use of medications		
HIV/AIDS (specify)			Other		
Cardiovascular			Mental disorder		

		Recommended visits			
		1st visit	2nd visit	3rd visit	
Date					
Medical Exam	Weight in Kg				
	BP in mmHG				
	Edema (y/n)				
	Anemia (y/n)				
	Abdominal exam (normal or else)				
	Hearth and lung auscultation (normal or else)				
	Breast/Nipple (normal or else)				
	Uterus High (cm above pubic)				
	Fetus	Lie (specify)			
		Movement (y/n)			
Heart sound (if yes tick)					
if yes tick					
Danger signs and symptoms	Vaginal bleeding				
	Difficulty breathing				
	High blood pressure				
	Fever (degree C)				
	Severe abdominal pain				
	Severe headache/burred vision convulsion /lose of consciousness				
Laboratory test	Urine exam	Protein (+or -)			
		Sugar (+or -)			
		Bacteria (+or -)			
	Hemoglobin (g %)				
	VDRL (+or-)				
Blood Group and RH(specify)					
Services	Iron & Folate supplement				
	TT Injection				
	Other service if any specify				
referral	referred (Y,N)				
	if referred why				
Birth plan (emergency plan if yes tick)					
Counseling (specify)					

	Other visit				
4th visits	5th visit	6th visit	7th visit	8th visit	Other

Delivery Card

Date of delivery		Time of delivery	
Place of Delivery	Home ()	Heath Facility ()	
Health care giver	Doctor ()	Midwife () Other
Type of labor	Spontaneous()	Assisted ()	() SC
Complication during and after delivery	Yes ()	No ()	

Newborn Card

Name		
Birth Weight	Kg	Sex: Male/Female	
Apgar score	At 1 Minute	At 5 Minutes	
Malformations	Yes ()	No ()
Maturity	Premature ()	Mature ()	Post Mature ()

		1st visit (0-6 hrs)	2nd visit (1 week)	Other visits
	Date of visits			
Rapid assessment of newborn	Difficulty in breathing (abnormal breathing, chest indrawing , grunting wheezing)			
	Convulsion/spasm /unconsciousness			
	Cyanosis			
	Fever/warmness			
	Hypothermia/coldness			
	Jaundice			
	Poor suckling			
	Presence of pus/redness of cord/skin or other areas			
Presence of pus or red eye				

PNC Card

	First visit (first 24 hour)	Second visit (second day of delivery (48-72 hour)	Third visit (7 to 14 days after (delivery)	Forth visit (6 weeks after delivery)
Date				
History (any significant point)				
(Temperature (°C				
Blood pressure mmHG				
Anemia	() Yes () NoHB	() Yes () NoHB	() Yes () NoHB	() Yes () NoHB
Edema	() Yes () No	() Yes () No	() Yes () No	() Yes () No
Breast/Nipple				
Height of uterus				
Vaginal bleeding				
Perineal/vagina/cervix tears				
Other complaints				
Iron and foliate supplementation				
Consultation on breast-feeding/nutrition Hygiene				
Birth spacing /FP				
Post-partum problem				
Thromboembolic problems		UTI		
Postpartum depression		Postpartum psychosis		
Other problems				

Family Planning Card

History of abortion		Diseases	Goiter					
Last delivery date			Cardiac					
Abnormal bleeding			Skin					
Duration of menses cycle(normal/abnormal and period)			TB					
Pelvic examination only if Loop are administered/breast examination			High blood pressure					
Severe side effects of one of methods			Liver					
Addiction to smoking and Segar			Diabetic					
Weight/ KG			Renal					
Pallor			Epilepsy/migraine					
Counseling			Others(specify)					
Family planning after delivery	Loop administration during ten minutes at normal delivery after placenta removal	Family planning after abortion	Loop administration after delivery					
	Loop administration during 48 hrs after normal delivery		Implant administration after delivery					
	Loop administration during SC operation		Other methods after abortion specify					
	Implant administration during 48 hrs after normal delivery							
Family planning methods and visits								
Visits		1	2	3	4	5	6	Remarks
Date								
Selection of Family planning methods	Oral tablets							
	Oral tablet pure progesterone							
	Condom							
	Injectable							
	IUD							
	Implant							
Laboratory investigation	Permanent methods							
	Other methods							
	Pregnancy test							
	Urine test							
	HB test							

Child Health

A. Newborn (0-28 days)

1. Signs of healthy newborn:

- Cries immediately after birth
- Whole body is red Pink
- Moves actively
- Birth weight is between 2.5 and 4 KG
- Strongly sucks mother's breast



2. Danger signs of newborns: If one or more of the following signs are observed, immediately take the new-born to the health facility/healthcare provider.

Convulsion



Refuses to suck



High fever

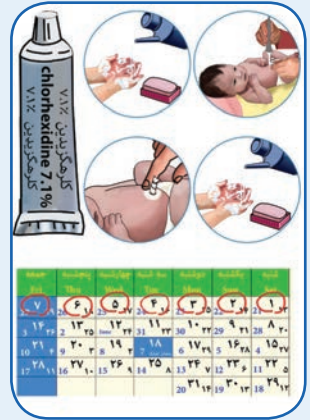


Severe yellowish skin and eyes



Keep baby warm

- Don't bath the baby until 24 hours after birth.
- Skin to skin contact helps with: better thermal protection, increased milk production and reducing respiratory tract infections, improves weight of the baby, it also improves emotional bonding, Uterine contractions and prevents bleeding.
- Wrap baby in dry and soft cloths and cover head of baby all the time.



Umbilical Cord Care

- Wash hands with soap and clean running water before and after caring for the baby
- Make sure newborn's cord is tied well and is not bleeding
- If gel chlorhexidine 7.1% is available apply it on newborn's cord one hour after birth for seven days

Do not apply anything such as dust, snuff, Surma etc ...on the cord and keep it dry and open



Vaccination

- Vaccination prevents diseases, hence fully immunize your children as per the immunization schedule.
- Your child may develop fever, restlessness and swelling in the area of the injection. These are normal signs and will gradually disappear. If continued for more than 48 hours go to health care provider.
- Polio vaccine is safe, vaccinate your newborn and children under 5 years in each round of the polio campaign
- Vaccinate your child under age of 18 months against childhood deadly diseases as per the vaccination schedule



Nutrition

Exclusively breastfeed your child and start in the first hour after birth. It is important until 24 months for your child's growth.

- Initiate breastfeeding within one hour after birth. (The first yellow milk)
- Colostrum protects your baby against disease, do not waste it.
- Exclusively breastfeed your baby until the age of six months on demand, as long as the baby wants, at least 8 times during the day and not less than 4 times during night
- Breastfeeding should be started from both breasts, it stimulates milk production and provides enough breast milk for the child
- Never feed your child with powder or bottled milk. Bottled milk is the cause of many diseases including diarrhea, malnutrition, growth delay, mental retardation, malformation of teeth and family economic problems.



During breastfeeding

Position and attachment

- Take a comfortable position and assure attachment
- Baby's head and body is in one line position
- Hold baby close to you
- Baby's face is against your breast, chin touches your breast and nose is facing the nipple
- Baby's mouth is wide open with lower lip stretched out



- Most of the areola (dark part around the nipple) must insert to baby's mouth



In the following situations mothers may need to express breast milk

- Having sick new-born or low-birth-weight baby
- Being at work
- To relieve symptoms, such as engorgement, or leaking



Method of expressing breast milk:

- Wash your hands thoroughly
- Place finger and thumb to each side the areola and press inwards towards the chest wall
- Press behind the nipple and areola between your finger and thumb, Press and release, press and release.



Remember: if milk is not coming easily out of the breast, wash your breasts with warm water or apply warm compress

6-9 months

- Initiate feeding for the child from the age of six months.
- Feed the child with small quantities 3 times a day and gradually increase, on a daily basis the types and quantity of food to 3-5 times a day.
- Give child with additional food 3 times or ½ cup a day at each meal as well as breastfeeding.

9-12 Months

- Give child additional food 4 times a day or ½ cup a day at each meal beside breastfeeding.

12-24 Months

- Give child additional food 5 times or ½ cup a day at each meal as well as breastfeeding.
- Prepare food in separate bowl to ensure the child eats all of the food

- Try to feed your baby variety of foods at each meal, for example, animal source food (meat, eggs, and dairy products) staple food (grains, roots, maize, rice and tubers) legumes and seeds (beans, lentils, peas) Vitamins and mineral rich food (banana, watermelon, grapes)

- Be patient and actively encourage your baby to eat
- Do not force your child to eat



- Wash your hands and use a clean spoon or cup to give food or liquids to your baby.



Potato and Milk Mash

Ingredients:

- 1 Medium size potato (about 100 grams or ½ cup of chopped pieces of potatoes)
 - ¼ cup milk
 - ½ cup water
 - 1 teaspoon oil
 - 1 teaspoon pounded leafy vegetables or mashed carrots Iodized salt to taste (preferably one light 2-finger pinch of salt)
1. Peel potato, cut it into small pieces and cook in water until soft and the water is almost finished.
 2. Mash potato pieces
 3. Add milk and mix well
 4. Cook for 3-5 minutes and add oil
 5. Add the pounded vegetables and cook for 2-3 minutes
 6. Add iodized salt



Firni

Ingredients:

- 1 cup milk
- 2 tablespoons of rice or rice flour or noshohesta
- 2 tablespoon of sugar



- 2 three grains of cardamom
 - 1 teaspoon chopped pistachios or nuts (if available)
 - 1 teaspoon of chopped fruit, such as banana, apple, or raisin
1. Mix the flour, sugar and cardamom in the milk and boil it for 5 minutes
 2. Serve in flat plate and sprinkle the pistachio and fruits on the dish; leave to become cold

Key messages

- Do not give sweets before meal time, as it makes the child is appetite less
- Give food in a separated bowl
- Give finger food between each meal
- Use oil in the food of children for re-leasing of energy
- Use more local ingredients for complimentary food
- Maintain food hygiene and cleanliness
- Do not use plastic utensils for feeding of your child.



Monitor the child growth and development

- Take your baby to growth monitoring and promotion monthly during the first two years.
- Growth monitoring and promotion sessions can help you identify nutrition problems, your child may have.



B. Child (1 month- 5 years)

Child parenting

- Spend time with child by playing and telling stories etc.
- Pay attention and listen to child's opinion, and assist the child in solving his/her problems
- Train and familiarize yourself with child's positive and negative sides and do not compare the child with others
- Appreciate positive behaviors and actions of the child
- Keep the child away from hot items (stove, iron, and hot utensil), dangerous items (knife, scissors, and electric cord) and places (well, pool, river and highway).
- Treat girls and boys equally and protect them from all forms of violence and abuse.



Eye care

- Do not put traditional eye medicines in the eyes



- In case of foreign body in the eyes just wash it
- Take child to the health facilities when he/she has red eyes or any other eye problems



Oral care

- Teach your child to brush his/her teeth after each meal
- Sit or stand behind your child in a brightly light place, ideally in front of a mirror.
- Assure each child has a separate toothbrush/Maswak and it should be replaced when its shape is changed.
- Teach your child to not break any hard things and dried fruit with teeth
- Provide children's toothpaste for your children, because the child may swallow it



Disabled child parenting

- Give love, affection, spirit and motivation
- Provide toys for children
- Provide security to disabled child
- Take the disabled child to health facility when he/she is ill
- Provide support based on the child's needs such as Eye-glasses, supporting tools, sticks, special shoes, wheelchair etc.
- Train child to perform routine activities independently.



Child Hygiene and Sanitation

- Wash children's hands with soap before eating, after defecation.



- Bath your child regularly at least once a week and change their clothes
- Put shoes on your child

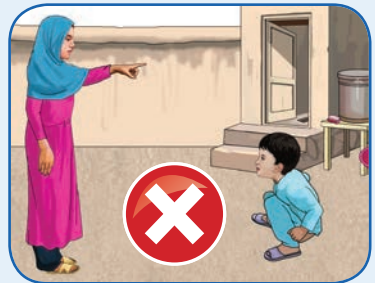


- Cut the child's nails regularly and keep them clean

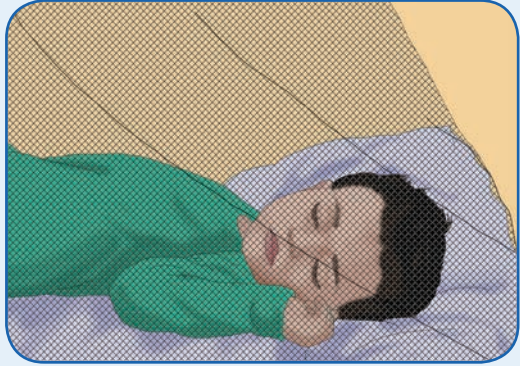
تقسیم اوقات تطبیق واکسین و دواکو موکو د واکسینو نو د تطبیق مهووش

موسم	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش
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موسم ۸	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش
موسم ۹	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش
موسم ۱۰	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش	اکسین و دواکو موکو د واکسینو نو د تطبیق مهووش

- Encourage your child to use toilet



- Keep the child away from cigarette smoke
- Put the child to sleep under a bed net to avoid mosquito bites



Sick Child Care

- Breastfeed sick children more frequently during and after illness, which will help the children recover more quickly.
- Give food and liquids in small quantities, but frequently to children above six months during and after sickness, avoid spicy and fatty food.



Diarrhea

1. Breastfeed sick children more frequently during and after illness, which will help the child recover more quickly.



2. Give child 1/2-1 glass of ORS each time immediately after defecation, as well as Zinc tablets for 10 days; if ORS is not available, give the child boiled water, clean vegetable soup, dough/buttermilk, yoghurt and cooked-rice water.

3. Give food and liquids in small quantity, but frequently to children above six months during and after sickness, avoid spicy and fatty food.
4. Do not give child any medicines unless advised by health personnel



Fever

















- Breastfeed sick children more frequently during and after illness, which will help the baby recover more quickly. (If child still breast-feed)



- Give water frequently to the sick child age above 6 months
- Take the child to the health facilities for more investigations



Child immunization Schedule Registration No.:

Age	Name of vaccine	Date of administration	Please visit on
After birth	BCG 	/ /	When the child is 6 weeks old
	Hep B 	/ /	/ /
	OPV-0 	/ /	/ /
First round 6 weeks of age	OPV-1 	/ /	When the child is 10 weeks old
	Penta-1 	/ /	/ /
	PCV-1 	/ /	/ /
Second round 10 weeks of age	OPV-2 	/ /	When the child is 14 weeks old
	Penta-2 	/ /	/ /
	PCV-2 	/ /	/ /
Third round 14 weeks of age	OPV-3 	/ /	When the child is 9 months old
	Penta-3 	/ /	/ /
	PCV-3 	/ /	/ /
	IPV 	/ /	/ /
In 9 month of age	OPV-4 	/ /	When the child is 18 months old
	Measles-1 	/ /	/ /
In 18 month age	Measles 2 	/ /	/ /

Child Birth Registration Card



دولت جمهوری اسلامی افغانستان
وزارت امور داخله
ریاست عمومی ثبت احوال نفوس و بررسی امور هویت خارجیان
ریاست امور احصائیه
کارت ثبت تولد

این قسمت کارت مربوط اداره ثبت احوال نفوس میباشد

ادرس ثبت کارت در دفتر ثبت تولدات	سکونت اصلی (پدری) طفل
مدیریت / امریت	ولایت
نمبر جلد	شاروالی / ولسوالی
نمبر صفحه	ناحیه
شماره ثبت	گذر / قریه

این قسمت کارت مربوط مراکز صحنی میباشد

شهرت طفل		شاخص های تولد	
اسم	تاریخ تولد	روز	ماه
تخلص	محل تولد	سال	
اسم پدر	جنس		
اسم پدرکلان	نوع تولد	<input type="checkbox"/> دوگانه	<input type="checkbox"/> یگانه
اسم مادر		<input type="checkbox"/> بیشتر	<input type="checkbox"/> سه گانه

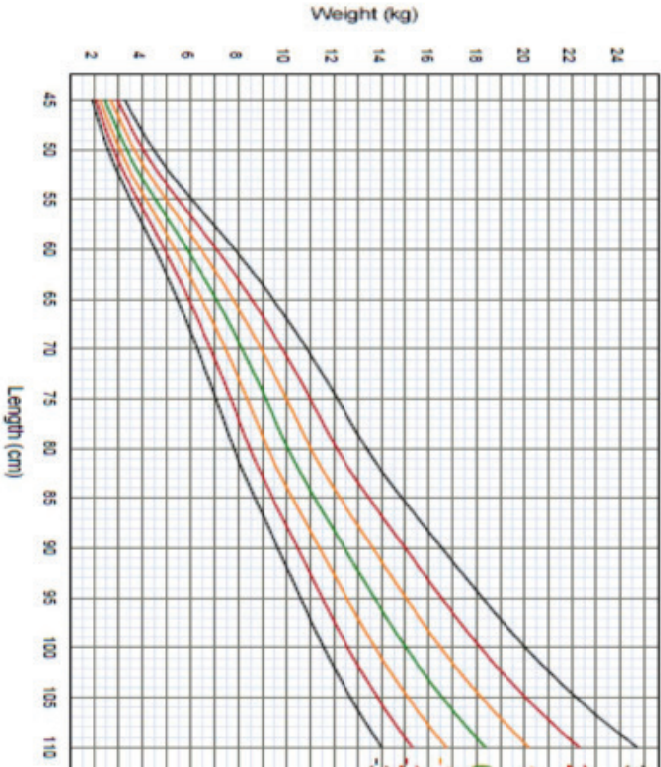
آدرس ثبت تذکره پدر طفل			
نمبر جلد	نمبر صفحه	شماره ثبت	
یونیک نمبر/شماره مسلسل تذکره الکترونیک پدر طفل			

مهر مرجع توزیع کننده

امضا تحریر کننده
تاریخ صدور / /

یادداشت:
والدین طفل نوزاد مکلف اند مطابق بند اول ماده هفدهم قانون ثبت احوال نفوس این کارت را بمنتظر ثبت به اداره ثبت احوال نفوس در خلال سه ماه ارائه نمایند.

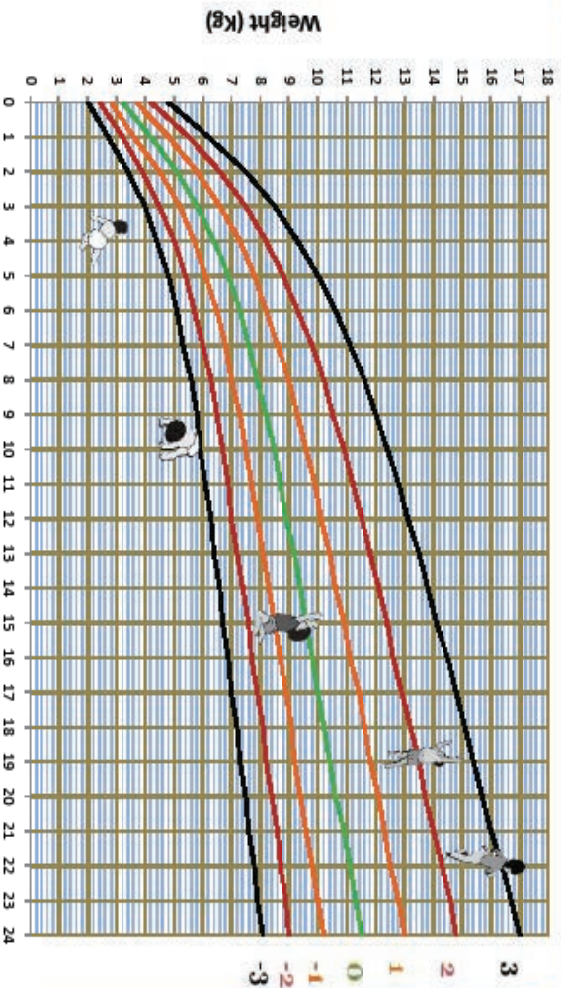
Weight for Length Girl chart (0-24 months) Z-Scores



This weight-for-length chart shows body weight relative to length in comparison to the median (0 line).

- A child whose weight-for-length is above the line 3 is obese.
- Above 2 is overweight.
- Above 1 shows possible risk of overweight.
- Below the line -3 is wasted.
- Below -3 is severely wasted
- Refer for urgent specialized care.

Weight for Age Girl Chart (0-24 months) Z-Scores



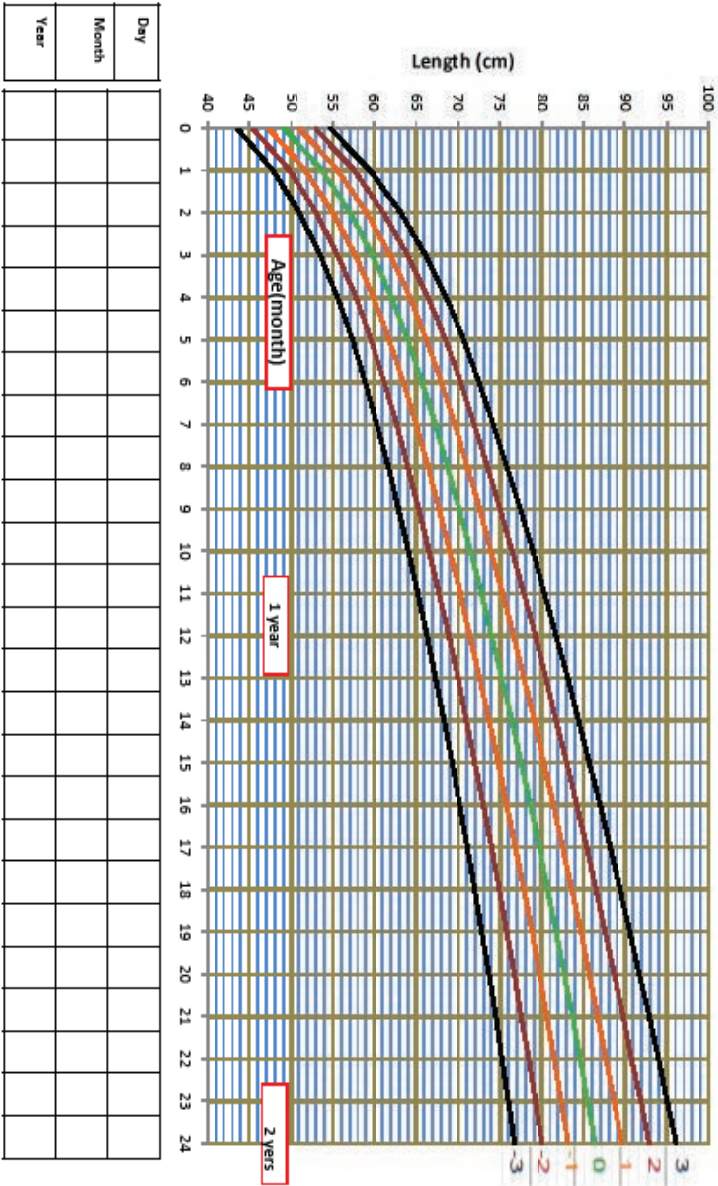
This weight-for-age chart shows body weight relative to age in comparison to the median (0 line).

- A child whose weight-for-age is below the line -2 is underweight. Below -3 is severely underweight. Clinical signs of marasmus or Kwashiorkor may be observed.

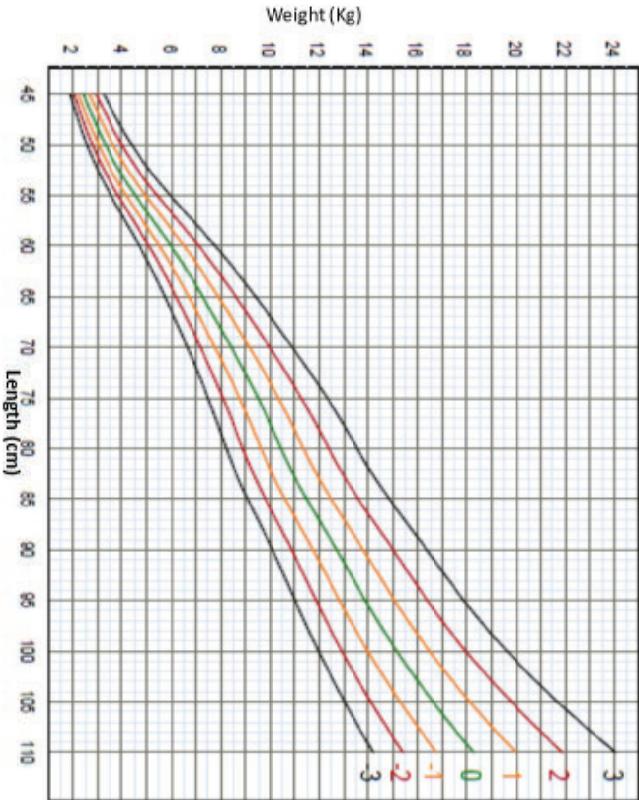
Age(month)

WATCH THE DIRECTION OF THE LINE SHOWING THE CHILD'S GROWTH	
GOOD Means the child is growing well.	
DANGER SIGN Suggest feeding the child at least 5 times each day	
VERY DANGEROUS child may be ill, needs extra care	

Length-For-Age Girl, (0-24 months) Z-scores)



Weight for Length Boy chart (0-24 months) Z-Scores

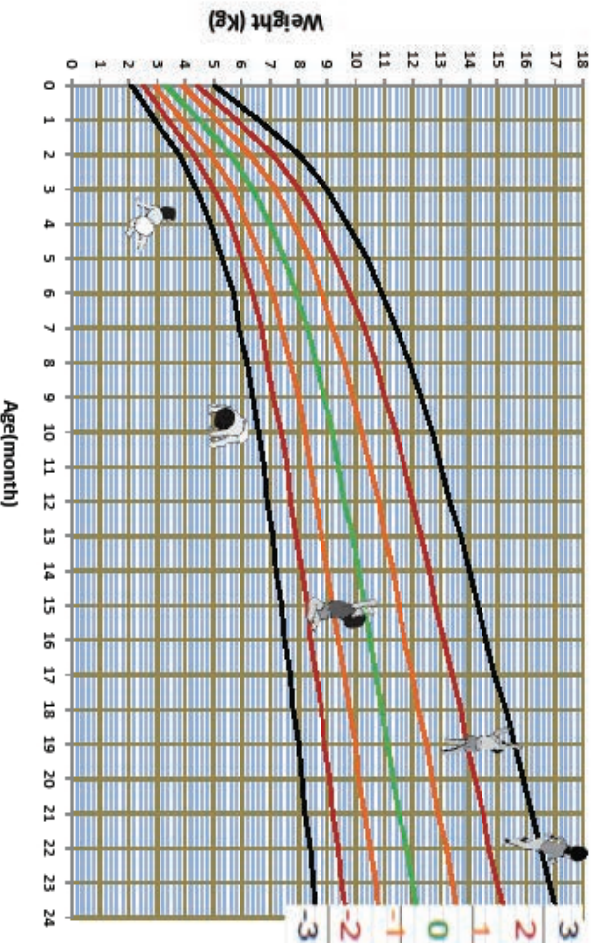


This weight-for-length chart shows body weight relative to length in comparison to the median (0 line).

- A child whose weight-for-length is above the line 3 is obese.
- Above 2 is overweight.
- Above 1 shows possible risk of overweight.
- Below the line -3 is wasted.
- Below -3 is severely wasted

Refer for urgent specialized care.

Weight for Age Boy Chart (0-24 months) Z-Scores



This weight-for-age chart shows body weight relative to age in comparison to the median (0 line).

- A child whose weight-for-age is below the line -2 is underweight. Below -3 is severely underweight. Clinical signs of marasmus or Kwashiorkor may be observed.

WATCH THE DIRECTION OF THE LINE SHOWING THE CHILD'S GROWTH



GOOD Means the child is growing well.

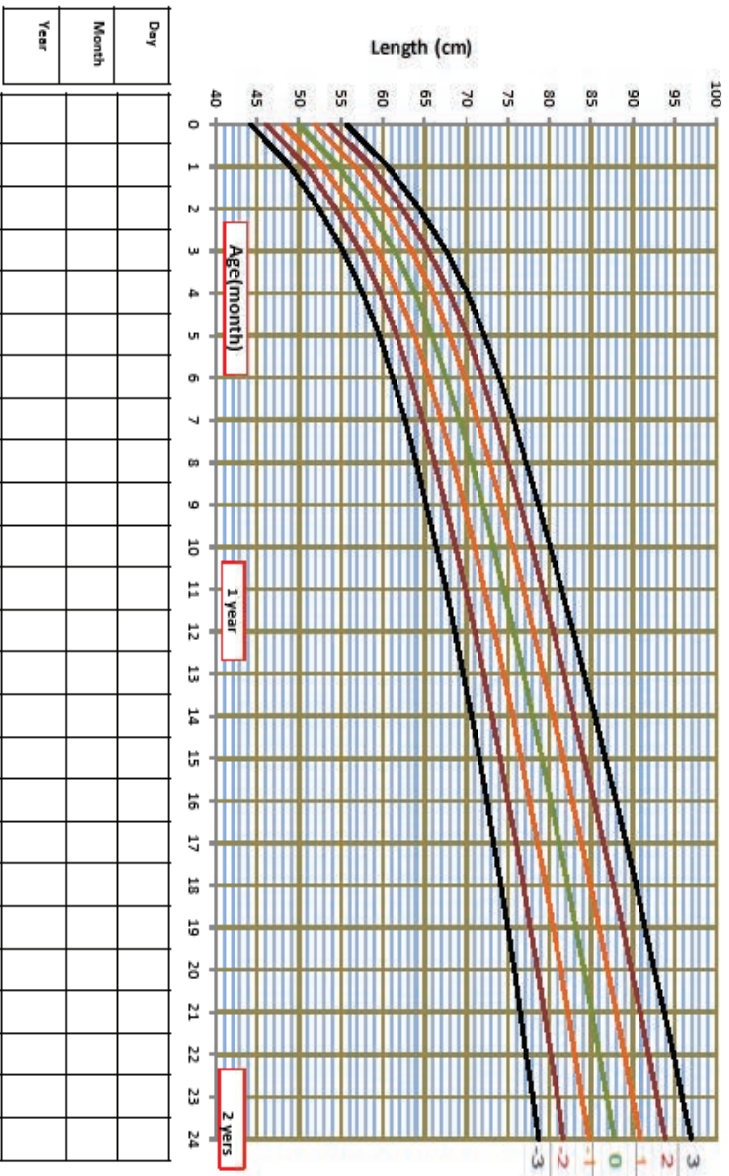


ANGER SIGN Suggests feeding the child at least 5 times each day



VERY DANGEROUS Child may be ill, needs extra care

Length-For-Age Boy, (0-24 months) Z-score



Coc Table

Mother's Care

ANCI	ANC2	ANC3	ANC4	SBA	Birth Notifications	PNC1	PNC2	PNC3	PNC4

Immunisation

After birth				6 weeks			10 week		
Hep B	OPV0	BCG	OPV1	Penisil	PVC1	OPV2	Penisil2	PVC2	

14 week				9 months			18 months	
OPV3	Penisil3	PVC3	IPV	OPV4	Menisil1	Menisil2		

Health Personnel will color the flowers when mother/ child receives the services as follows:
Red: Received
 No color: Not received

Growth Monitoring

Birth weight	1-3 m	4-6 m	7-9 m	10-12 m	13-15 m	16-18 m	19-21 m	22-24 m

Notes

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For Health Information Please Call 166