

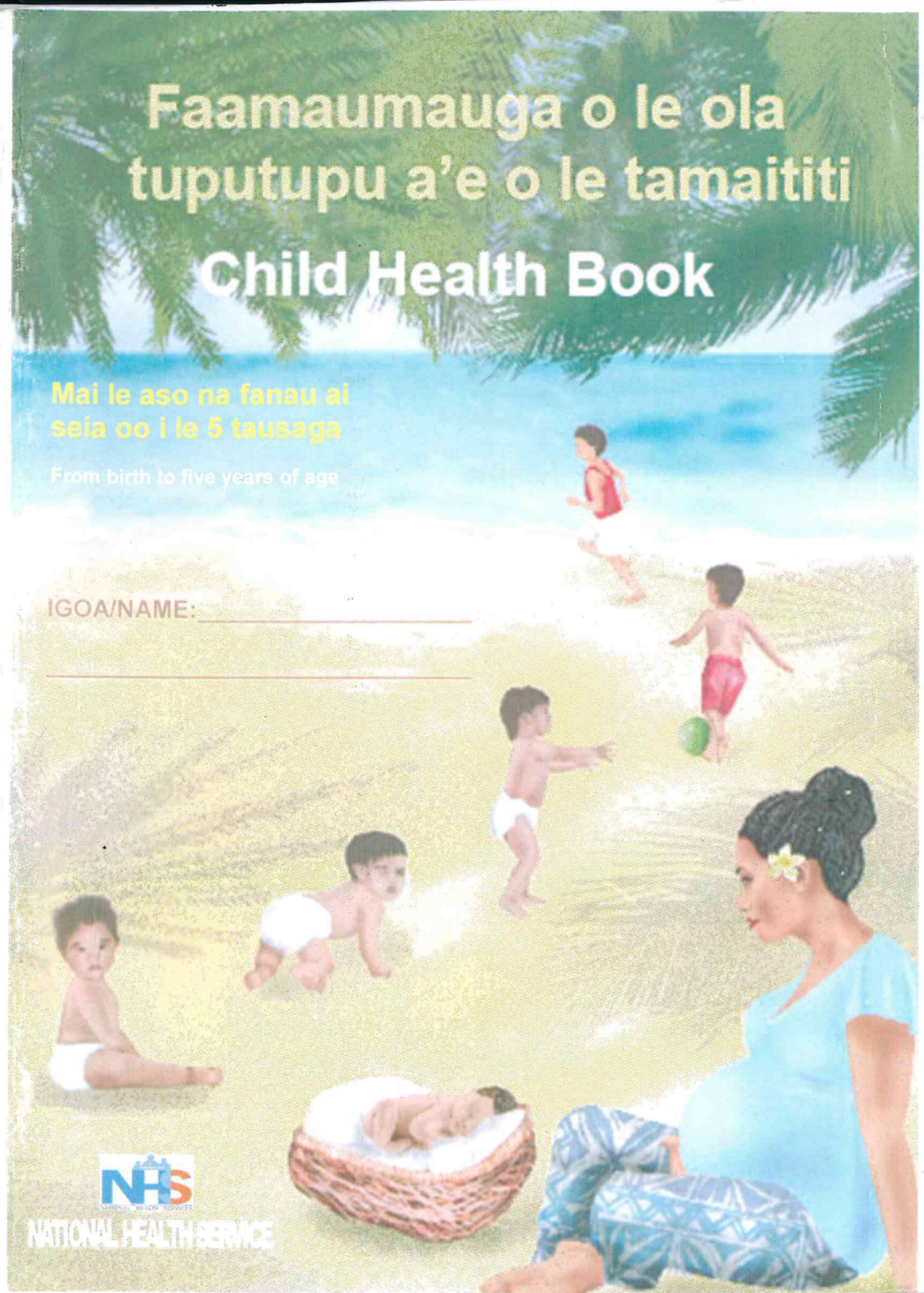


**Emergency Contact:**

TTM Hospital      21212  
(Motootua)      66600

MTH Hospital (Tuasivi)      53511  
Ambulance service      66996

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## **UPU TOMUA**

Ua saunia lenei tusi ina ia tau'a'aoina atu i mātua i so'o se falema'i po o se fōma'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'aaogāina foi lenei tusi ma fa'amaumauga o tui puipui vaila'au ma ni mea'ai e māfua 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'aaogāina pe'â a'afia lou alo i fa'ama'i māsani 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.

Paediatric Unit 2004;

Revised November 2010, NHS.

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## O la'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: \_\_\_\_\_

Numera o le Falema'i/ Hospital Number: \_\_\_\_\_

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

Photo

Suafa o le Tinâ /Mother's name: \_\_\_\_\_

Suafa o le tamâ /Father's name: \_\_\_\_\_

Mâtua Tausi /Guardian(s): \_\_\_\_\_

Nu'u/ Village(s): \_\_\_\_\_

Telefoni/ Contact Number(s): \_\_\_\_\_

## Faamaumauga o le Fanauga/ Birth History

Aso Fānau/Date of birth \_\_\_\_\_ 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 itū tino ina ua fānau mai/ Congenital abnormalities:  
\_\_\_\_\_

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

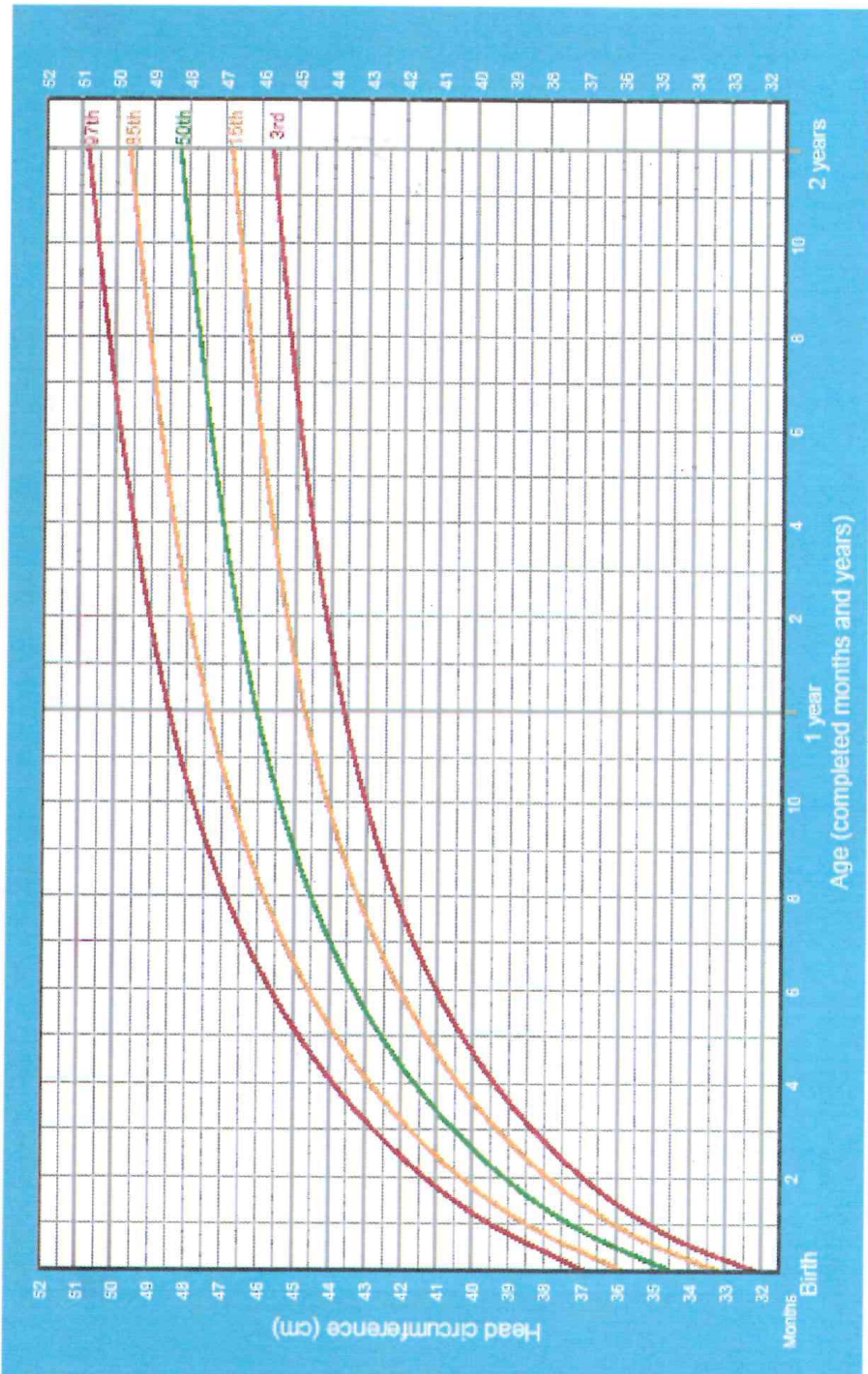
## Mafuaaga o le alagātatau ona va'aia lelei o lenei tamaiifiiti:

### This child needs special attention because:

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

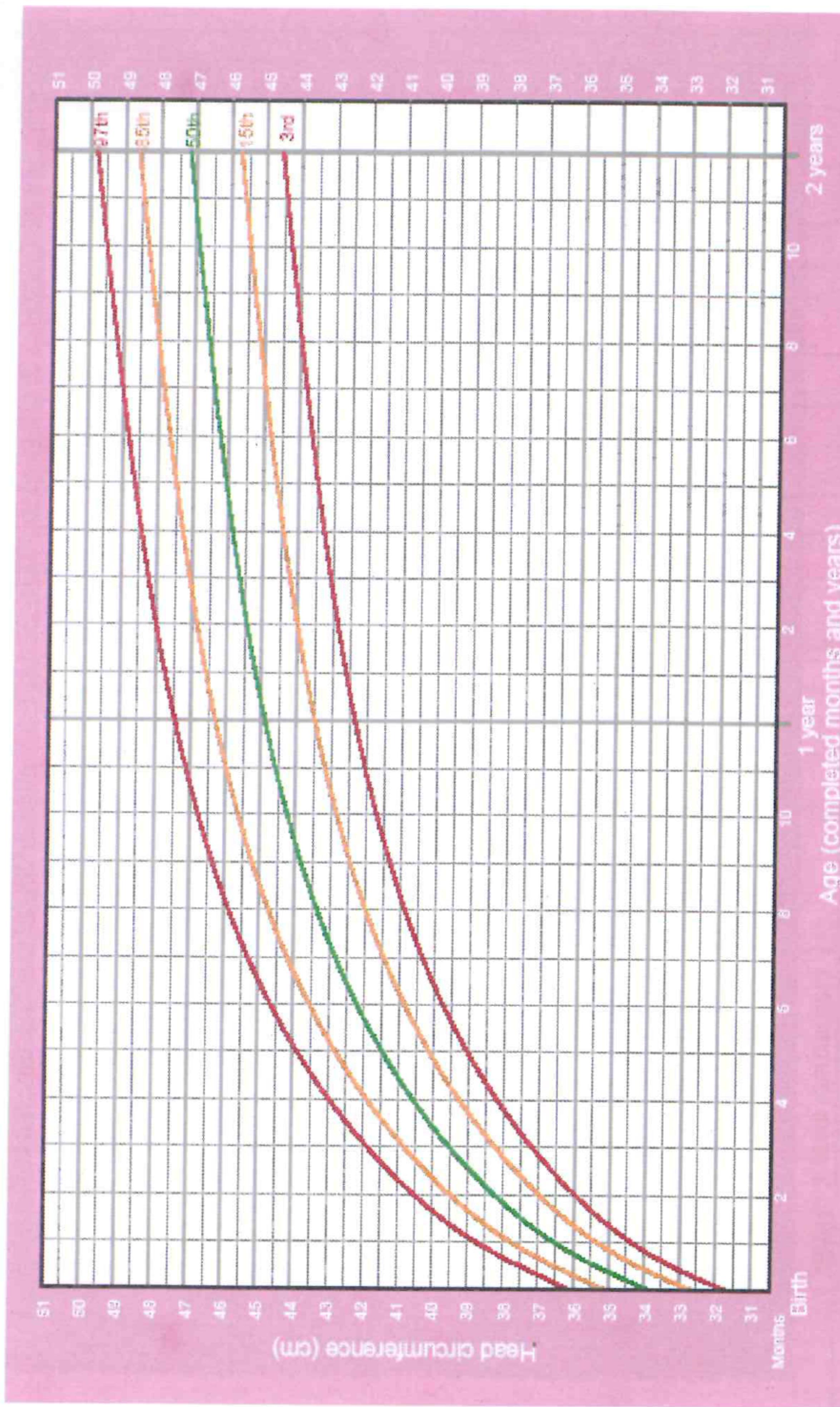


## Head circumference-for-age BOYS



## Head circumference-for-age GIRLS

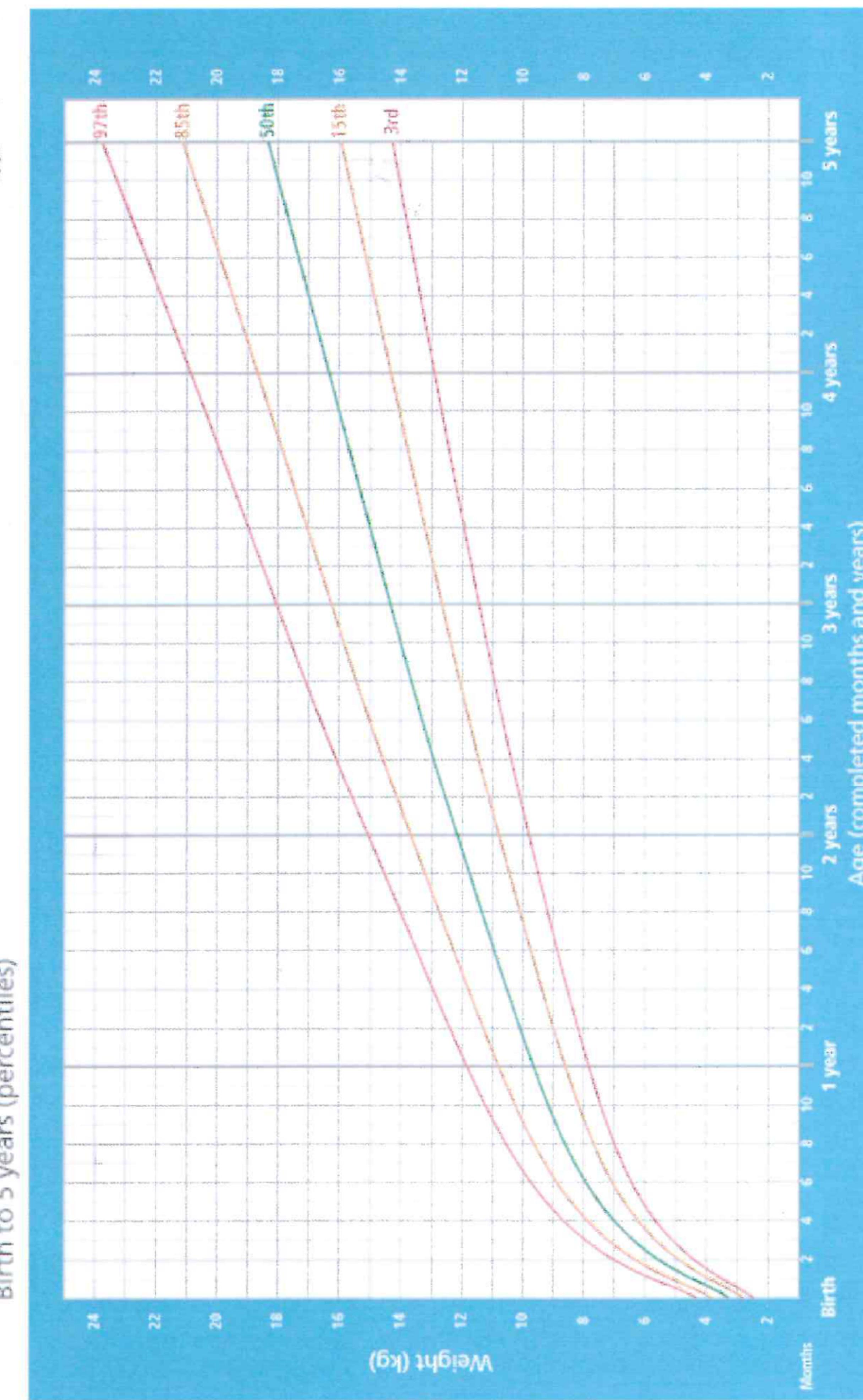
Birth to 2 years (percentiles)



WHO Child Growth Standards

## Weight-for-age BOYS

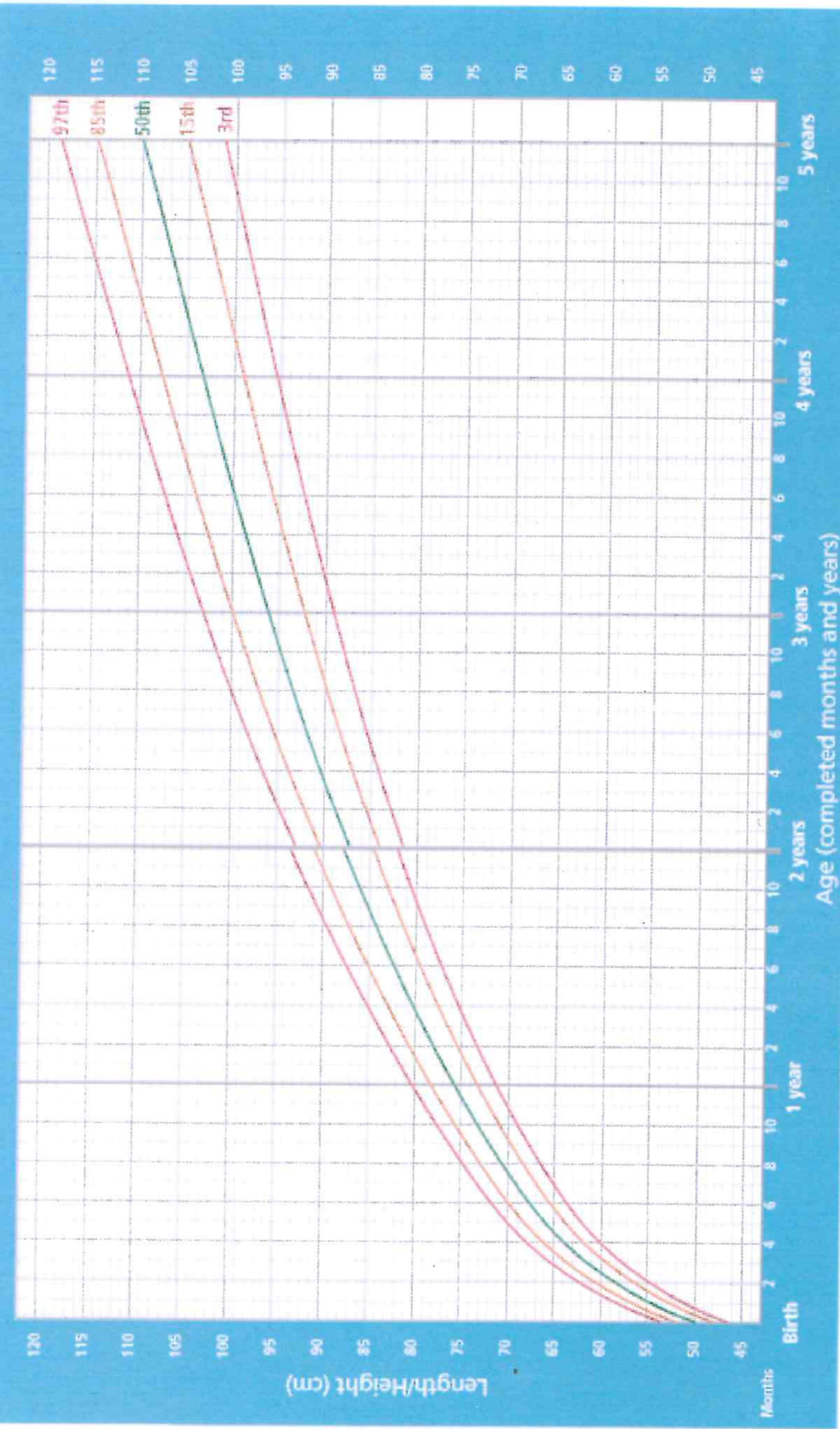
Birth to 5 years (percentiles)



WHO Child Growth Standards

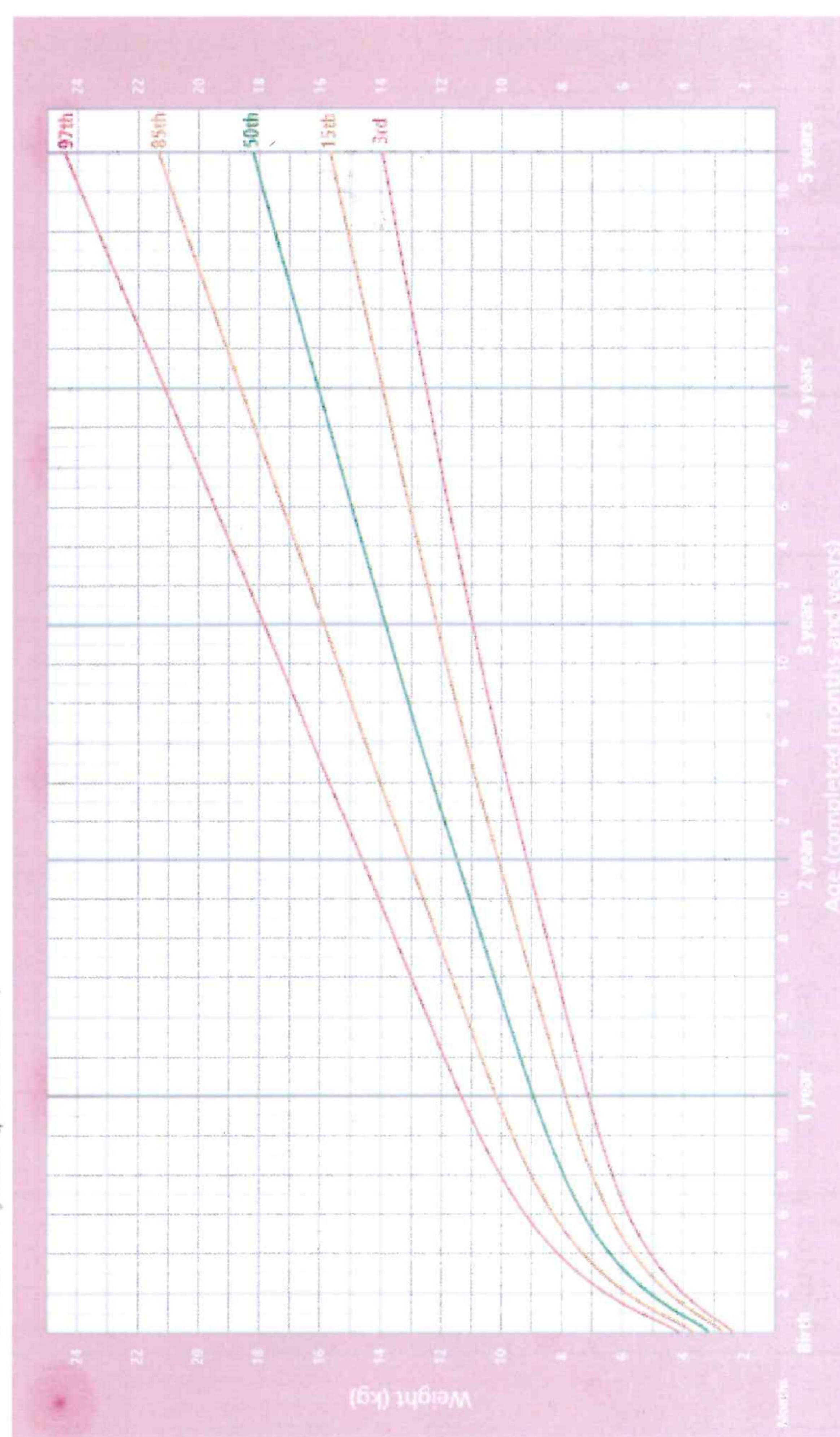
## Length/height-for-age BOYS

Birth to 5 years (percentiles)

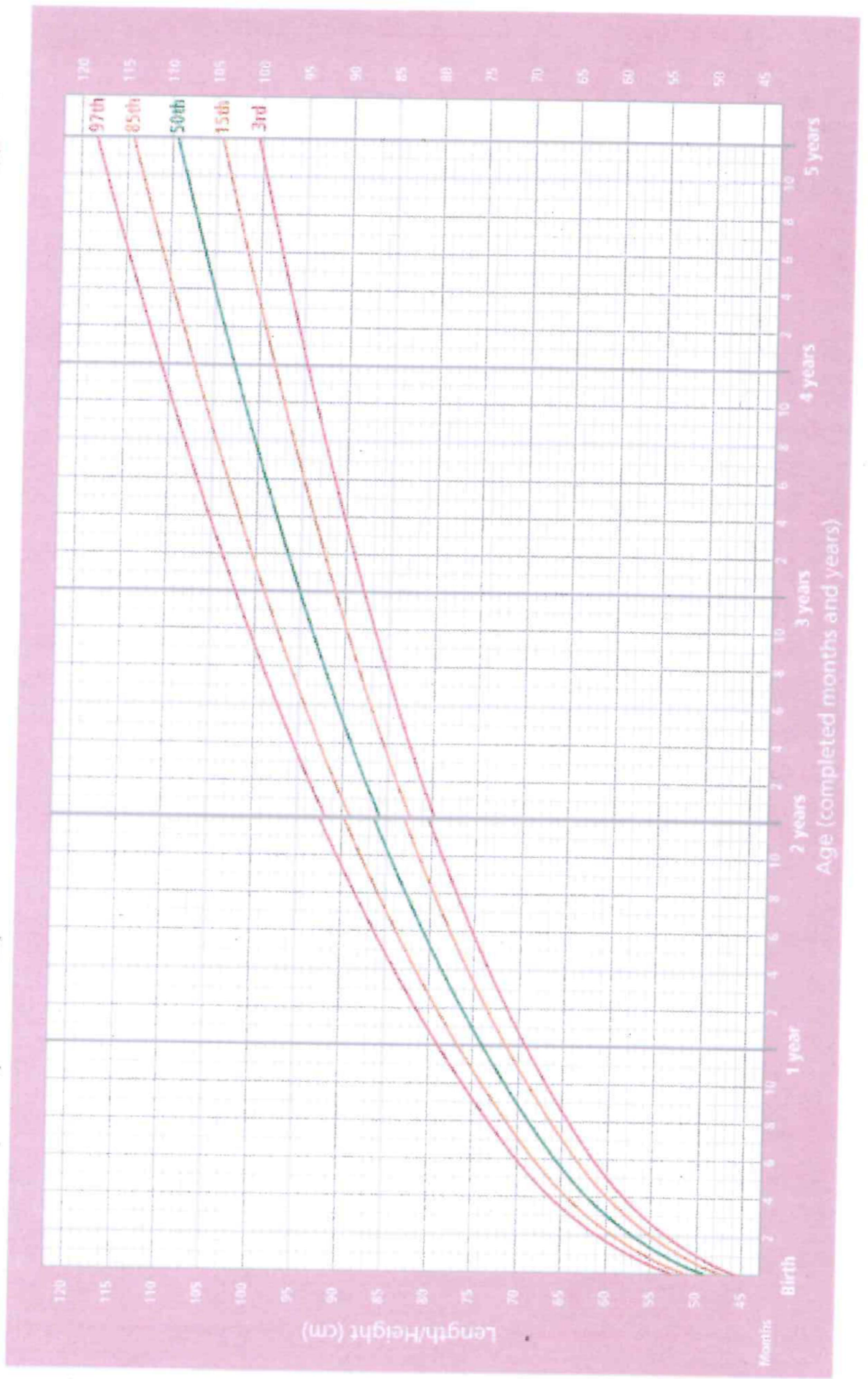


## Weight-for-age GIRLS

Birth to 5 years (percentiles)



## Length/height-for-age GIRLS



## Faasologa o Tui Puipui/Immunization Schedule

Matua Age	Tui Puipui Vaccine	Tui Puipui Vaccine	Aso e fai ai leisi tui Next Dose due	Nisi Fa'amaumauga Comments
Aso na fanau ai Age	BGG Date and signature	Hep 8 Date and signature		
6 vaiaso 6 weeks	Pentavalent 1 (DTP Hep HIB) Date and signature	OPV 1 Date and signature		
10 Vaiaso 10 Weeks	Pentavalent 2 (DTP Hep HIB) Date and signature	OPV 2 Date and signature		
14 Vaiaso 14 Weeks	Pentavalent 3 (DTP Hep HIB) Date and signature	OPV 3 Date and signature		
12 Masina 12 Month	MMR 1 Date and signature			
15 Masina 15 Month	MMR 2 Date and signature			
5 Tausaga 5 Years	DPT Date and 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 fino 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 faaitiitia 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 nurse practitioner.
- 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, contact your doctor or nurse practitioner.

### Fa'ama'i e puipua mai i tui puipui

O tui puipui o le a puipua ai lou alo mai fa'ama'i nei e sefulu (10). O ia fa'ama'i e pipisi (e le aofia ai le Tetanus), e iai ogaga tûgâ o loo 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 mânavava, 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 mânavava.

#### 4. **Talevivini:**

E fa'aleagaina ai le âlâe'a mo le mânavava. Âuga: Malosi tele le tale. E pua'i ma faigatâ ona mânavava.

#### 5. **Misela:**

E mâsanai 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. **Mumps:**

O le siama vairasi e fulafula ai tôtôga e gaosia ai fâua. E faigatâ ona mânavava 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 fânau mai i tinâ o a'afia i nei ma'i ao ma'i taga.

#### 8. **Polio:**

E ta'ua o le fa'ama'i pipili. E mafai ona pe atoa ai le tino pe pipili foi ma faaleaga ai maso o loo fesoasoani i le mânavava.

#### **9. *Hemophilus Influenza type B (HIB):***

E mafua ai le tuaula po'o le fiva fai'ai. E mafai ona maua ai le nîmonia ma a'afia ai so'oga o pônâivi.

#### **10. *Tuberculosis (TB)***

E ono a'afia ai so'o se vâega o le tino ae tele lava i le mâmâ. E ta'ua lea fa'ama'i o le mâmâ pala. E filogia le fatutale i le toto ma tale mo le tele o vaiaso. O nisi aûga, o le afu mâtûlû i le po, pa'e'e le tino ma faigatâ ona mânavava lelei ma e mafai ona maliu ai le tamaititi.



#### **Immunization Preventable Diseases**

Immunization prevents these 10 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 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. The cough spells are so strong that it is 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. The child complains of pain on 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 early months of pregnancy.

##### **8. Polio**

This virus can cause paralysis and weakness of respiratory muscles.

##### **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.

##### **10. *Tuberculosis***

This can affect any organ in the body but most commonly the lungs. The cough lasts for weeks and sputum can be bloodstained. The child will have night sweats, weight loss, difficulty breathing and eventually death.

## Faasologa Tuputupu a'e lelei o le Tamaititi

Matua o le tamaititi	Gaioiga a le tino	Gaioiga o lima	Uiga fa'aalia	Gagana
3	Fao ae fa'aaoga lima e tete'e ai	Matala uma tamatama'i lima	E ata mai pe a ata atu	Ata ata
6	Saofa'i e mau le nofo i le 9 masina	Felafoa'i mea i lima uma e lua	Iloa mea e fiafia ai, ma le fiafia ai	Tau talatala "mama" "papa"
9	Tu i luga ma pipi'i solo	Piki mea laiti i tamatama'i lima	Talatalo faatofa	Fa'ata'ita'i faaleoga
12	U'u le lima ma savali	Faapa'u se mea o u'u pe a faatonuina	Ua iloa pe a vala'au	Iloa ta'u ni upu se lua
18	Savali i luga o sitepu	Iloa fa'aoga le sipuni	Faata'ita'i aga a isi	Iloa ta'uni upu se ono
24	Tamo'e	Tusitusi ma 'osi'osi	Taalo faatasai ma isi tamaiti	Ua iloa fai ni faiupu se 2 pe 3

## Development Milestone

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

## Discharge Summary – 24 hours after birth

Developmental Milestones: Please ✓ if present or × if absent.

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 ✓'s, recheck list at next visit. If no full score of 4 ✓'s after 2 visits, refer to medical officer.**

### Physical examination

Wt: \_\_\_\_\_ Ht: \_\_\_\_\_

- Fontanelles
- Eyes
- Nose/mouth
- Ears
- Lungs
- Heart
- Abdomen
- Umbilicus/Cord
- Femoral Pulses
- Genitalia
- Anus
- Hips
- Back
- Hips
- Legs/Arms
- Reflexes/Tone
- Skin

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

Signature \_\_\_\_\_

Date: \_\_\_\_\_

### Well Child Development Check – 1 Week

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

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Physical examination

Wt: \_\_\_\_\_

Ht: \_\_\_\_\_

- Fontanelles
- Eyes
- Nose/mouth
- Ears
- Lungs
- Heart
- Abdomen
- Umbilicus/Cord
- Femoral Pulses
- Genitalia
- Anus
- Hips
- Back
- Hips
- Legs/Arms
- Reflexes/Tone
- Skin

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

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Signature \_\_\_\_\_

Date: \_\_\_\_\_

### Well Child Development Check – 6 Week

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

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Physical examination

Wt: \_\_\_\_\_

Ht: \_\_\_\_\_

- Fontanelles
- Eyes
- Nose/mouth
- Ears
- Lungs
- Heart
- Abdomen
- Umbilicus/Cord
- Femoral Pulses
- Genitalia
- Anus
- Hips
- Back
- Hips
- Legs/Arms
- Reflexes/Tone
- Skin

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

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Signature \_\_\_\_\_

Date: \_\_\_\_\_

## Well Child Development Check – 10 Weeks old

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

### Physical examination

Wt: \_\_\_\_\_

Ht: \_\_\_\_\_

- Fontanelles
- Eyes
- Nose/mouth
- Ears
- Lungs
- Heart
- Abdomen
- Umbilicus/Cord
- Femoral Pulses
- Genitalia
- Anus
- Hips
- Back
- Hips
- Legs/Arms
- Reflexes/Tone
- Skin

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

Signature \_\_\_\_\_

Date: \_\_\_\_\_

## Well Child Development Check - 14 Weeks old

Developmental Milestones: Please ✓ if present or ✗ 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

Developmental Milestones: Please ✓ if present or ✗ if absent:

1. Actively transfers object from hand to hand (B)
2. Rolls from back onto tummy (B)
3. Negative Moro Reflex (F)
4. Lifts head and uses straight arms for 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)**

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

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Signature \_\_\_\_\_

Date: \_\_\_\_\_

### Well Child Development Check - 12 Months old

Developmental Milestones: Please ✓ if present or ✗ if absent:

1. Holding onto support, pulls up to standing
2. Walks with one hand held
3. Picks up small object using a pinch grip
4. Shows what an everyday object is used for

**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)**

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

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Signature \_\_\_\_\_

Date: \_\_\_\_\_



# Ulua'i me'a'i 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

## Uluai mea'ai mo le tausiga o pepe

### La'asaga e tâua mo le Fa'asusuina o Pepe

- Fafaga pepe i le na o le suâsusu o tina mo le 6 mâsina muamua.
- O le susu so'o o le pepe o le tele foi lea o le suâsusu 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 matâsusu fai e ono mâfua ai fa'ama'l, ma fa'amuta ai le fa'asusuina o pepe i sâususu o tina.
- Tatau le suâsusu ma fa'aaoga se ipu efafaga ai pe 'afai e te lua valavalava 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

## Uluai 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.

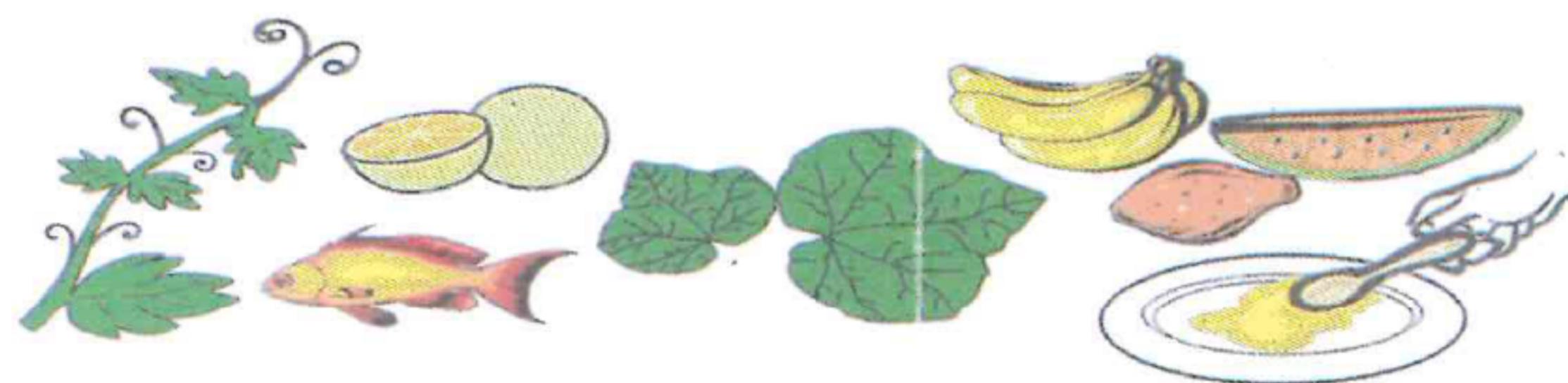
## First food for baby

## Ulua'i mea'ai mo le tausiga o pepe

### 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 tamaiititi 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 falanoa i se fôma'i poo se tausi soifua i le fafagaina 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

### Fesoasoani Fa'ale-soifua maloloina

#### 1. Oso le lili

- E o i luga 'io'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 mautinoa o fa'atafa lona ulu;
- Ia mautinoa 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.

#### Gaioiga e fai:

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

**A sili atu i le 2 pe 3 aso o vevela 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 vevela tele

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

#### 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 meaa'i.

##### Togafitiga muamua i le fale:

- Fa'aauau 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 mâlie pe'afai e pua'i.

**'Âfai ua le mafai ona inu le tamaitiiti po ua tôtô 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;
- Tatafa 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



Fa'apuna uma vai taumafa

#### 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. 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**

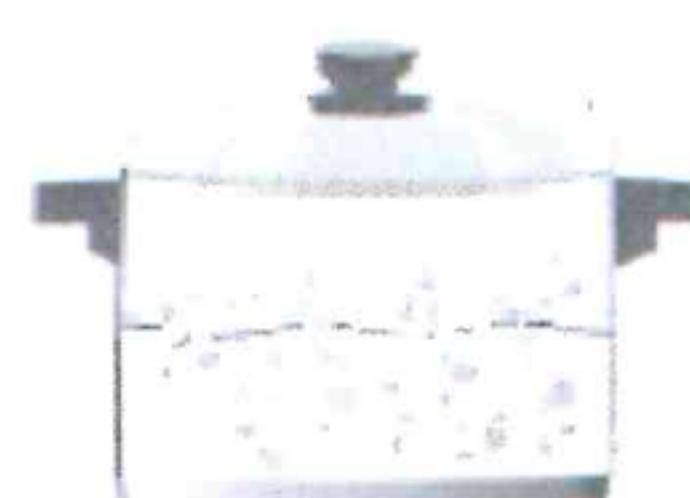
#### 6. How to Prepare Oral Rehydration Solution (ORS)

- 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

## 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 fûleia 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

## 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 gaioiga 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)

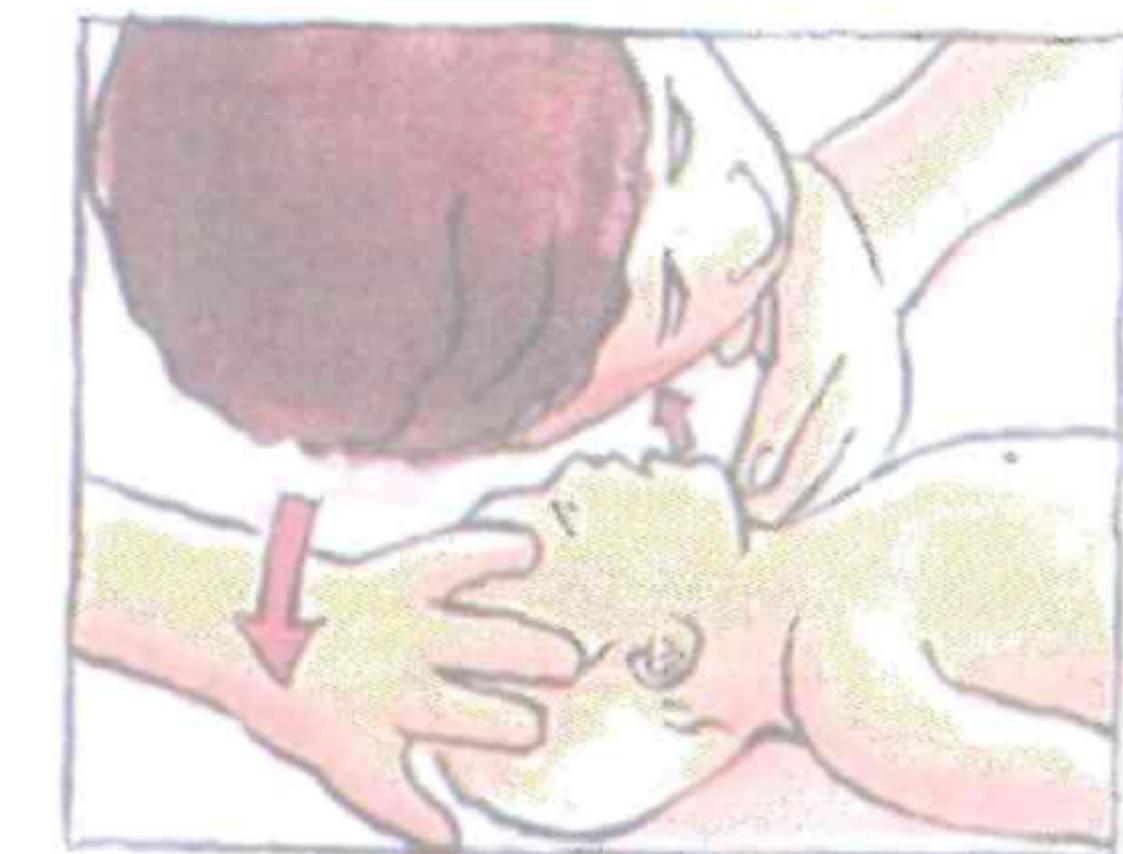
## First Aid Measure for your Child in an Emergency

## 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 tamaititi i se mea mâfofolafola.
- Fa'api'o la'iititi aga'i tua le ulu. Ia mautinoa e leai se mea o puntia ai lona mânavा.
- 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)

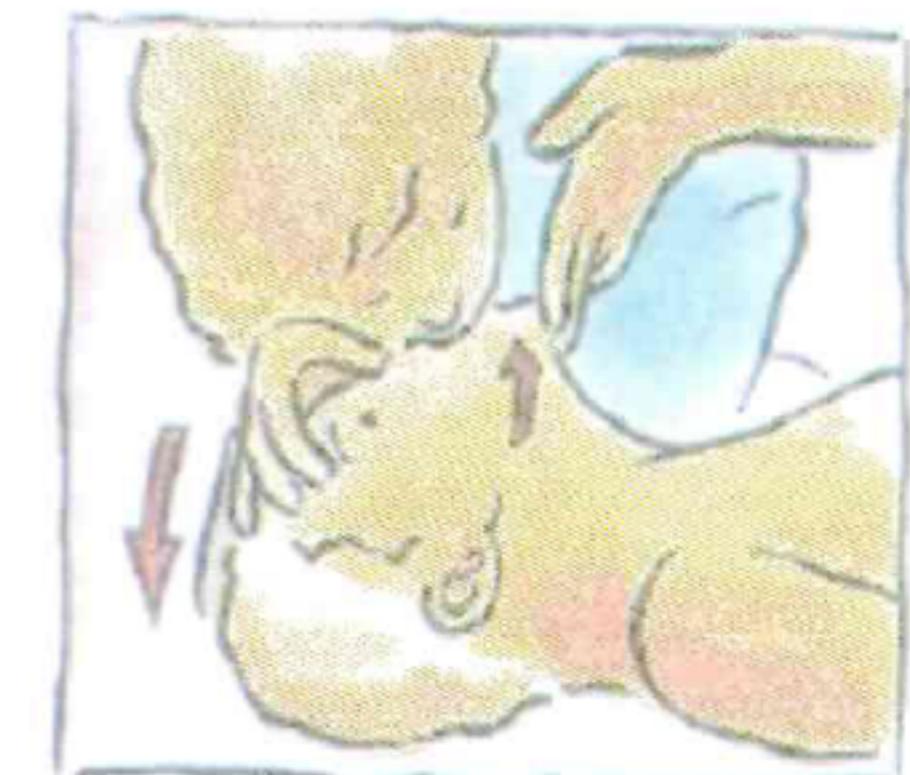
#### B. Mânava Fa'aola

- Siaki ma va'ai po'o gaioi le fatafata ma fa'alogo po'o mânavă. 'Âfai e le'o mânavă, 'amata loa ona fa'agaioi lenei:

- i. 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)
- ii. Ia mânavă ifo ni mânavă laiititi se 4.
- iii. Siaki po'o sii' ae' ma pa'u le fatafata a le tamaititi.

#### B. Breathing

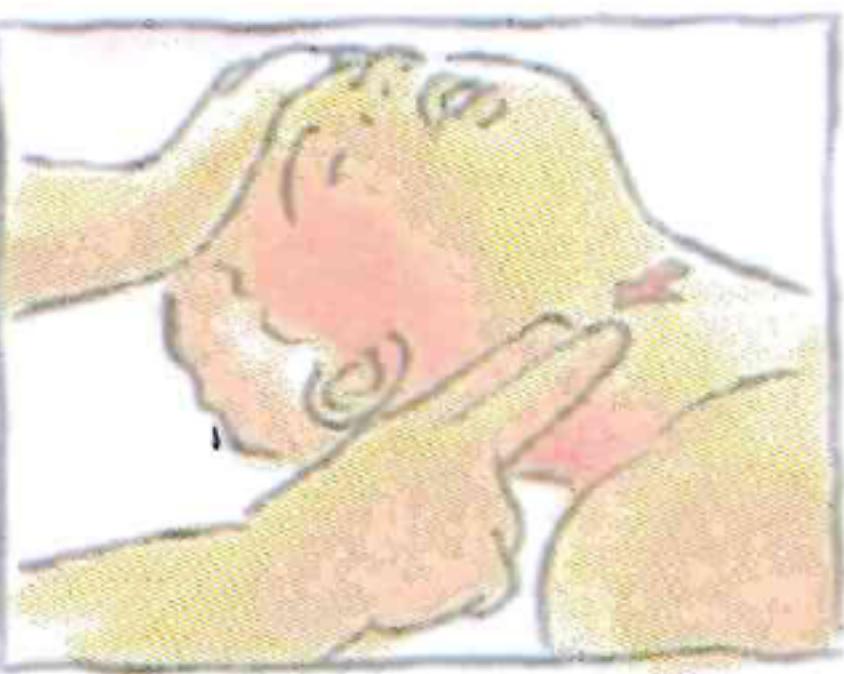
- Look, listen and feel for breathing.  
If there is none, do the following:
  - i. Keep the child's head back. Seal your lips around nose and mouth.  
(For an older child, pinch the nose closed with your fingers and seal his/her mouth with yours)



- 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 mânavia fa'aola e faalima ona fa'agai, e pei ona taua.
- Ia fa'aauauina pea lea gaioiga seja taunu atu se fesoasoani pe mânavia 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 5<sup>th</sup> press give 1 breath through the nose/mouth.
- Keep going until help arrives or the child starts breathing by him/herself.

