



EVERY CHILD NEEDS  
5 MEALS EVERY DAY

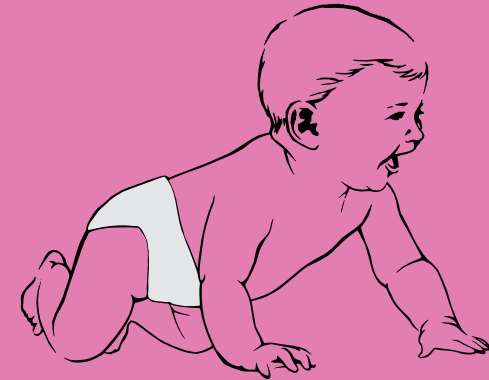
Ask your clinic Sister which foods are best to make your child grow well.



Department of Health

# CHILD HEALTH RECORD BOOK

*for Girls*



## GROWING STRONG WITH OUR NATION

NAME:.....

Registration no:.....

Birth certificate no: .....

Bring this book with you every time you come to a Hospital, Health Centre, Community Health Post or Clinic.

*This book is FREE  
(Replacement of lost books may be charged for)*

| Vaccines        | At Birth | 1 mnth | 2 mnth | 3 mnth | 6 mnth | 9 - 12 mnth | 18 - 24 mnth | 7 yrs | 13 yrs | Over 13 yrs |
|-----------------|----------|--------|--------|--------|--------|-------------|--------------|-------|--------|-------------|
| BCG             |          |        |        |        |        |             |              |       |        |             |
| Hep B*          |          |        |        |        |        |             |              |       |        |             |
| OPV             |          |        |        |        |        |             |              |       |        |             |
| IPV             |          |        |        |        |        |             |              |       |        |             |
| Penta-valent    |          |        |        |        |        |             |              |       |        |             |
| PCV -13         |          |        |        |        |        |             |              |       |        |             |
| MR              |          |        |        |        |        |             |              |       |        |             |
| TT              |          |        |        |        |        |             |              |       |        |             |
| HPV**           |          |        |        |        |        |             |              |       |        |             |
| Vit A ***       |          |        |        |        |        |             |              |       |        |             |
| Albendazole**** |          |        |        |        |        |             |              |       |        |             |

\*Hep B must be given within 24hrs after birth

\*\*HPV (Human Papilloma Vaccine) 1<sup>st</sup> dose given at 9-13 years of age; 2<sup>nd</sup> dose given between 6 - 12 months after the 1<sup>st</sup> dose

\*\*\* Vitamin A, given at 6 months of age, and then every 6 months thereafter

\*\*\*\* Albendazole is given at 12 months of age, and then every 6 months thereafter.

➤ If the child is late for the first injection, give one dose for each injection due. For example, a child seen first at 5 months receives BCG, 1<sup>st</sup> dose of Sabin, Penta-valent and PCV. And should return in one month for MR and 2<sup>nd</sup> dose of Sabin, Penta-valent and PCV.

➤ Remember the mothers' tetanus injection.

## MOTHER'S INFORMATION

Always bring this card with you to the clinic



### WHEN TO RETURN IMMEDIATELY?

#### BRING SICK CHILD TO THE CLINIC



if not able to drink



if the child become weaker



if the child develop fever



#### BRING CHILD with COUGH



difficulty breathing



if breathing is fast

#### BRING CHILD with DIARRHOEA



if blood in stool



if drinking poorly

#### BRING YOUNG INFANTS (less than 2 months old)



if breastfeeding poorly



if any of the above signs are evident

### FLUIDS



#### FOR ANY SICK CHILD

- Breastfeed frequently.
- Increase fluids. Give soup, boiled water, fruit juice or noodle soup
- For children more than 6 months of age: increase fluids, give soup, boiled water, fruit juice, or noodle soup.

#### FOR CHILD WITH DIARRHOEA

- Giving more fluid can be life saving
- Give these extra fluids as much as the child can take:
  - ✓ ORS Solution.
  - ✓ Food based fluid such as fruit juice or noodle soup.
  - ✓ Boiled water.
- Breastfeed more frequently and longer at each feeding.
- Continue giving extra fluids until diarrhoea stops
- If < 6 months of age they are only to breastfeed and should do so more frequently.















































# Weight-for-age GIRLS



Birth to 5 years (z-scores)

