



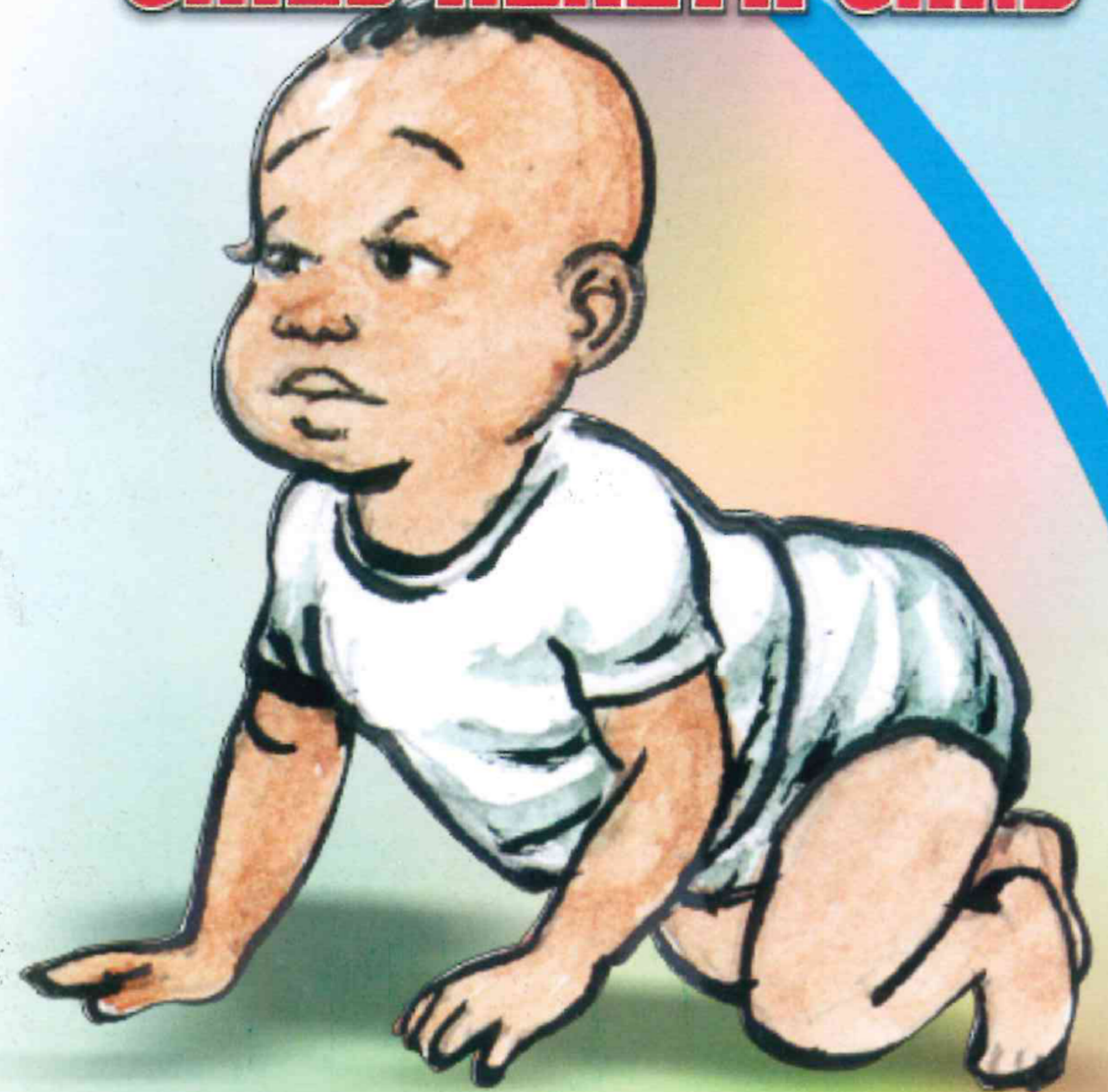
**MOHISW**



**MOHISW**

**REPUBLIC OF LIBERIA  
MINISTRY OF HEALTH AND SOCIAL WELFARE**

# **CHILD HEALTH CARD**



**HEALTHY LIFE FOR A HEALTHY LIBERIA**

# CHILD HEALTH CARD



Mother's Name:.....Father's Name:.....

Child's Name:.....

Record No:..... Age:.....

Date Issued:.....

Address:.....

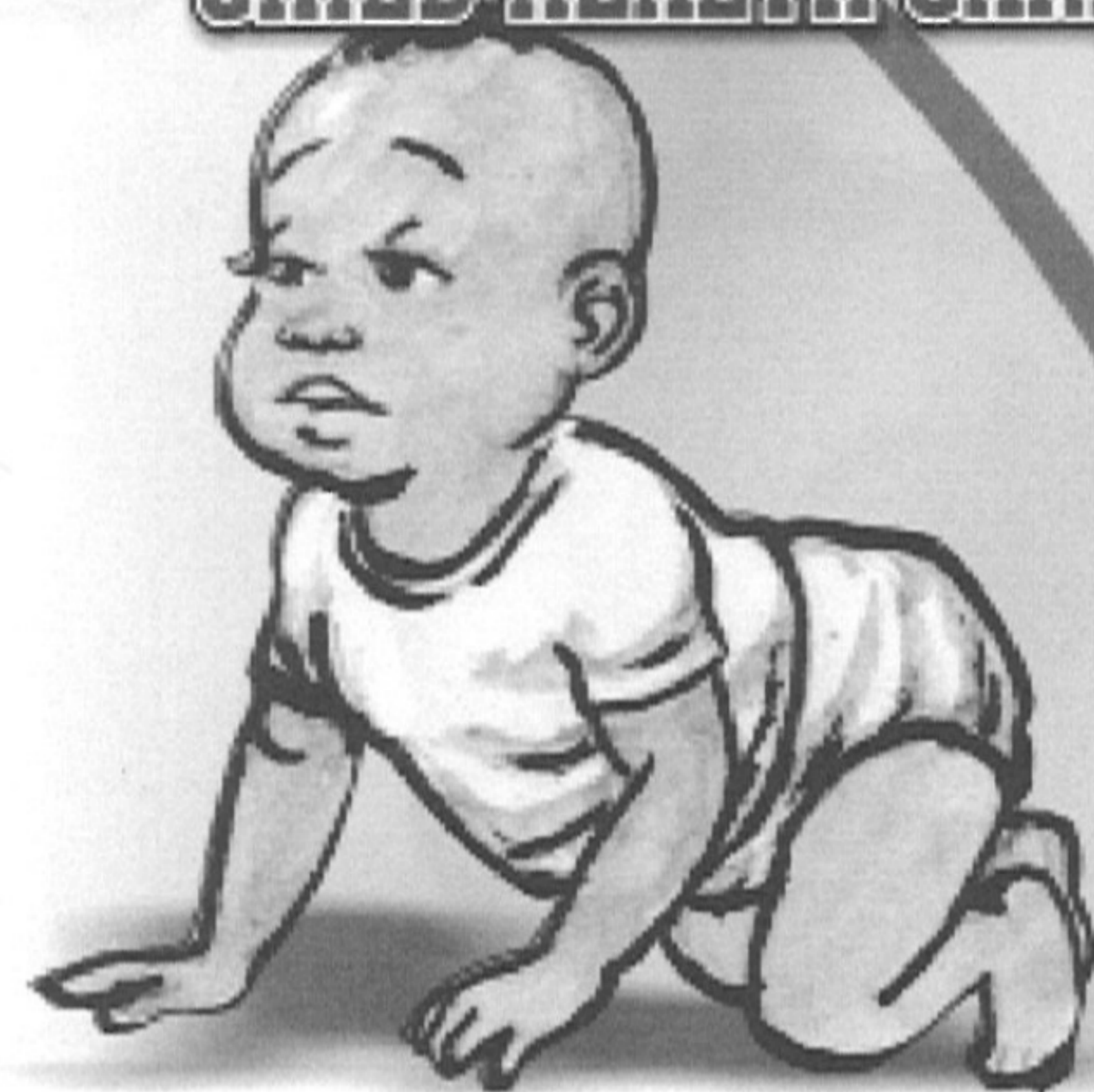
Clinic Location:.....



REPUBLIC OF LIBERIA  
MINISTRY OF HEALTH AND SOCIAL WELFARE

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CHILD HEALTH CARD



Mother's Name: ..... Father's Name: .....

Child's Name: .....

Record No: ..... Age: .....

Date Issued: .....

Address: .....

Name of Health Facility: .....

**HEALTHY LIFE FOR A HEALTHY LIBERIA**

The Child Health Record makes, parents of infants, young children and health providers to take actions and ensure that the Basic Package of Health Services and health practices are implemented

**Mothers, Father and Family:**

- Keep this card at home for your information.
- Carry this card with you to the clinic at every visit
- Discuss the information in this book with a health provider

**Health Worker:**

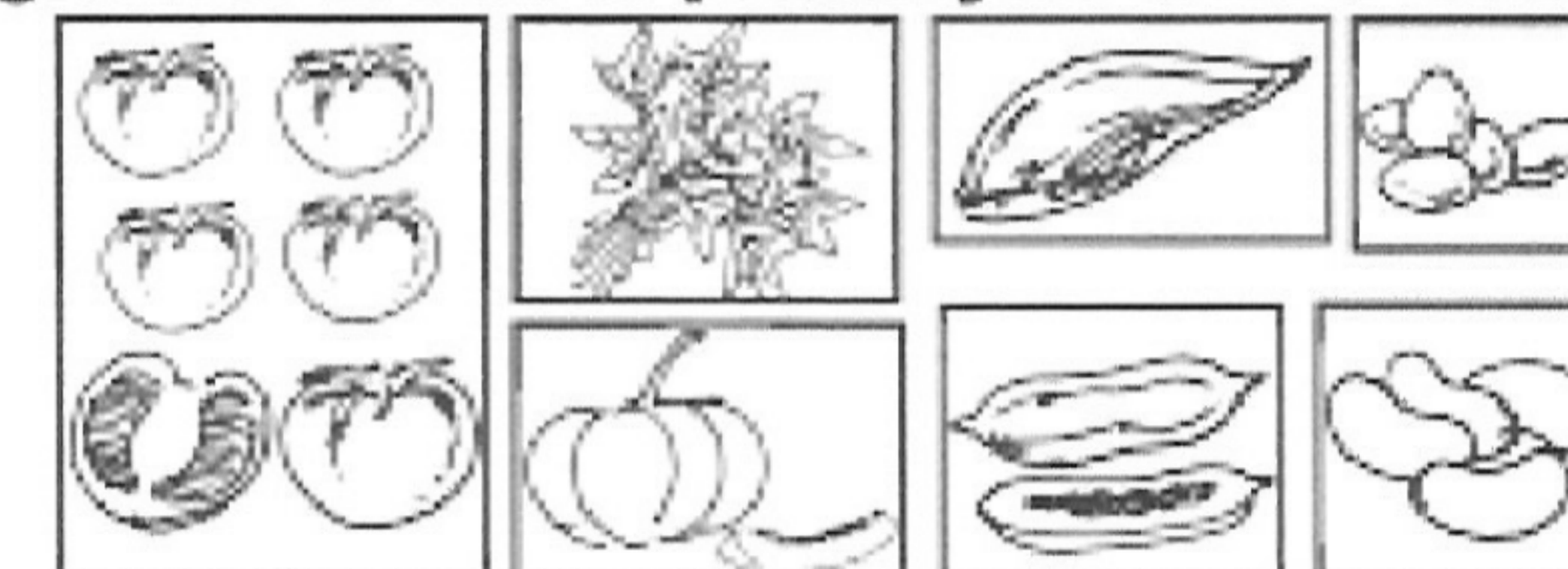
- Give this book to parents of children under 5 years or care givers.
- Use the information in this book to discuss key health messages with mothers, Family or Care givers.
- Fill in the information when services are provided

# HOW TO USE YOUR CHILD RECORD

1. When this message has been delivered to the parents, mark the square.



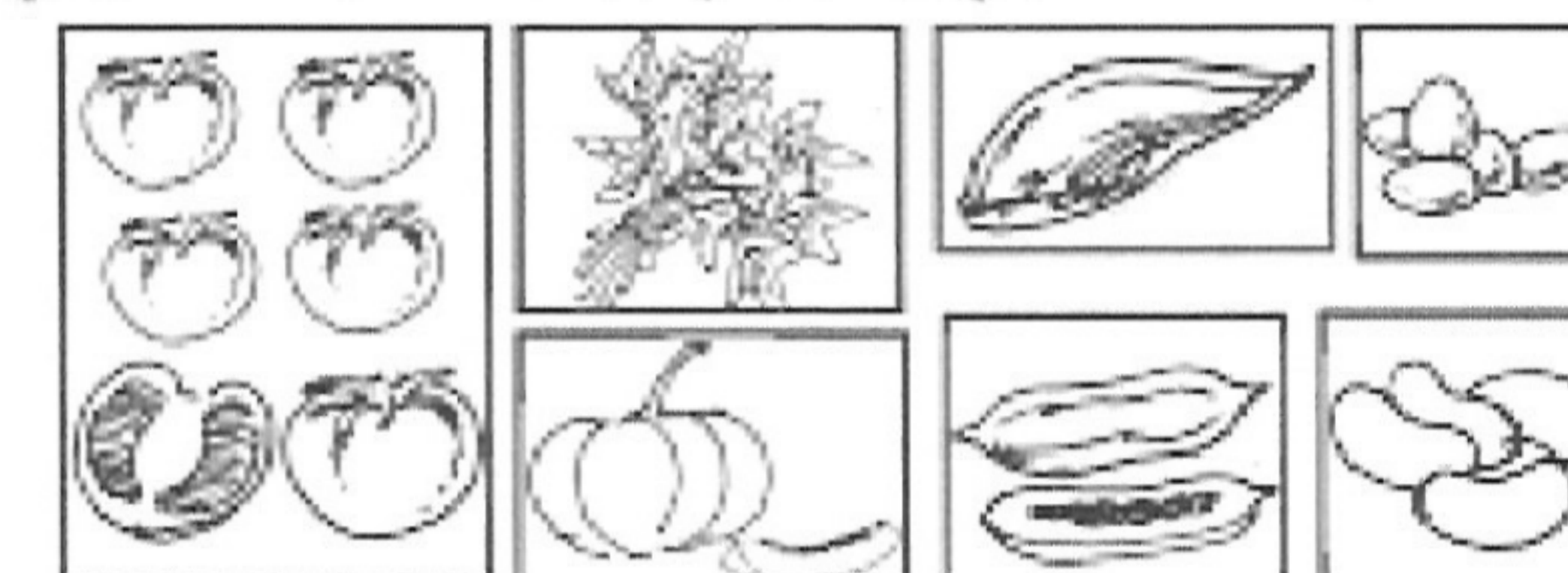
Father, ensure your wife eats ripe fruits, egg and vegetables or liver to protect your child's health.



2. Mark the square a second time when the message has been repeated to the parents.



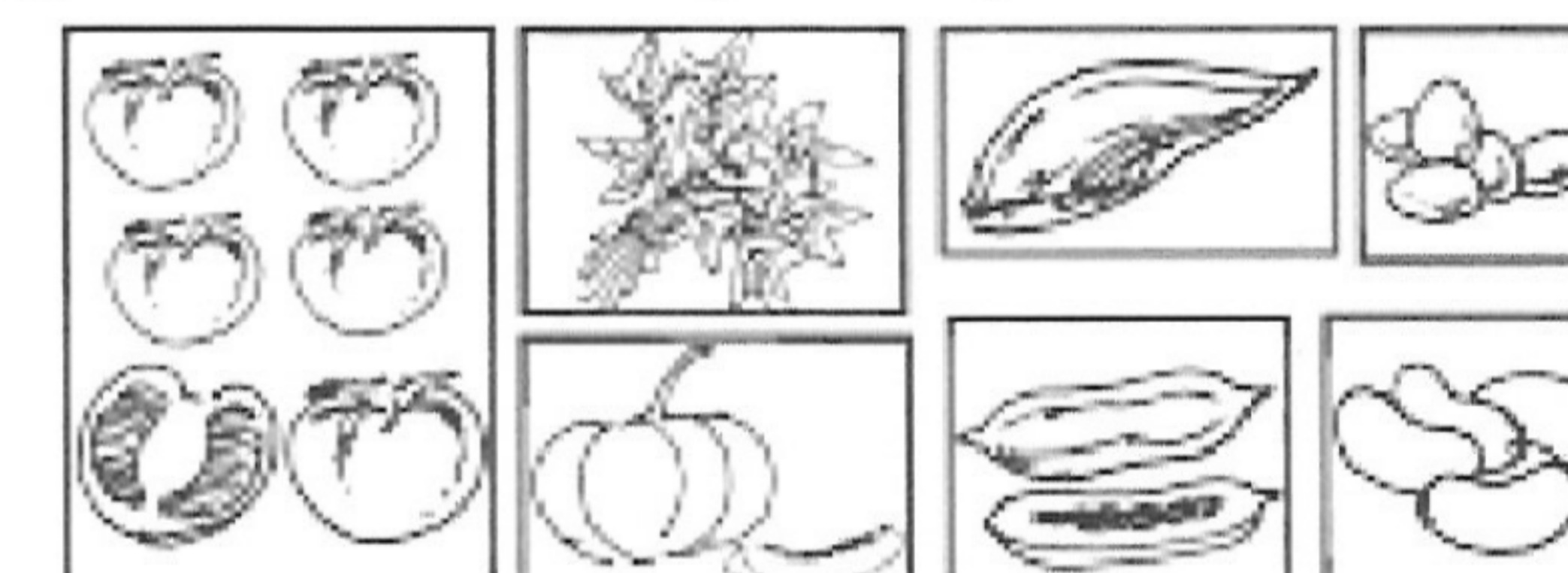
Father, ensure your wife eats ripe fruits, egg and vegetables or liver to protect your child's health.



3. Fill the square after the parents have taken the action.



Father, ensure your wife eats ripe fruits, egg and vegetables or liver to protect your child's health.



# Parents' Pledge



I, parent of .....will apply the actions included in this health record. By applying these actions, I will ensure / my child is healthy.

Father's signature or thumb print

Mother's signature or thumb print

Care givers signature or thumb print

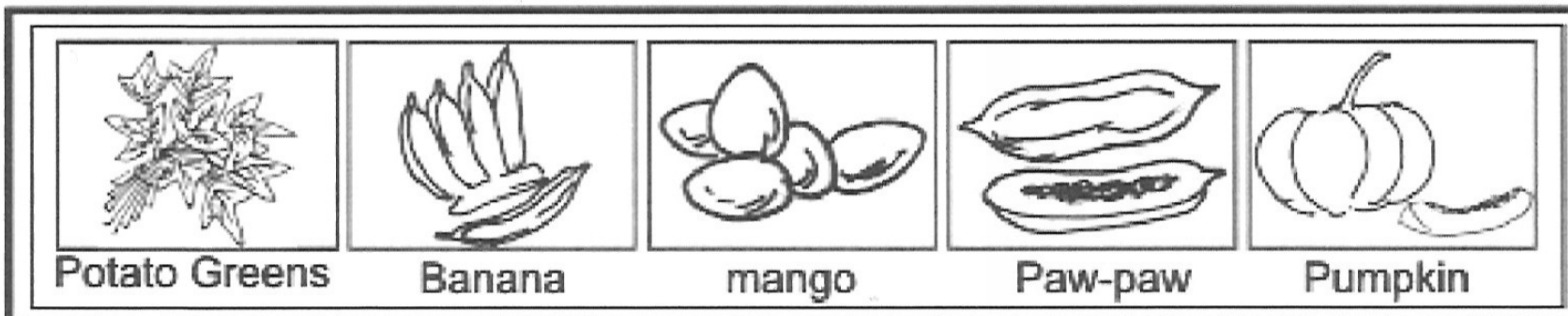
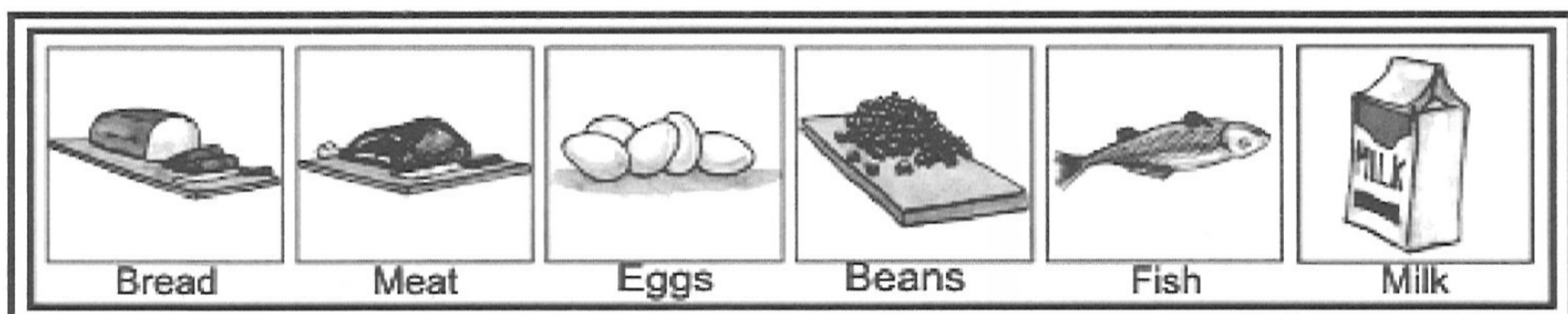
## AFTER DELIVERY



- Baby ma, give taytay as soon as the baby is born to make it healthy and not cry too much.
- Baby ma, make sure to give the yellow taytay water to stop baby from getting sick.
- Baby ma, do not apply or put anything including water to the baby navel or cord until it gets dry. Only wipe baby skin until the cord drops.
- Baby ma, wrap the baby in a clean blanket immediately after birth to keep the baby warm. Do this at all times.

# "GIVE TAY TAY ONLY" FOR BABY 0-6 MONTHS

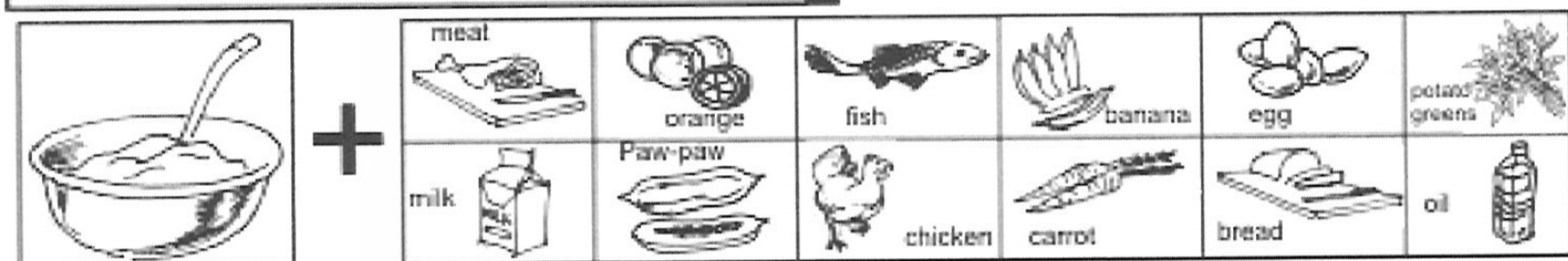
- Baby ma, breastfeed the baby any time baby wants to suck taytay, during day and night at least ten (10) times to help produce enough tay tay water.
- Baby ma, give only taytay water to the baby for the first six (6) months, nothing else to drink or eat for it to grow strong, healthy and clever.
- Baby ma, let baby empty one tay tay before given second tay tay to get the rich tay tay water for the baby to be satisfied, grow big and strong.
- Baby ma, at six months of age in addition to tay tay water give your baby foods such as soft porridge with other foods added to make sure it continues to grow strong, healthy and shining
- Baby ma when you're given tay tay, eat extra bowls of food a day to maintain your health and the health of your baby .



# INFANT AND YOUNG CHILD FEEDING



- Baby ma, continue to give tay tay water to your baby until two years of age with other foods to make sure that baby grows strong and stay healthy
- Baby ma, from 6-11 months, feed your child at least 2 or 3 times a day different types of foods so that your baby grow healthy; 2 to 4 table spoon of porridge mixed with 1 to 2 table spoon of other foods.
- Baby ma, from 12 to 24 months, feed your baby at least 4 times a day different types of food so that your baby grows healthy: 6 table spoon of porridge mixed with 3 table spoon of other foods.
- Baby ma, each day feed your baby with porridge made from different types of food to make sure the baby get vitamins and grow strong and shining.
- Baby ma, make sure that the porridge you give to your baby is not too thick nor watery as your baby will not get enough food. The food has to slowly fall off the spoon.
- Baby ma, give to your baby snacks at least 2 times everyday between main meals to keep it strong.
- Baby ma, encourage the child during feeding to make sure it eats all its needs.



Enrich the food as many times as possible with meat, fish or egg. Also add orange, yellow fruits, vegetables and dark green leaves.

# CHILD HEALTH - IMMUNIZATION



- Take your baby five times for vaccine before his/her birthday to remain healthy.

If the child has fever after vaccination, bath the child in cold water.

# CHILD HEALTH - IMMUNIZATION

Name of Mother \_\_\_\_\_ Father \_\_\_\_\_

Name of child: \_\_\_\_\_ Age \_\_\_\_\_

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

Address: \_\_\_\_\_

Facility Name: \_\_\_\_\_

DATE OF VISIT

**VITAMIN A SUPPLEMENTATION  
DOSE: 100,000 UNITS 6-11 MONTHS**

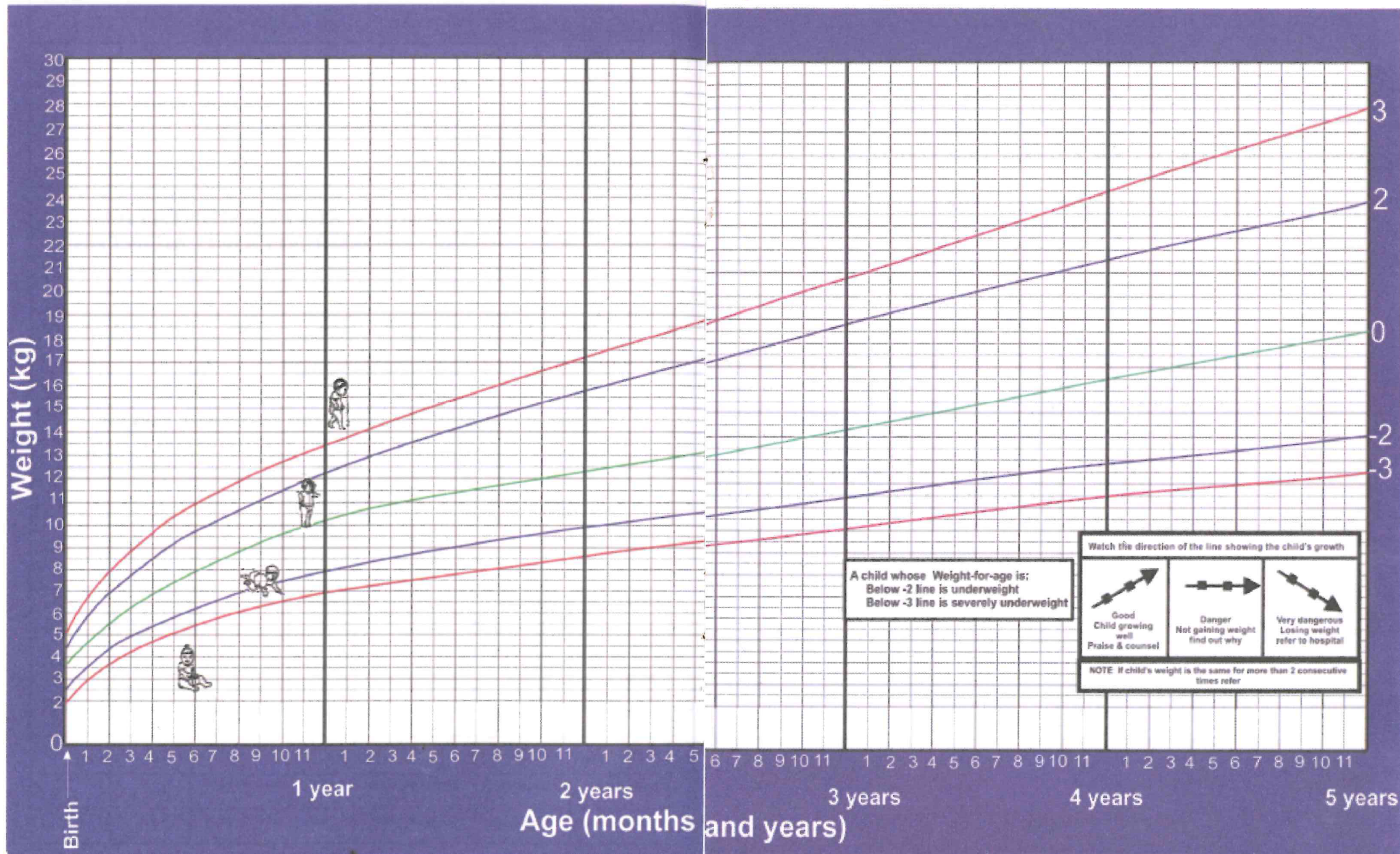
Be sure to bring your child 12-59 months to the vitamin A and de-worming campaign

## when and how should children take their vaccine

| Vaccine      | Age      | Site             | Dose    | Route         | Date | Return date |
|--------------|----------|------------------|---------|---------------|------|-------------|
| BCG          | At birth | Upper right arm  | 0.5ml   | intradermal   |      |             |
| OPV0         | At birth | oral             | 2 drops | Oral          |      |             |
| OPV1         | 6 wks    | oral             | 2 drops | Oral          |      |             |
| OPV2         | 10 wks   | oral             | 2 drops | Oral          |      |             |
| OPV3         | 14 wks   | oral             | 2 drops | Oral          |      |             |
| Penta 1      | 6 wks    | Upper left thigh | 0.5ml   | intramuscular |      |             |
| Penta 2      | 10 wks   | Upper left thigh | 0.5ml   | intramuscular |      |             |
| Penta 3      | 14 wks   | Upper left thigh | 0.5ml   | intramuscular |      |             |
| Measles      | 9 months | Upper left arm   | 0.5ml   | subcutaneous  |      |             |
| Yellow fever | 9 months | Upper left arm   | 0.5ml   | subcutaneous  |      |             |

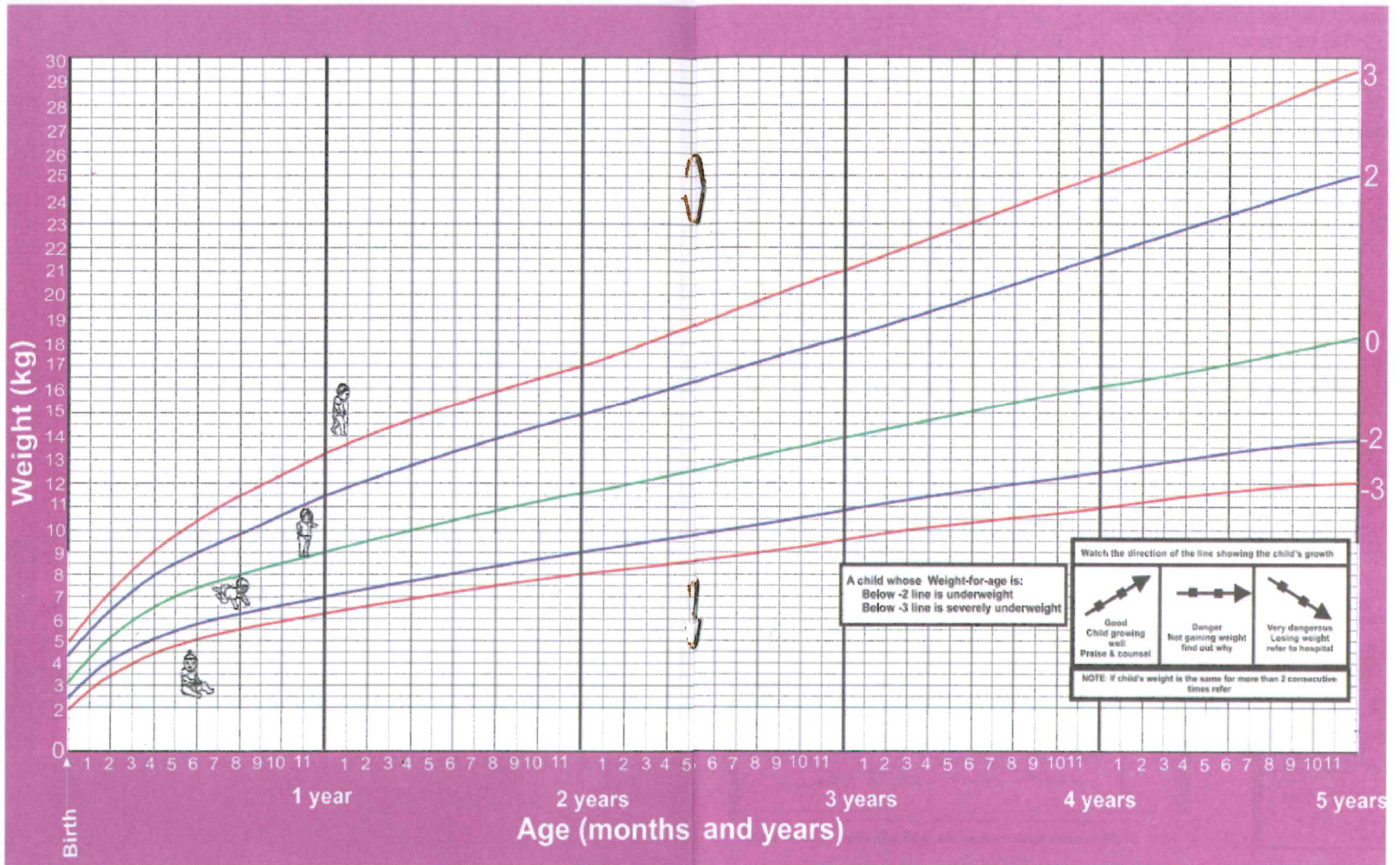
# Weight-for-age BOYS

Birth to 5 years (z-scores)



# Weight-for-age GIRLS

Birth to 5 years (z-scores)





# DIARRHEA

- Running stomach can cause a child to loose plenty water from the body. Baby ma and baby pa, if your child has running stomach, give him / her as much fluid as possible such as

- Tay tay water
- ORS
- Coco nut water
- Rice water

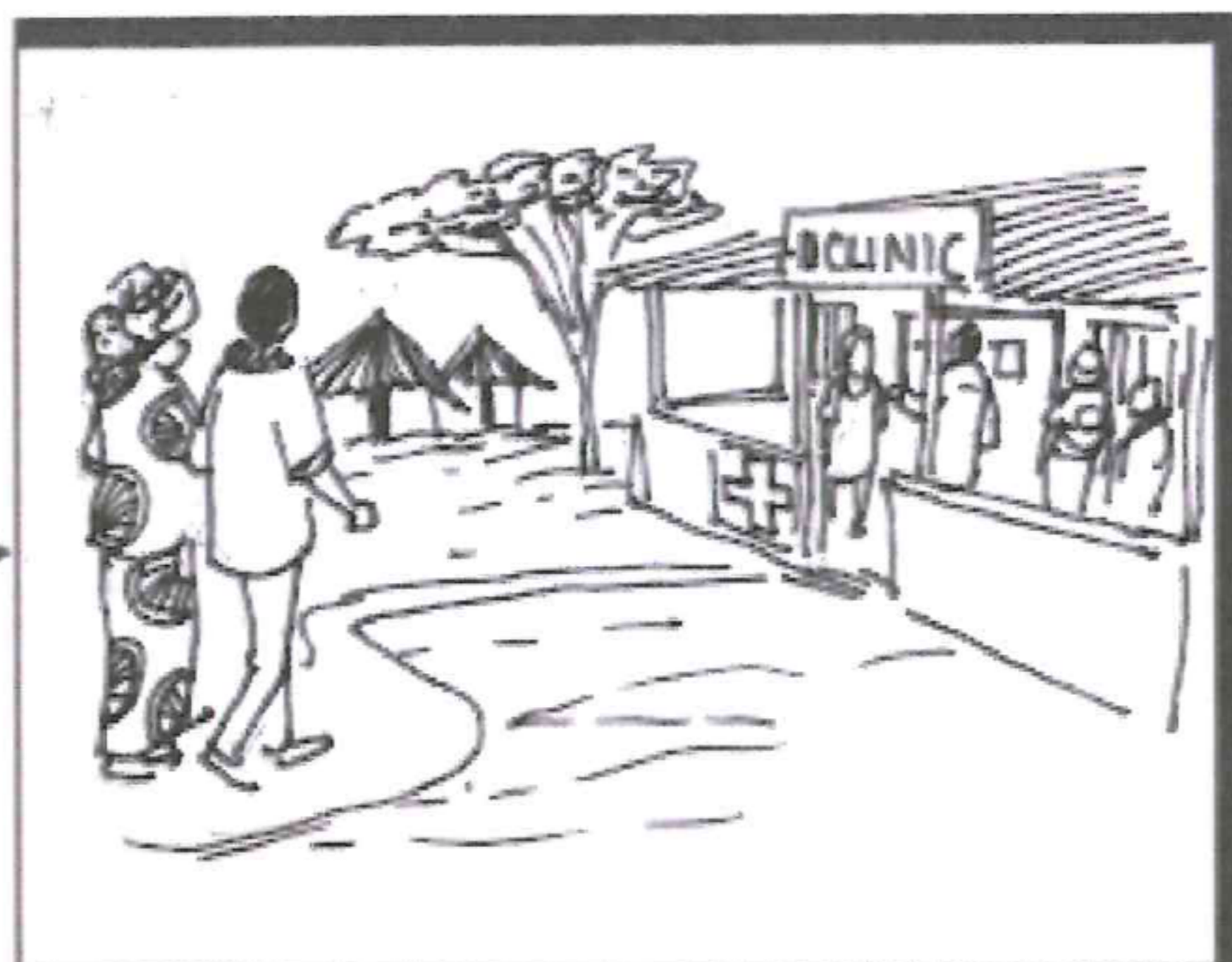


*A child with diarrhea*



*Mother and father giving the child ORS*

- If running stomach continues, take the child right away to the health clinic / hospital.



*Father and mother taking the child with diarrhea to the clinic*

# FEVER



- When the child has fever:



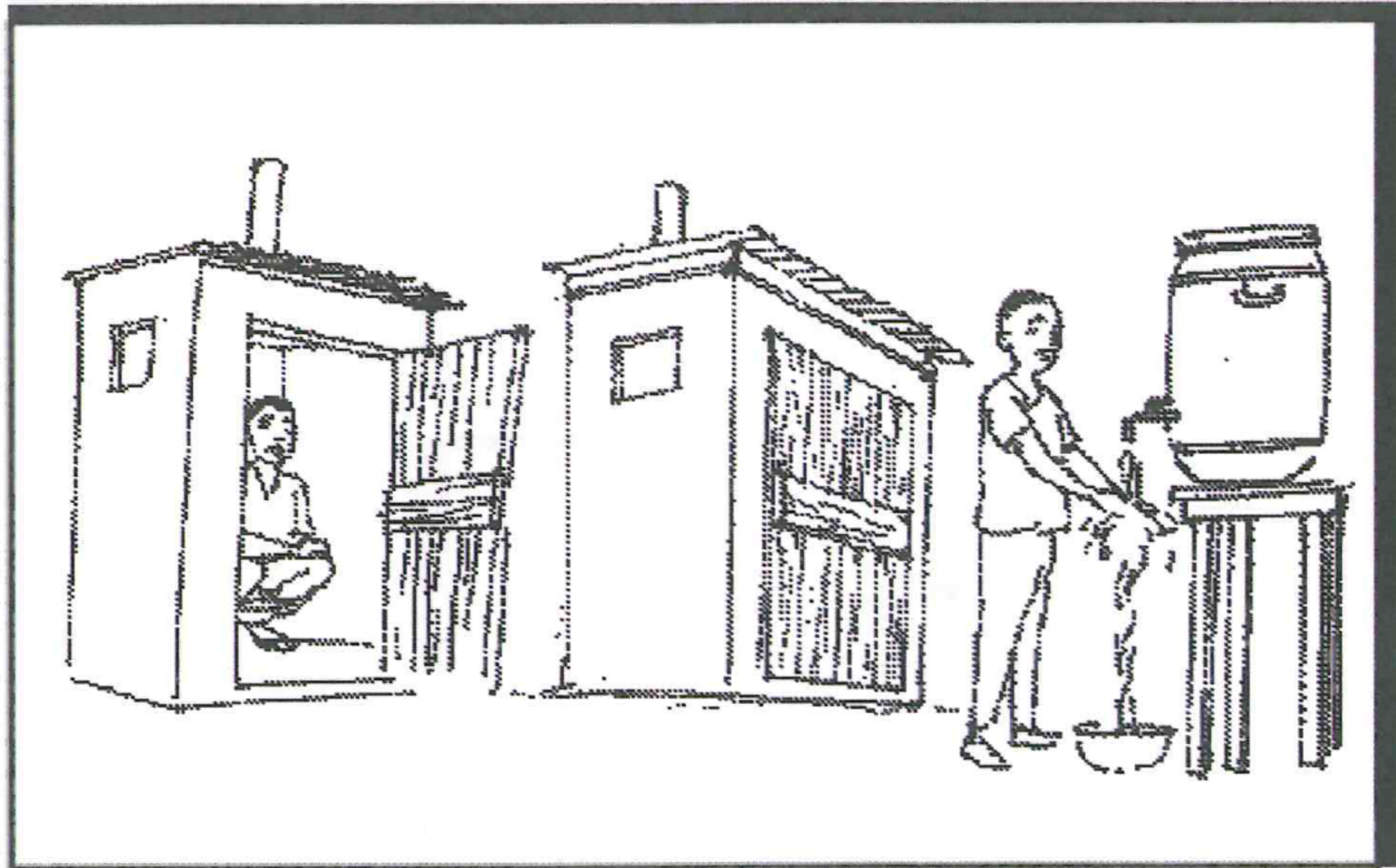
Give a cold bath and



Go to the nearest clinic or hospital for treatment.

## HYGIENE AND CLEAN

- Keep your family healthy with a clean environment  
Father, build a cover latrine and make sure that all members of your family use it.



- Wash your hands with soap and water after using latrine.



- Wash fruits, Vegetables with clean water before eating.



- Treat the drinking water with chlorine

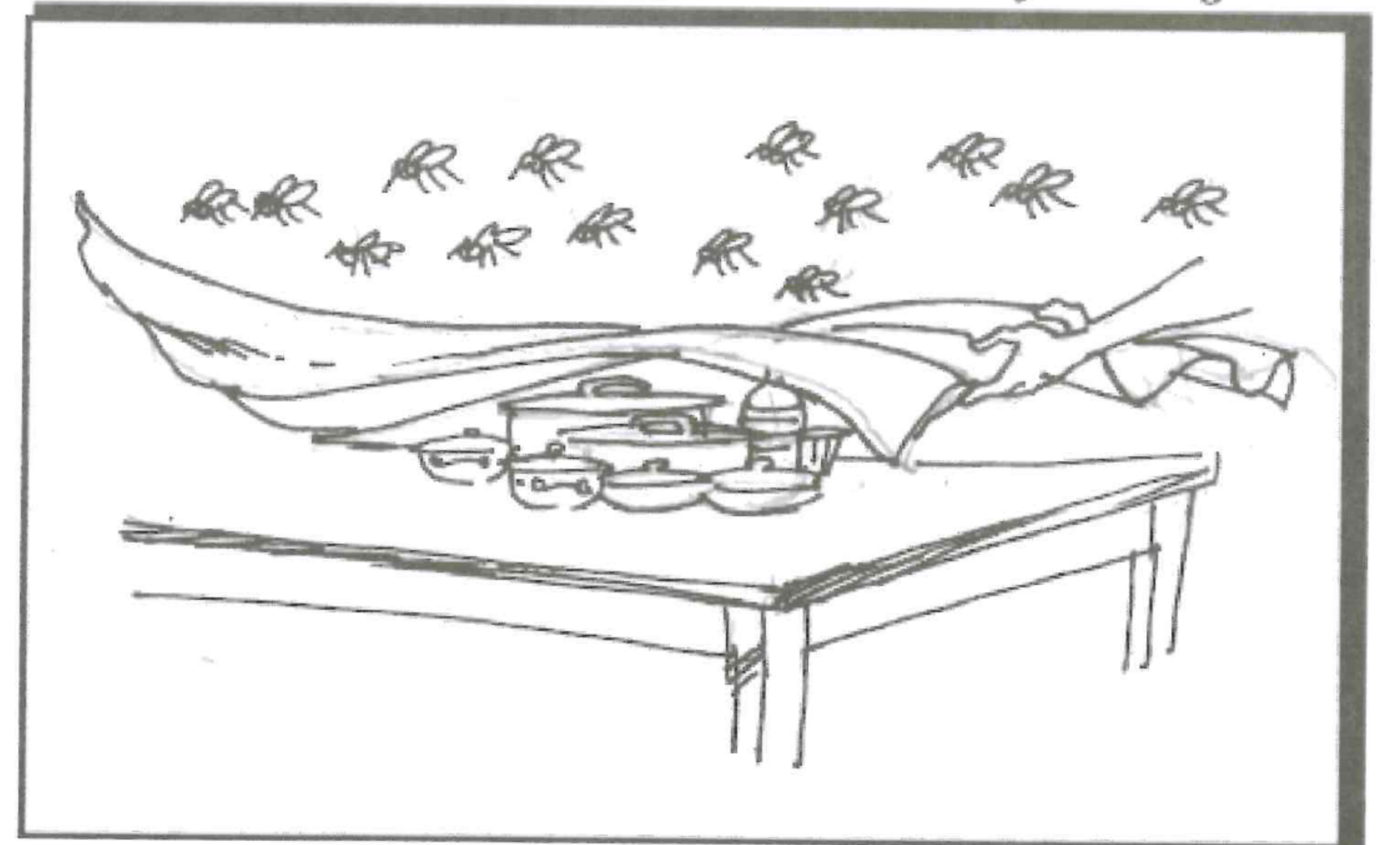
## ENVIRONMENT



- Use clean and covered containers to store water



- Mother make sure your children wash hands before eating



- Cover food to prevent it from the flies

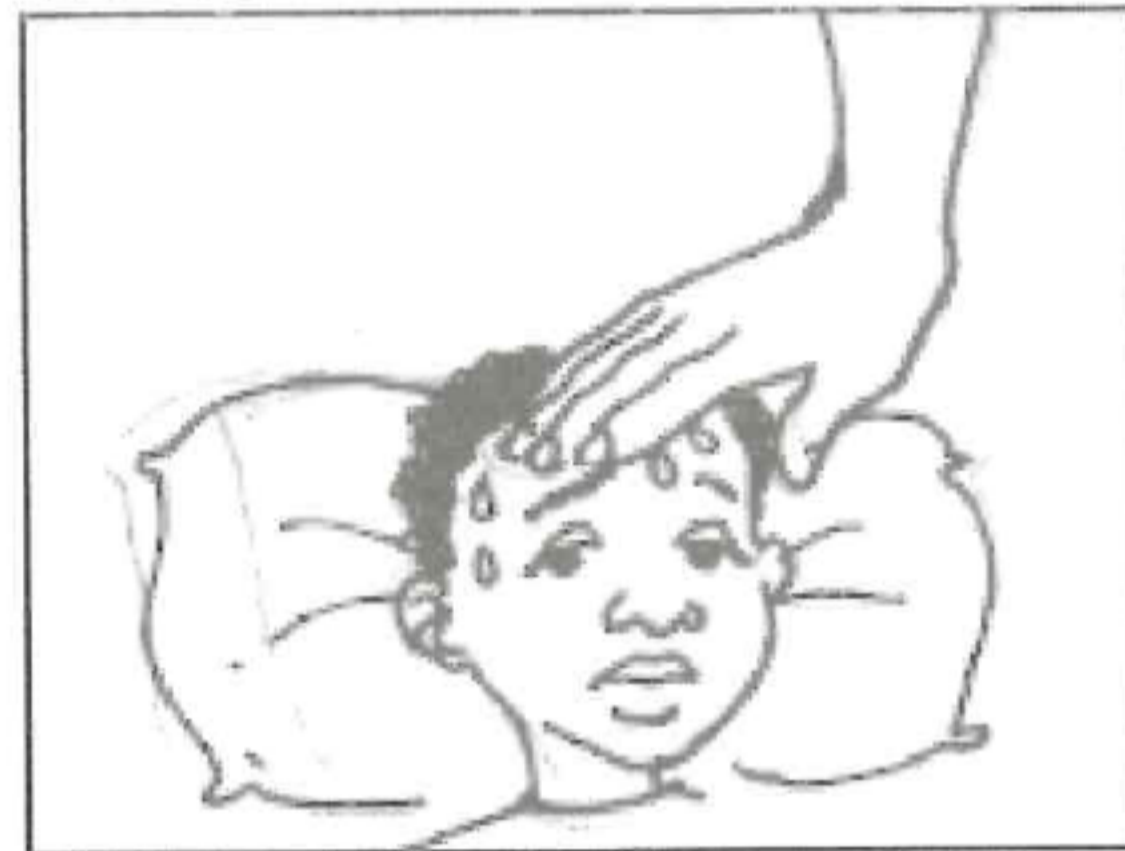
# DANGER SIGNS FOR CHILD HEALTH

- If your child has any of the following problems in this picture, take him or her immediately to the clinic for treatment, including if the child refuses to eat.

Plenty Vomiting



Fever



Jerking or convulsion



Breathing fast / Coughing



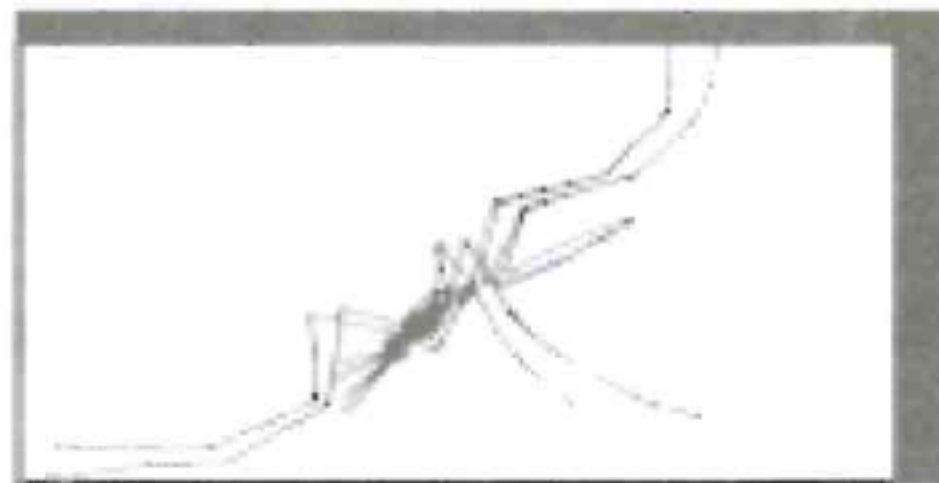
Take him or her immediately to the clinic/hospital for treatment

# GO TO THE HEALTH CLINIC/HOSPITAL



# MALARIA

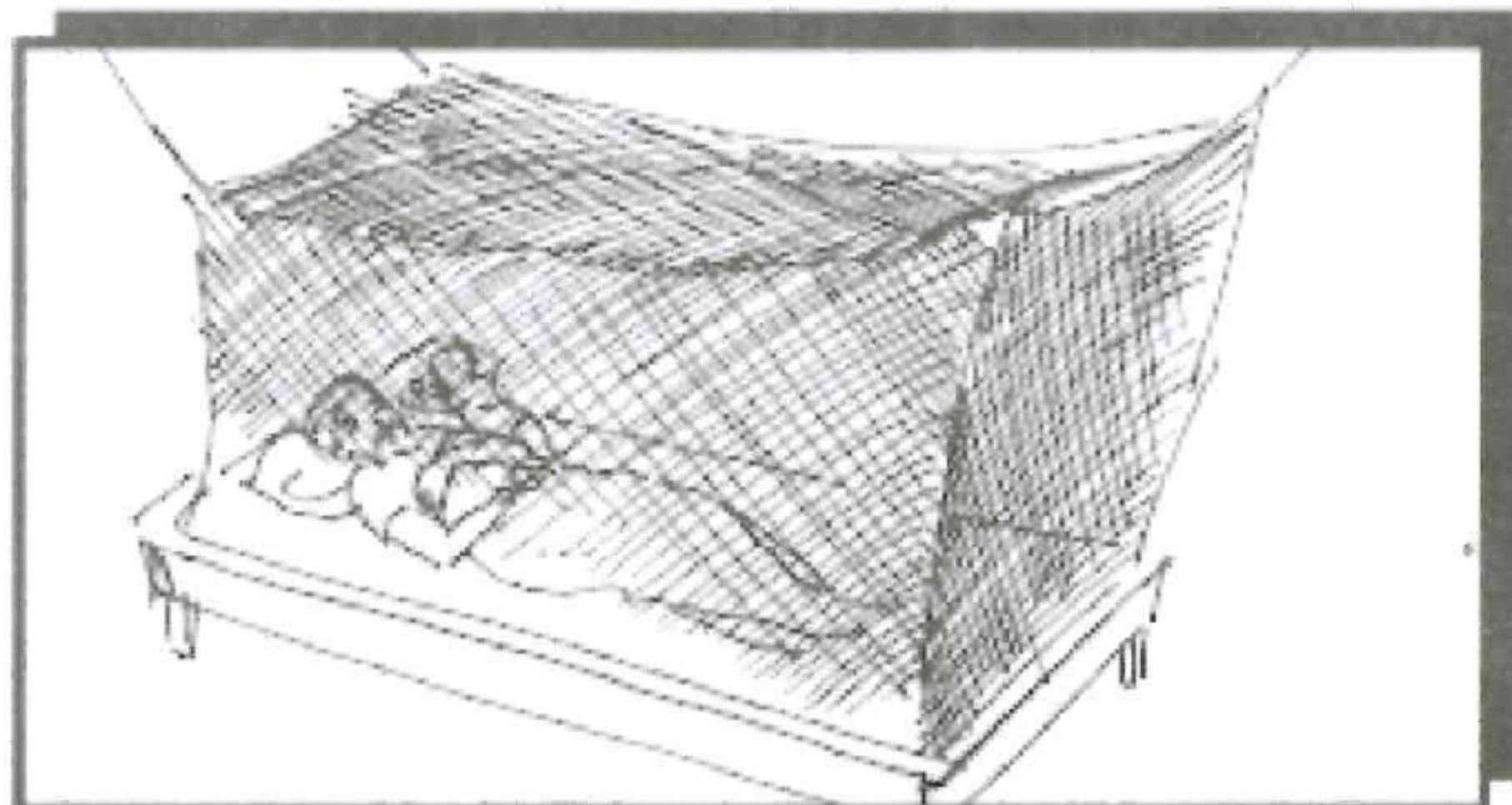
- Malaria is a sickness you get from mosquito bite mostly during the evening or night. It can cause fever and jerking in children.



*Mosquito*



- If the child receives malarial medicine (ACT) the new Malaria drug, complete the treatment given to him/her by a health provider. Baby ma and Baby pa, during illness, give tay tay water more often and for baby older than 6 months give extra food to help it get vitamin and get better faster.

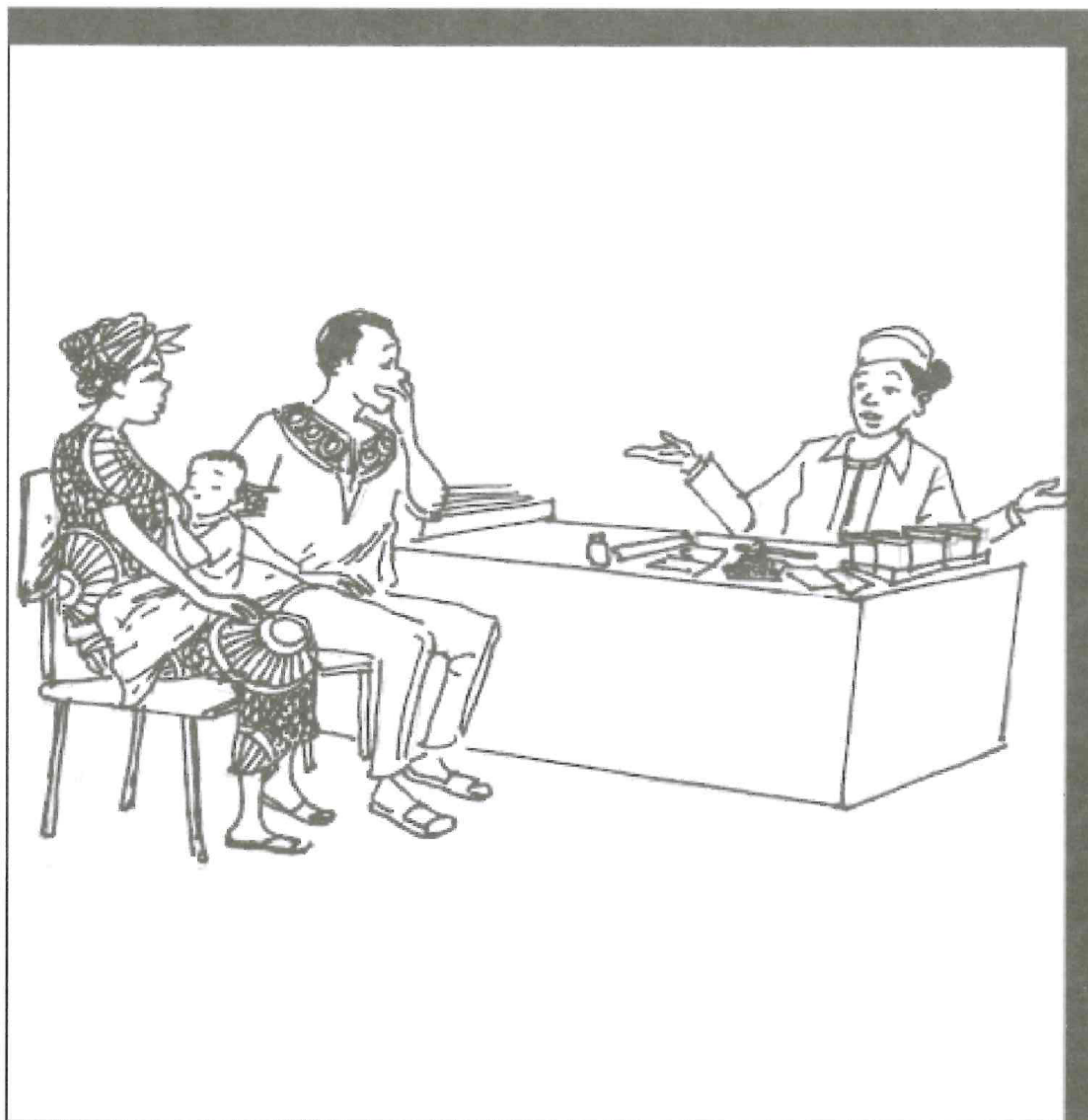


*mother and child sleeping under a mosquito net*

- *To prevent getting malaria, make sure all family members always sleep under mosquito net.*

# FAMILY PLANNING

- Baby ma and Baby pa, wait until the child is 24 months old before taking a new belly to maintain the health of the mother and the child. It will also help the mother to rest her body and for the baby to grow well.
- Discuss with the baby ma and baby pa about the different family planning methods and let them make a decision.





# NOTES



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