



Photograph of Mother & Child

Family Identification

Mother's Name _____ Age _____

Father's Name _____

Address _____

Mother's Education: illiterate/primary/middle/high school/graduate

Pregnancy Record

Mother's ID No. _____

Date of the last menstrual period _____ / _____ / _____

Expected date of delivery _____ / _____ / _____

No. of pregnancies/ previous live births _____ / _____

Last delivery conducted at: Institution Home

Current delivery: Institution Home

JSY Registration No. _____

JSY payment Amount _____ Date _____ / _____ / _____

Birth Record

Child's Name _____

Date of Birth _____ / _____ / _____ Birth Weight _____ kgs _____ gms

Girl Boy Birth Registration No: _____

Institutional Identification

AWW _____ AWC/Block _____

ASHA _____ ANM _____

SHC / Clinic _____

PHC / Town _____ Hospital / FRU _____

Contact Nos. ANM _____ Hospital _____

Transport Arrangement _____

AWC Reg. No. _____ Date _____ / _____ / _____ Sub-centre Reg. No. _____ Date _____ / _____ / _____

Referral _____ / _____ / _____

Regular checkup is essential during pregnancy

Months	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
Registration									
ANC									
BP, Blood & Urine									
Weight									
T.T. Injection									
Iron Tablets									

Register with the health centre in the first trimester.

Have at least 3 antenatal checkups, after registration

Have blood pressure (BP) checked and blood and urine examined at each visit.

Have weight checkup at each visit. Gain at least 10-12 kg. during pregnancy. Gain at least 1kg every mth. during the last 6 mths. of pregnancy.

Take two T.T. injections. T.T.1 when pregnancy is confirmed and T.T.2 after 1 month. (Fill in the date)

Take one tablet of iron and folic acid a day for at least 3 months. Take at least 100 tablets. (Fill in quantity and date issued)

Care During Pregnancy

- Consume a variety of foods
- Consume more food – around 1/4th times extra than the normal diet
- Consume SNP from the AWC regularly
- Take at least two hours of rest during the day. In addition to 8 hours of rest at night.
- Use only adequately iodised salt

Ensure nutrition counselling at every ANC

ANTENATAL CARE

OBSTETRIC COMPLICATION IN PREVIOUS PREGNANCY
(Please tick (✓) the relevant history)

A. APH B. Eclampsia C. PIH

D. Anaemia E. Obstructed labor F. PPH

G. LSCS H. Congenital anomaly in baby I. Others

PAST HISTORY
(Please tick (✓) the box of the appropriate response/s)

A. Tuberculosis B. Hypertension C. Heart Disease

D. Diabetes E. Asthma F. Others

EXAMINATION

General Condition	Heart	Lungs	Breasts

ANTENATAL VISITS

	1	2	3	4
Date				
Any complaints				
POG (Weeks)				
Weight (Kg)				
Pulse rate				
Blood pressure				
Pallor				
Oedema				
Jaundice				

ABDOMINAL EXAMINATION

	Normal	Reduced	Absent	Normal	Reduced	Absent	Normal	Reduced	Absent
Fundal height									
Weeks/cm									
Lie/Presentation									
Fetal movements									
Fetal heart rate per minute									
P/V if done									

ESSENTIAL INVESTIGATIONS

Hemoglobin			
Urine albumin			
Urine sugar			
Signature of ANM			

Blood Group & Rh Typing. _____ Date _____ / _____ / _____

OPTIONAL INVESTIGATIONS

1. Urine pregnancy test. _____ Date _____ / _____ / _____

2. Hbs Ag. _____ Date _____ / _____ / _____

3. Blood sugar. _____ Date _____ / _____ / _____

Participate in monthly fixed village Mother Child Health & Nutrition Day

If you or anyone in your family sees any of these danger signs, take the pregnant woman to the hospital immediately

Bleeding during pregnancy, excessive bleeding during delivery or after delivery

Severe Anaemia with or without breathlessness

High fever during pregnancy or within one month of delivery

Headache, blurring of vision, fits and swelling all over the body

Labour pain for more than 12 hours

Bursting of water bag without labour pains

Ensure Institutional Delivery

Contact ASHA/ANM/AWW

Register under Janani Suraksha Yojna (JSY)

Obtain Benefits under JSY

Identify Hospital in Advance

Arrange for Transport in Advance

Ensure 48 hours of stay after delivery

Preparation in case of Home Delivery

Ensure safe delivery by ANM

- Clean hands
- Clean surface & surroundings
- Clean blade
- Clean umbilical cord
- Clean thread to tie the cord
- Clean set of clothes for newborn

Ensure Family Care & Support

Emergency

Arrange Transport to Hospital

Initiated Breastfeeding within 1 Hour of Birth
Yes No

Family Planning Counselling

Ensure early and exclusive breastfeeding 0-6 months

POST NATAL CARE

Date of delivery _____ Place of delivery _____ Type of Delivery _____

_____ N. _____ Instr. _____ CS _____

Term/Preterm _____ If at institution period of stay post delivery _____

Complications, if any (Specify) _____

Sex of baby M F *Weight of baby _____ kg. _____ gms

Cried immediately after birth Y N

Initiated exclusive breast feeding within 1 hour of birth Y N

* (Three extra visits if birth weight < 2.5kg)

POST PARTUM CARE

	1 st Day	3 rd Day	7 th Day	6 th Week
Any complaints				
Pallor				
Pulse rate				
Blood pressure				
Temperature				
Breasts				
Soft/engorged				
Nipples				
Cracked/normal				
Uterus Tenderness				
Present/absent				
Bleeding P/V				
Excessive/normal				
Lochia				
Healthy/foul smelling				
Episiotomy/Tear				
Healthy/infected				
Family planning				
Counselling				
Any other complications and referral				

CARE OF BABY

	1 st Day	3 rd Day	7 th Day	6 th Week
Urine passed				
Stool passed				
Diarrhea				
Vomiting				
Convulsions				
Activity (good /lethargic)				
Sucking (good/ poor)				
Breathing (fast/difficult)				
Chest indrawing				
Present/absent				
Temperature				
Jaundice				
Condition of umbilical stump				
Skin pustules				
Present/absent				
Any other complications				

NEWBORN CARE

- Keep the child warm
- Start breastfeeding within 1 hour after birth.
- For the first 6 months, feed the baby only mother's milk
- Do not bathe the child for the first 48 hours
- Keep the cord dry
- Keep the child away from people who are sick
- Weigh your child at birth
- Give special care if child weighs less than 2.5 kg. at birth

DANGER SIGNS – SEE HEALTH WORKER

- Weak sucking or refuses to breastfeed
- Baby unable to cry/difficult breathing
- Yellow palms and soles
- Fever or cold to touch
- Blood in stools
- Convulsions
- Lethargic or unconscious

Details of Immunisation

Birth to 3 Years			
Birth	Birth	Birth	
B.C.G.	OPV-0*	Hepatitis B-0*	* For Institutional Delivery
1½ months	2½ months	3½ months	
OPV-1	OPV-2	OPV-3	
1½ months	2½ months	3½ months	9 months
DPT-1	DPT-2	DPT-3	Measles
1½ months	2½ months	3½ months	9 months
Hepatitis B-1	Hepatitis B-2	Hepatitis B-3	Vitamin A

16 to 24 months

16-24 months	16 months	24 months
DPT Booster	Vitamin A	Vitamin A
Polio Booster		

24 to 36 months

30 months	36 months
Vitamin A	Vitamin A

Remember

- Give Iron & Folic Acid syrup to children over 6 months as prescribed
- Deworm children over 1 year biannually as prescribed

Feeding, playing and communicating with children helps them grow and develop well

0 to 6 months

Feeding

- Start breastfeeding immediately after birth – within 1 hour
- Exclusively breastfeed for 6 months. Do not give any other food or drinks and not even water
- Breastfeed as many times as the child wants
- Breastfeed day and night

0 to 3 months

What you can do

Smile at your child. Look into child's eyes and talk to your child

What children can do

Around 3 months, most children can smile in response

Track a ribbon bow

Begin to make sounds

Provide ways for the child to see, hear, feel and move

3 to 6 months

What you can do

Have large colourful objects for your child to see and to reach for

What children can do

Around 6 months, most children can hold head steady when held upright

Turn to a voice

Reach out for objects

Talk to & respond to your child. Get a conversation going with sounds or gestures

6 to 12 months

Feeding

- On completion of 6 months, start with small amounts of soft mashed cereal, dal, vegetables and fruits
- Increase the quantity, frequency and thickness of the food gradually
- Understand child's signals for hunger and respond accordingly
- Feed the child 4-5 times a day and continue breastfeeding

Play games like peek-a-boo. Tell the child names of things & people.

What you can do

Give your child clean safe items to handle and things to make sounds with.



Play games like peek-a-boo. Tell the child names of things & people.

What children can do

Around 9 months most children can sit up from lying position



Sit without support

What children can do

Around 1 year most children can stand well without support



Wave

What children can do

Around 2 years most children can stand on one foot with help



Stand on one foot with help

Child needs extra food after illness

Always use adequately iodized salt for the family

Child needs extra food after illness

Child needs extra food after illness

If the child seems slow, increase feeding, talking and playing. If the child is still slow, take the child to a doctor

Feeding, playing and communicating with children helps them grow and develop well

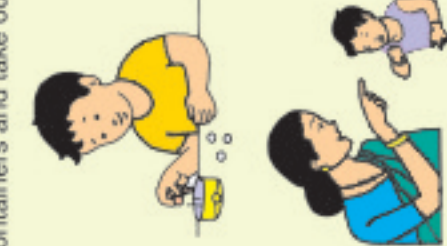
1 to 2 years

Feeding

- Continue to offer a wide variety of foods including family foods, such as rice/chapati, dark green leafy vegetables, orange & yellow fruits, pulses and milk products
- Feed the child about 5 times a day
- Feed from a separate bowl and monitor how much the child eats
- Sit with the child and help her finish the serving
- Continue breastfeeding upto 2 years or beyond

What you can do

Give your child things to stack up & to put into containers and take out.



Ask your child simple questions. Respond to your child's attempts to talk.

What children can do

Around 1½ years most children can express wants



Walk well

What children can do

Around 2 years most children can stand on one foot with help



Stand on one foot with help

What children can do

Around 3 years most children can copy & draw straight line



Copy & draw straight line

Child needs extra food after illness

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Always use adequately iodized salt for the family

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Child needs extra food after illness

2 to 3 years

Feeding

- Continue to feed family foods 5 times a day
- Help the child feed herself / himself
- Supervise feeding
- Ensure hand washing with soap before feeding

What you can do

Help your child count and compare things; make simple toys for your child.



Encourage your child to talk & respond to your child's questions. Teach your child stories, songs, and games.

What children can do

Around 2½ years most children can point to 4 body parts



Name one colour correctly

What children can do

Around 3 years most children can copy & draw straight line



Copy & draw straight line

What children can do

Around 3 years most children can wash hands by herself



Wash hands by herself

Child needs extra food after illness

Always use adequately iodized salt for the family

Child needs extra food after illness

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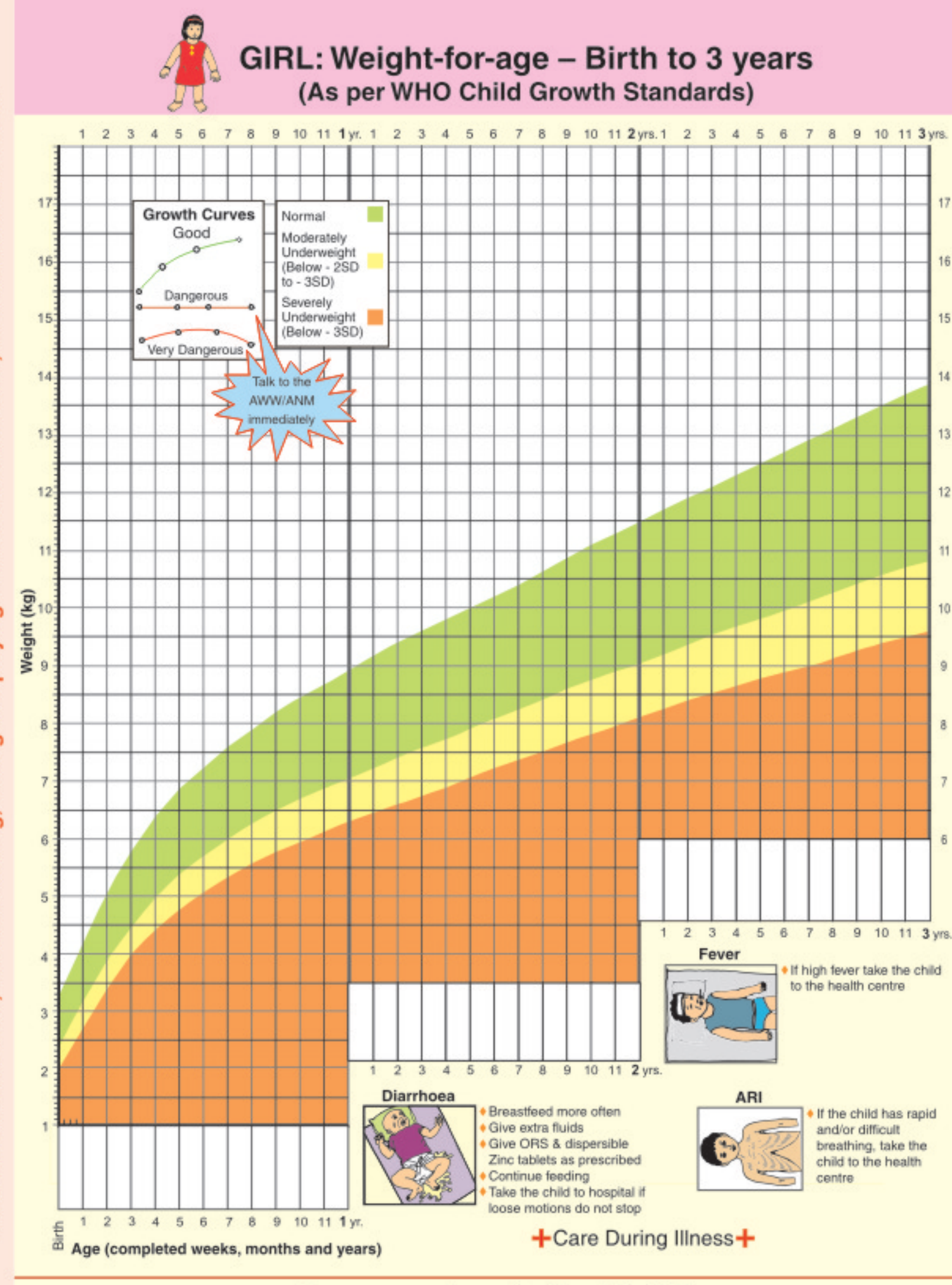
Always use adequately iodized salt for the family

Child needs extra food after illness

Child needs extra food after illness

If the child seems slow, increase feeding, talking and playing. If the child is still slow, take the child to a doctor

Ensure equal care for the girl child



Have your child weighed at the AWC every month

