



Karata ya botsogo
jwa ngwana

Child

Welfare Clinic Card



GENERAL INFORMATION

Child's Name / Leina la ngwana Child's welfare card number ANC Number	Sex	Present Postal Address:
Mother's Name / Leina la ga Mmaagwe: Mother's Age/Dingwaga tsa ga Mmaagwe: Father's Name / Leina la ga Rraagwe: Guardian / Motlhokomedl:	Date of Birth/...../..... Birth weight kg Length cm Head circumference cm Place of Birth	Physical Address:
Birth Registration Number	At home / Mo gae <input type="checkbox"/> Facility / Kokelong <input type="checkbox"/>	Ward / Kgofla:
Date of Registration/...../.....	Date first seen at the Health Facility/...../.....	Village / Town:
		Tel / Mogala
		Permanent Address:
		Home Village / Legae
		Ward / Kgofla:
		Home address / Legae
		Reasons for special care / mabaka a tlhokomelo e e faphegileng
		Twin or more
		Destitute
		Orphan
		Teen mother
		Alcohol
		Disabled
		Underweight(<2.5kg)
		Disabled parent
		TB
		Others (eg: allergy)
	APGAR Score	Time
		1 min 5 min 10 min

Schedule Of Immunisation / Lenaneo la Thulaganyo ya Mekento

Did the mother get TT		Yes <input type="checkbox"/>	No <input type="checkbox"/>	What dose:	TT1	TT2	TT3	TT4	TT5
					/ /	/ /	/ /	/ /	/ /
At birth/	B.C.G Mokento wa kgotholo e tona	1 dose...../...../.....		BCG Scar (tick) Yes <input type="checkbox"/> No <input type="checkbox"/>					If no, Revaccinate immediately / /
At birth, 2 & 9 months	Hepatitis B Mokento wa bolwetse jwa sebetse	1st dose (at birth) Date/...../.....		2nd dose (2 mths) Date/...../.....					3rd dose (9 mths) Date/...../.....
At 2,3,4 months & booster at 18 months	D.P.T. Mokento wa dikodu tse di tshweu, sehuba sa monganganyego, kitlano ya ditlhaa	1st dose (2 mths) Date/...../.....		2nd dose (3 mths) Date/...../.....					3rd dose (4 mths) Date/...../.....
	Polio Mokento wa go swa mhama	1st dose (2 mths) Date/...../.....		2nd dose (3 mths) Date/...../.....					3rd dose (4 mths) Date/...../.....
9 months	Measles Mokento wa mmokwane	dose (9 mths) Date/...../.....		2nd dose / - - - Date					Booster (18 mths) Date/...../.....

Minimum interval between 1st, 2nd and 3rd DPT, Polio and Hepatitis B doses is 4 weeks (28 days)

Special Immunisation Campaigns / Letsholo la Mekento e e Faphegileng

Name of campaign..... Date...../...../.....	Name of campaign..... Date...../...../.....	Name of campaign..... Date...../...../.....	Name of campaign..... Date...../...../.....
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Vitamin A Supplementation Schedule / Lenaneo la Kotla ya Vitamin A

Vitamin A dose	MOTHERS AFTER DELIVERY UP TO 6-8 WKS	CHILDREN 0-36 MONTHS					
		Below 6 mths** 50,000 i.u	At 9 mths 100,000 i.u	At 18 mths 200,000 i.u	At 24 mths 200,000 i.u	At 30 mths 200,000 i.u	At 36 mths 200,000 i.u
Date / Letsatsi/...../.....						
			At 42 mths 200,000 i.u	At 48 mths 200,000 i.u	At 54 mths 200,000 i.u	At 60 mths 200,000 i.u	

Minimum interval between doses is 6 months

** BANA BA BA SA AMUSIWENG/ONLY THOSE WHO ARE NOT BREASTFED.

Screening Scheme for Developmental Delay/ *Tshekatsheko ya go gola ga ngwana*

Age (Months)	Gross motor	Fine motor	Social skills	Language
3	Supports own weight on forearms	Opens hands spontaneously	Smiles appropriately	Coos Laughs
	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>
6	Sits momentarily without support	Transfers objects from one hand to the other	Shows likes and dislikes	Babbles
	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>
9	Pulls to stand	Pincer Grasp (able to pick objects with thumb and middle finger)	Enjoys game whereby adult repeatedly shows and hides face with a cloth(peek - a boo)	Imitates sounds
	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>
12	Walks with support	Releases an object on demand	Comes when called	Says 1 -2 meaningful words
	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>
18	Climbs stairs or walks up sloping ground with support	Feeds self from a spoon	Mimics actions of other words	Says at least six words
	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>
24	Runs	Builds a tower of six blocks or cans	Plays with others	Says 2-3 word sentence
	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>	YES <input type="checkbox"/> NO <input type="checkbox"/>

This table provides guidelines regarding the upper range of normal skills.

Please refer any child who fails to attain any of these milestones to a doctor for further evaluation and neuro - development assessment

Weight-for-age GIRLS

Birth to 5 years (z-scores)

Adapted from WHO Child Growth Standards 2006

Ela tlhoko tselana ya kgolo ya ngwana



Ngwana o gola sentle



Ngwana ga a gole sentle. Tlhotlhomisa mathata o gakolole



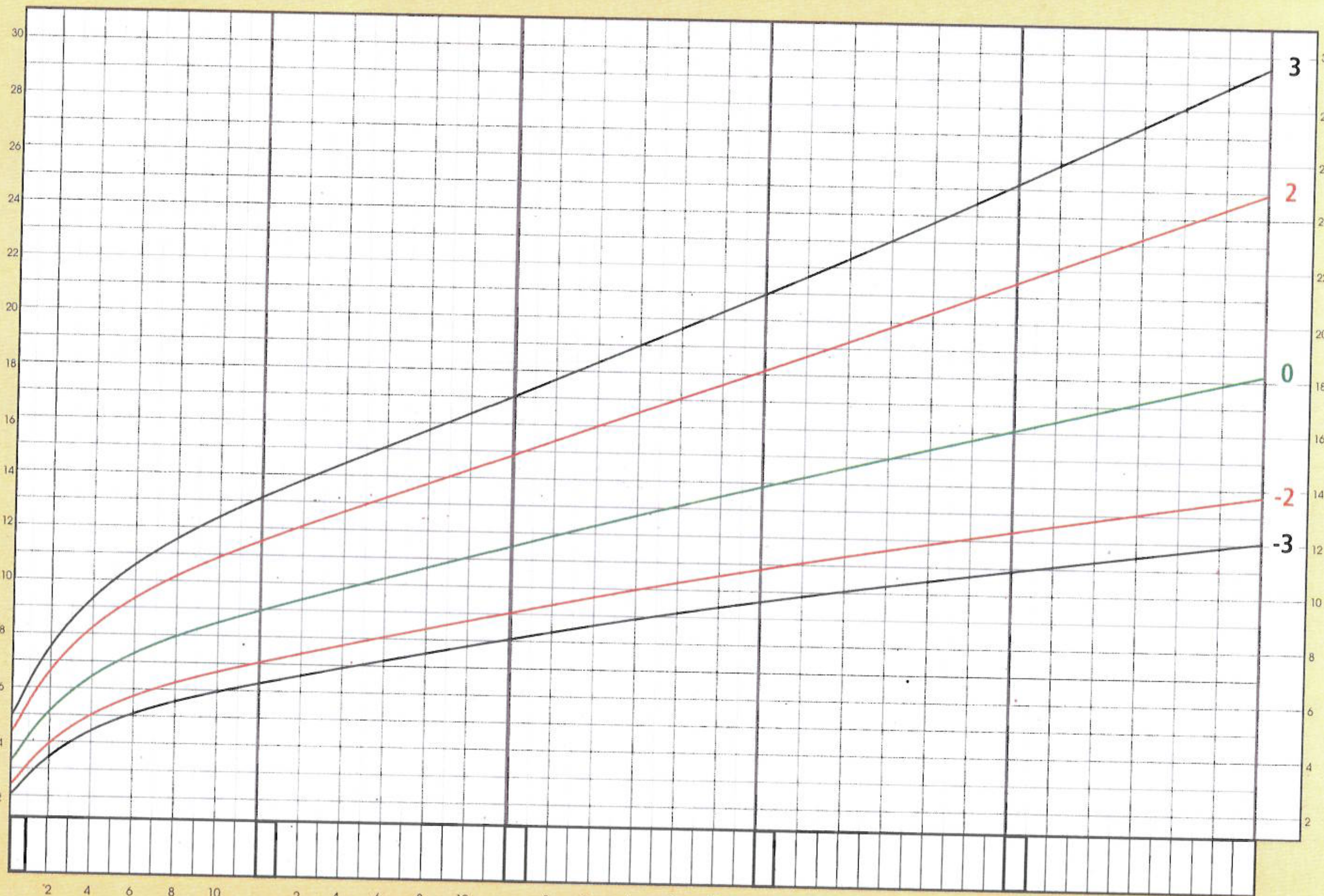
Oa tlhohofala
O tlhoka tlhokomelo e kgolo. Gakolola motsadi jaaka go tshwanetse.



Write the month of birth in the heavily marked box

Months

Weight (kg)



Birth 2 4 6 8 10 1 year 2 4 6 8 10 2 years 2 4 6 8 10 3 years 2 4 6 8 10 4 years 2 4 6 8 10 5 years

Write 'R' for ration issued for the month

Age (completed months and years)

Weight-for-age BOYS

Birth to 5 years (z-scores)

Adapted from WHO Child Growth Standards 2006

Ela tlhoko tselana ya kgolo ya ngwana



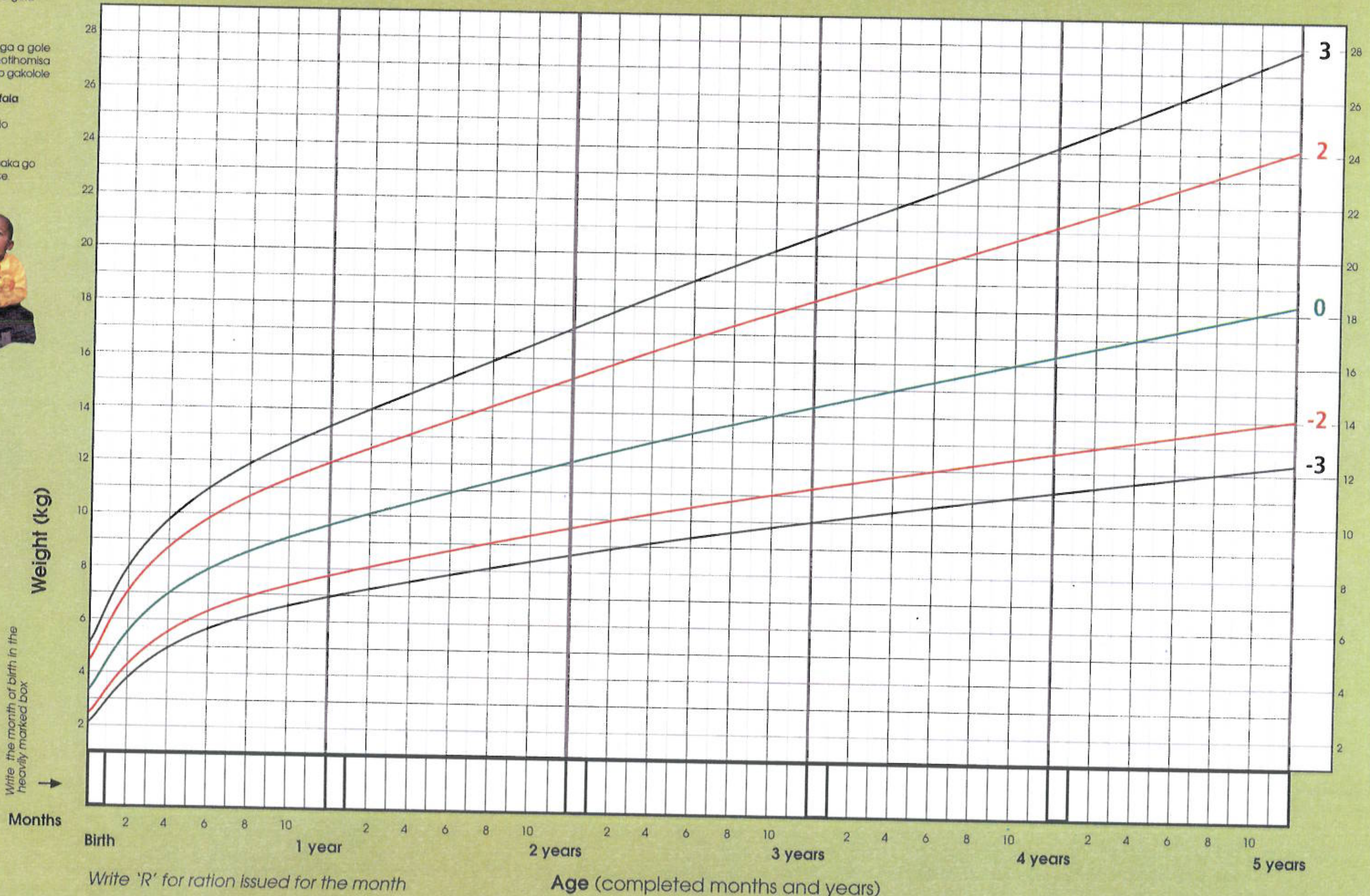
Ngwana o gola sentle



Ngwana ga a gole sentle. Tlhotlhomisa mathata o gakolole



Oa tihofotala
O tlhoka tlhokomelo e kgolo. Gakolola matsadi jaaka go tshwanetse



Length/height-for-age GIRLS

Adapted from WHO Child Growth Standards 2006

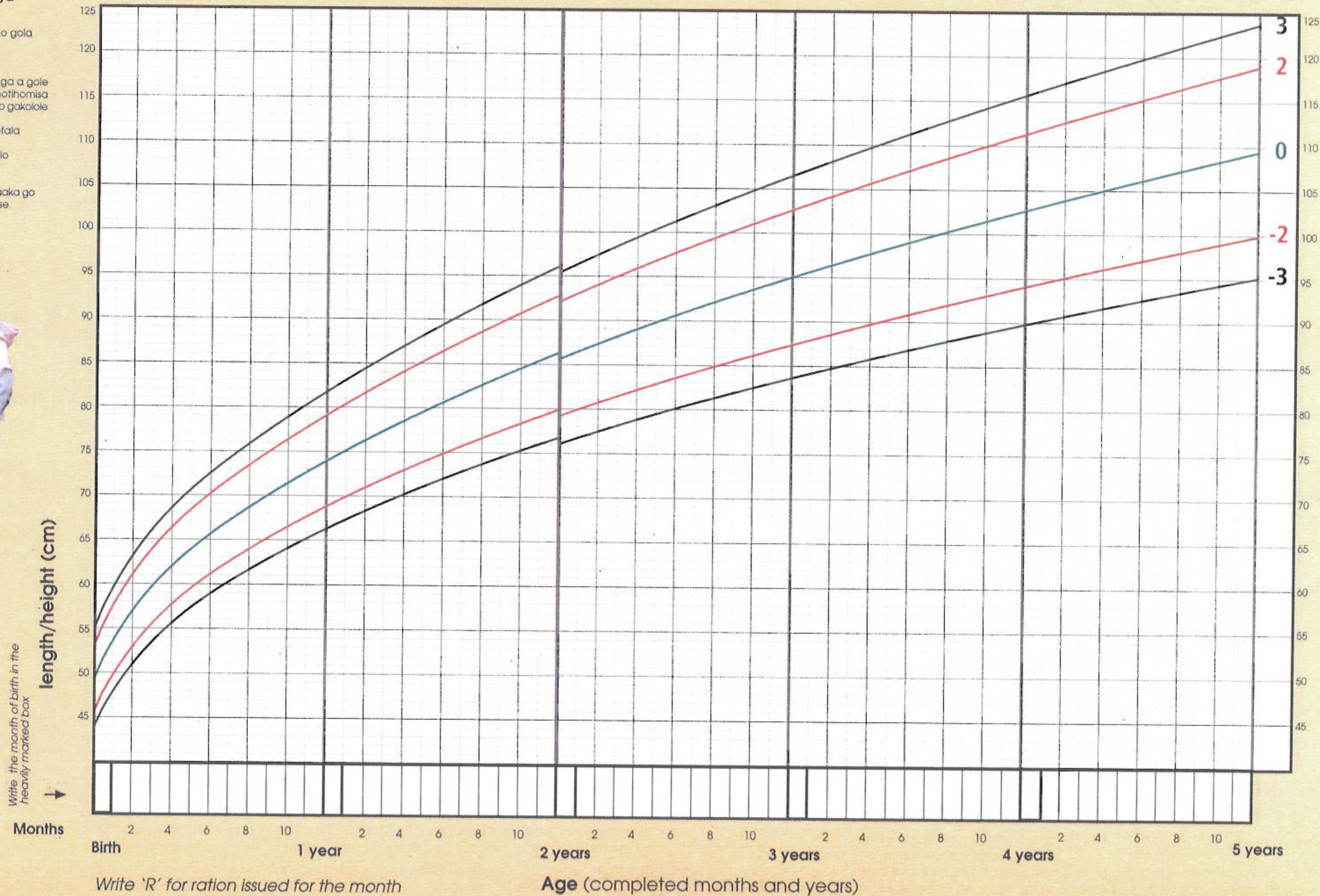
Birth to 5 years (z-scores)

Ela tlhoko tselana ya kgolo ya ngwana

Ngwana o gola sentle

Ngwana ga a gole sentle. Tlhotlhomisa mathata o gakolole

Oa tlhofotala
O tlhoka tlhokomelo e kgolo.
Gakolola motsadi jaaka go tshwanetse

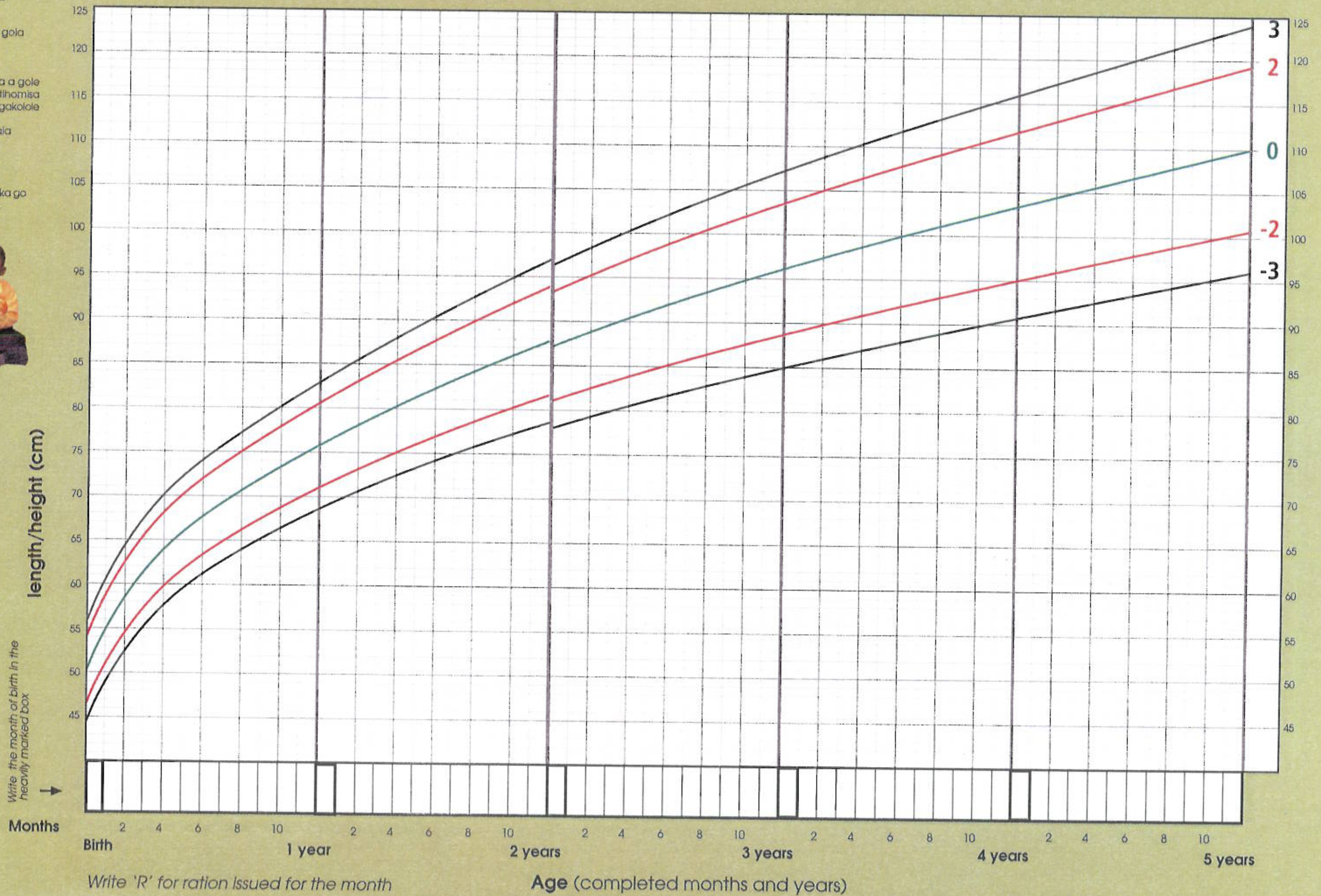


Length/height-for-age BOYS

Adapted from WHO Child Growth Standards 2006

Birth to 5 years (z-scores)

- Ela tlhoko tselana ya kgolo ya ngwana
- Ngwana o gola sentle
 - Ngwana ga a gole sentle. Tihotlhamisa mathata a gakolole
 - Oa tlhotosala O tlhoka tlhokomele e kgolo. Gakolola matsadi jaaka ga tshwanetse



PMTCT FOLLOW-UP RECORD

PMTCT No. / / / / /

District
Facility Type
Facility Number
Mother's No. in ANC Logbook
Year
Multiple births

Mother *	Infant
When did the mother have HIV Test: 1) Before pregnancy <input type="checkbox"/> 2) During pregnancy <input type="checkbox"/> 3) At delivery <input type="checkbox"/> 4) Post delivery <input type="checkbox"/>	ZDV start date / / Was ZDV Given within 48 hrs of birth Yes <input type="checkbox"/> No <input type="checkbox"/>
Results of HIV Test: Negative <input type="checkbox"/> Positive <input type="checkbox"/>	Was NVP given the first 72hrs of birth Yes <input type="checkbox"/> No <input type="checkbox"/>
ZDV start date / /	Cotrimoxazole start date / /
Duration of ZDV given (in weeks)	
Was the mother given NVP during labour? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Duration of HAART (3- drug ARV therapy)	
Did mother receive infant feeding counselling? Yes <input type="checkbox"/> No <input type="checkbox"/>	

* OBTAIN THE INFORMATION FROM THE MOTHER'S OBSTETRIC RECORD

Laboratory Testing

Test	Date due *	Date done	Results
PCR / / / /	Positive <input type="checkbox"/> Negative <input type="checkbox"/>
Repeat PCR (Breastfed infants should return for a repeat test 6 weeks after last breastmilk) / / / /	Positive <input type="checkbox"/> Negative <input type="checkbox"/>
Elisa or rapid test (Circle appropriate test) / / / /	Positive <input type="checkbox"/> Negative <input type="checkbox"/>

* Upon discharge, the health care worker at maternity should write in the actual date (DD/MM/YY) that the infant/child should return to the clinic for the test

ARV Referral

Date referred for ARV therapy / /
Place referred
Date ARV therapy Started / /

FEEDING RECOMMENDATIONS FOR INFANTS AND YOUNG CHILDREN

0 - 6 MONTHS



HIV-NEGATIVE MOTHERS

- Breastfeed as often as the child wants, day and night, at least 8 times in 24 hours without giving any other food or drink even water (exclusive breastfeeding)

HIV-POSITIVE AND OTHER MEDICALLY INDICATED CONDITIONS

- Formula feed day and night at least 8 times in 24 hours without giving any other food or drink even water (exclusive formula feeding)
- Do not give other foods or fluids including water.

6 MONTHS - 12 MONTHS



- Milk feed as often as the child wants.
- Introduce one food at a time to prevent confusion and help identify allergies
- Give adequate servings of nutritious foods e.g.
 - Tsabana
 - Soft porridge with peanut butter/margarine/milk
 - Mashed pumpkin, potatoes with mashed vegetables, beans, soup, gravy, pounded meat
 - Milk products.
 - Fruits e.g banana and fruit juice

Feed a child at least 5 times per day while continuing with milk feeds

- Give small frequent meals if the child is ill.

12 MONTHS - 2 YEARS



- Continue milk feeds at least two times a day
- Give five meals a day:
 - 3 from family meals and two additional servings.
 - Finger foods e.g. fruits and vegetables
 - If possible include eggs, meat and fish.

2 YEARS - OLDER



- Give family foods at least 3 meals each day
- Also, twice daily, give nutritious foods between meals, such as:
 - Foods available for the season
 - Groundnuts
 - Nyebu
 - Bread
 - Fruits e.g. melon, oranges etc.
 - Mageu/milk/sour milk

Note: Fruits should be given without seeds

NOTE

Breast milk substitutes e.g. infant formula should only be used when medically indicated.

DITSELANA TSA GO JESA MASEA LE BANA BA BANNYE

NGWANA YO E LENG GONE A
BELEGWANG GO YA A LE DIKGWEDI TSE
THATARO (0-6 months)



BOMME BA BA SENANG MOGARE WA HIV

- Amusa ngwana nako tsotlhe fa a batla, mo amuse bosigo le motshegare. Mo amuse makgetho a a seng ko tlase ga borobabodedi ka letsatsi o sa mofe sepe gape le one metsi tota

BOMME BA BA NANG LE MOGARE WA HIV LE MAKOA A MANGWE.

- Siela ngwana mashi a dithini fela bosigo le motshegare makgetho a a seng ko tlase ga borobabobedi ka letsatsi. Se mofe sepe gape le one metsi tota.
- Se jese ngwana le fa e le go mo siela sepe fela kwa ntle ga mashi.

DIKGWEDI TSE THATARO
GO YA KO NGWAGENG



- Siela ngwana mashi nako tsotlhe go ya ka keletso ya gagwe.
- Simolola go jesa ngwana mofuta o le mongwe wa dijo go hema ketsaetsego le gore o tle o lemoge tse di sa mo tseeng sentle.
- Jesa ngwana dijo ga tihano ka letsatsi
- Tswelala go amusa ngwana kana go mo nosa mashi a thini
- Mo fe dijo tse di nang le dikotla jaaka:
 - Tsabana
 - motogo o o nontshitsweng ka botoro ya manoko (peanut butter) mafura le botoro (margarine) kgotsa mashi a lebele
 - Diyo tse di ritilweng jaaka maphutse, ditapole/ merogo/ dinawa.
 - Seswaa/ mae/ tlhapi/ dijo tse di dirilweng ka mashi.
 - Maungo jaaka dibanana le matute a maungo a mangwe.
- Fa ngwana yo o lwalang dijo tse dinnye kgapetsakgapetsa

NGWAGA GO YA
DINGWAGENG TSE PEDI



- Tswelala go siela ngwana mashi ga bedi ka letsatsi
- Fa ngwana dijo ga tihano ka letsatsi (mo fe dijo tsa mo lapeng gararo ka letsatsi o ntse o mo fa tse dingwe fa gare, gore a seka a tshabelelwa ke tlala.

Dikai:

- Diyo tse di ritilweng le tse di boleta jaaka motogo wa mabele kgotsa phaletshe, dinawa, ditapole, letlhodi le merogo.
- Fa go kgonega mo fe mae, nama le tlhapi
- Maungo le merogo

DINGWAGA TSE
PEDI LE GO FETA



- Fa ngwana dijo tsa mo lapeng gararo ka letsatsi
 - Mo fe dijo tse dingwe tse di nang le dikotla gabedi ka letsatsi jaaka:
 - Tsabana/phaleche
 - Diyo tse di bonwang ka nako ya letlhafula
 - Manoko/dinawa tsa mofuta yotlhe
 - Nyebu
 - Maungo a a tshwanang le magapu, dinamune le tse dingwe
 - Mageu/mashi/madila
 - Borotho

ELA TLHOKO

Bana ba tshwanetse go nwa mashi a dithini fela fa go laotse ba bongaka

FLUID RECOMMENDATION DURING SICKNESS

FOR ANY SICK CHILD

- Give milk feeds more frequently
- If taking other foods increase fluids. Give fruit juices, rice water, samp water, drinks, or clean water.
- Add other foods that the child can take



FOR A CHILD WITH DIARRHOEA PREPARE THE ORS MIXTURE THIS WAY



- Dissolve the ORS mixture in the water and give the child
- Use within 24 hours

FOR A CHILD WITH DIARRHOEA

(the child must be seen by a health worker)

0-6 months

- Breastfeed more frequently and longer day and night
- If formula feeding, give small frequent feeds.
- Give ORS Solution

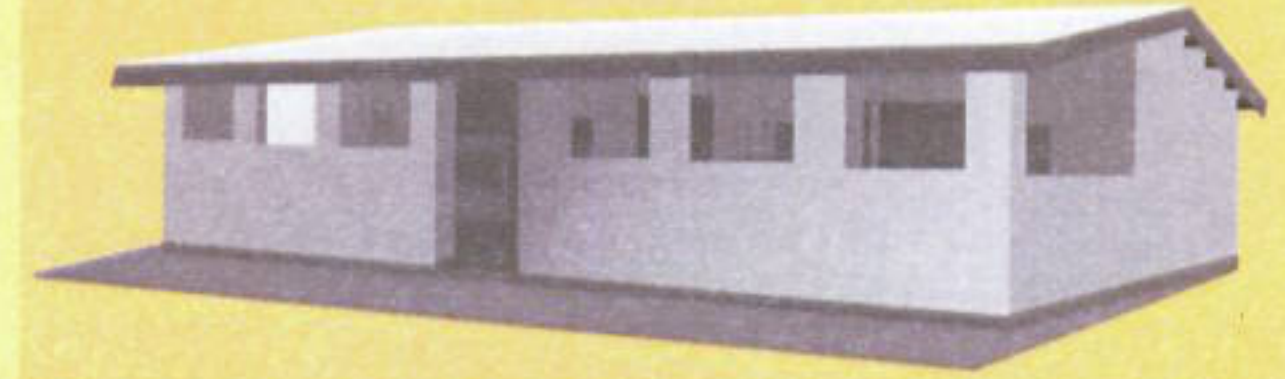
6 months - 5 years

- Milkfeed more frequently
- Give ORS Solution
- Give food based fluids, such as enriched soft porridge, milk, soup, rice/ samp water, fruit juice, yoghurt drinks
- Give extra fluids as much as the child will take.
- Continue giving extra fluids until diarrhoea stops.

Note: If a child vomits, wait for 10 minutes then give fluids slowly e.g. a spoonful every two to three minutes.

FOR A CHILD WITH PERSISTENT DIARRHOEA FOR MORE THAN 2 WEEKS

- The child must be seen by a doctor immediately
- If still breastfeeding, give more frequent, longer breastfeeds, day and night.
- If taking other milk:
 - replace with fermented milk products, such as sour milk, yoghurt OR
 - replace with fermented soft porridge, mageu,OR
 - replace half the milk with nutrient-rich semisolid food.eg soft porridge, mashed potatoes
- For other foods follow feeding recommendations for the child's age.



WHEN TO TAKE A CHILD TO A HEALTH FACILITY IMMEDIATELY

FOR ANY SICK CHILD

- If not able to drink
- If becomes sicker
- If develops fever
- If vomiting

FOR A CHILD WITH COUGH

- Difficulty in breathing
- Breathing too fast

NB: Do not give cough syrup without doctors advice.

FOR A CHILD WITH DIARRHOEA

- Blood in stool
- If drinking poorly
- Persistent diarrhoea

FOR YOUNG INFANT

(Less than two months old)

- If breastfeeding poorly
- If any of the above signs

Always remember to keep two packets of ORS at home and check when your child is due for immunisations and Vitamin A supplementation.

NGWANA YO O LWALANG

- Mo siele mashi kgapetsakgapetsa
- Fa a simolotse go ja mo o keletse dijo tse di metsi jaaka: matute a maungo, kgodu ya raese, kgodu ya setampa, metsi.
- Mo lekise dijo tse dingwe tse a diratang.



DIRA MOTLHAKANYO WA LETSHOLOL O JAANA

Motlhakanyo o o diretsweng ruri



- Tihakanya mophuthonyana o le mongwe wa ORS le lithara ya metse
- Dirisa motlhakanyo mo le tsatsing le le lengwe

NGWANA YO O TSHOLOLANG (O tshwanetse go bonwa ke ba bongaka)

Ngwana yo e leng gone a tsholwang go ya a le dikgwedi tse thataro (0-6 months)

- Mo amuse kgapetsakgapetsa bosigo le motshegare
- Fa a nwa mashi a dithini mosiele ka selekanyo se sennye kgapetsakgapetsa
- Mo siele motswako wa letshololo (ORS)

Ngwana yo o dikgwedi di thataro go ya a le dingwaga tse tlhano (6months - 5 years)

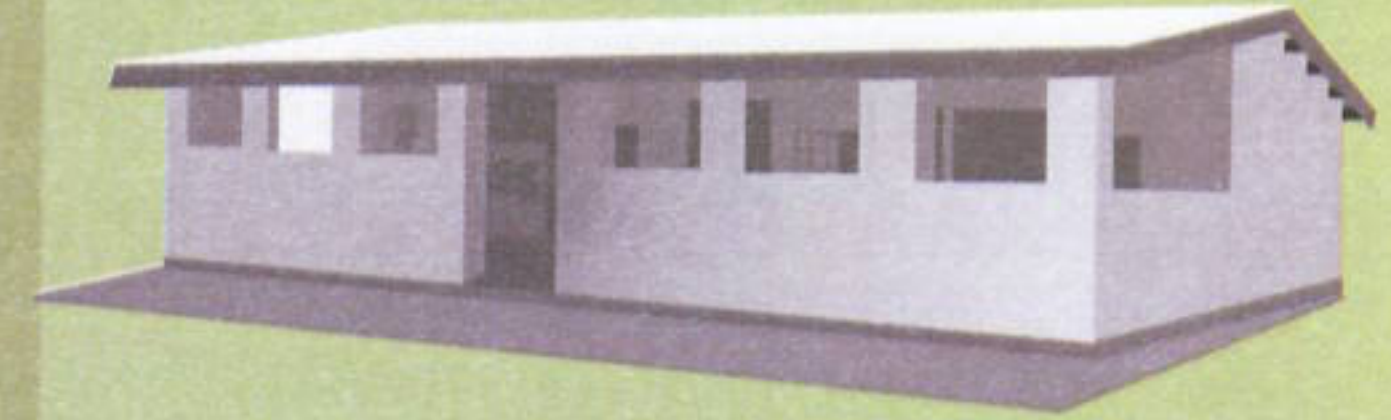
- Mo siele mashi kgapetsakgapetsa
- Mo siele motswako wa letshololo (ORS)
- Mofe dijo tse di metsi jaaka motogo o o nonotshitweng ka botoro/ mafura, mashi, supu, matute a maungo, yoghurt le kgodu ya raese / setampa
- Nosa ngwana kgapetsakgapetsa fa a tsholola ka go ka somarela botshelo jwa gagwe
- Tswelela o mo siela metsi le matute/ kgodu go fitlhelela letshololo le ema.

Ela tlhoko:

Fa ngwana a a kgwa ema metsotso e le lesome pele ga o mo nosa gape. Mo fe go le go nnye morago ga metsotso e meraro.

Ngwana yo otshololang ka lobaka

- Dira gore ngwana a bonwe ke a bongaka.
- Fa a sa amusiwe ka lebele, mo fe madila kgotsa yokate, motogo wa ting o kopantswe le mashi
- Mo fe dijo tse dingwe tsa ngwana wa dingwaga tsa gagwe



O KA ISA NGWANA KWA KOKELWANENG KA POTLAKO LENG?

FA A LWALA

- A sa kgone go nwa
- A gataletswa
- A gotela
- A kgwa

FA A GOTLHOLA

- A hema ka thata
- A hema ka pela

Ela tlhoko: Se fe ngwana molemo wa sehuba o sa laelwa ke ba bongaka

FA A TSHOLOLA

- A tsholola mantle a a nang le madi
- A sa kgone go nwa metsi sentle
- A tsholola lobaka la beke tse pedi

FA A LE KO TLASE GA DIKGWEDI TSE PEDI

- A sa anye sentle
- A supa dikai tsotlhe tse di boletsweng fa godimo

Ela tlhoko: Fa ngwana a a kgwa, leta sebakanyana sa metsotso e le lesome mme o mo siele ka bonya selekanyo sa leswana morago ga metsotso e mebedi kgotsa e le meraro