



**CALCUTTA
KIDS**

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COUNSELING CARDS FOR MATERNAL & NEONATAL HEALTH: NEWBORN AND POSTPARTUM CARE
For Community Health Workers



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COUNSELING POINTS FOR NEWBORN AND POSTPARTUM CARE CONTENT:

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Sheet N3

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Sheet N5

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Newborn and Postpartum Counseling Cards: N1: Immediate care after birth



Ask, what do they see in the picture?

- **A baby is lying close to the mother and breastfeeding immediately after delivery**
 - **A well-covered baby**
 - **Delay bath for baby**
 - **Do not apply anything on the cord**
-

DISCUSS:

- 1.) What care should be given to the baby immediately after delivery?

MESSAGES:

The four most important things to do for the baby immediately after delivery:

- Keep the baby dry and warm
- Avoid bathing the baby on the first day, and you can delay further in the cold season. For small babies delay bathing until the cord falls off.
- Keep the cord clean and do not apply anything such as powder on the cord.
- Start breastfeeding as soon as possible, within one hour of delivery.

Newborn and Postpartum Counseling Cards: N2: Keep the newborn warm



Ask, what do they see in the picture?

- The baby is well covered and is lying very close to the mother
-

- DISCUSS:**
1. Why is it necessary to keep the baby warm?
 2. How do you keep the newborn baby warm?
 3. What are the common practices to keep the baby warm in your homes?
 4. When do you bathe the baby?

MESSAGES:

- All newborn babies need adequate warmth for growth.
- The newborn can become very cold soon after birth and can fall sick quickly if not covered and wrapped properly.
- Simple steps can save the newborn from hypothermia and reduce the risk of death.
- Wrap the newborn with a blanket or sheet and cover his/her head as well.
- During the cold season, cover the baby with extra layers, socks, and caps. Ensure that the room is warm.
- Keep the newborn close to the mother in a clean, dry and warm room.
- Avoid keeping the baby in a baby cot or hammock. (Jula/Palna). It keeps the baby far from the mother and increases the risk of being cold.

Newborn and Postpartum Counseling Cards: N3: Danger Signs in the Newborn



Ask, what do they see in the picture?

- Baby with chest indrawing
- Pus discharge from umbilicus
- Jaundice
- Discharge from eyes
- Pus collection on the skin

DISCUSS:

- 1.) When is the newborn baby is 'sick'?
2. Which babies are prone to illness?
- 3.) What do you do if the baby is sick?
- 4.) What care do you take while taking the baby to hospital?

MESSAGES:

- The baby is sick if he/she has: fast breathing or difficulty in breathing, convulsion/fits, fever, jaundice, pus collection on skin (pustules or boils), pus discharge from the umbilicus, pus discharge from the eyes, feeding problems (does not want to eat), lethargy or poor cry.
- All newborn babies are at risk of becoming sick. However, small or low birth weight babies are at higher risk for sickness.
- Sick newborn babies require immediate attention. Some illnesses require hospitalization and special care.
- DO NOT DELAY if you see any of these symptoms in your baby.
- Do not stop breast feeding the baby during illness.
- Contact a CK CHW or CK doctor for guidance and help.
- While taking to the baby hospital, make sure that he/she is well wrapped, kept warm, and continue feeding him/her during transport.

Newborn and Postpartum Counseling Cards: N4: Early Initiation of BF



Ask, what do they see in the picture?

- **Mother being helped by nurse for breastfeeding the newborn baby**
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DISCUSS: 1.) When do you start breastfeeding your baby and why?

2.) Do you give colostrum (first milk) to the baby?

3.) Do you give anything else (food/liquid) to the baby before breastfeeding?

4.) What are the practices around early initiation of breastfeeding in your family/community?

MESSAGES:

- Breastfeeding is to be started as soon as possible after delivery, within 1 hour after birth. Sucking by the baby within the first hour helps in expulsion of the placenta and reduces postpartum bleeding.
- Starting early helps more breast milk formation and better continuation.
- Colostrum, the first milk from mother's breast is essential for the baby's health and strength. It has high energy for the baby. Colostrum is like a first vaccine for the baby.
- Breastfeed whenever the baby demands, and breastfeed the baby exclusively for six months.
- DO NOT give any liquid (honey, sugar water, jaggery, ghutti, gripe water, etc) or feed before starting breastfeeding.
- DO NOT give any liquid (honey, sugar water, jaggery, ghutti, gripe water, etc) or feed along with or after starting breastfeeding.

Newborn and Postpartum Counseling Cards: N5: Proper position during Breastfeeding



Ask, what do they see in the picture?

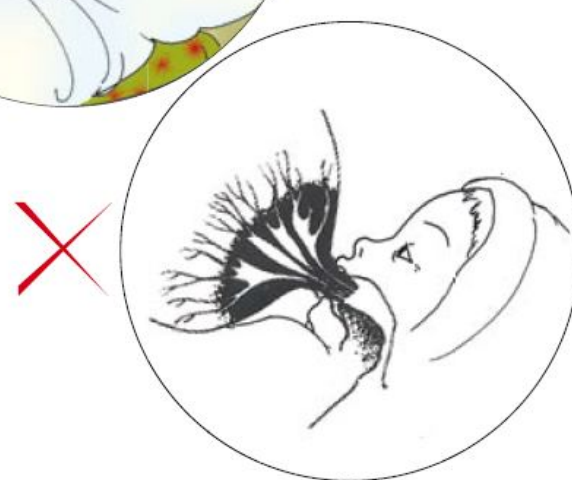
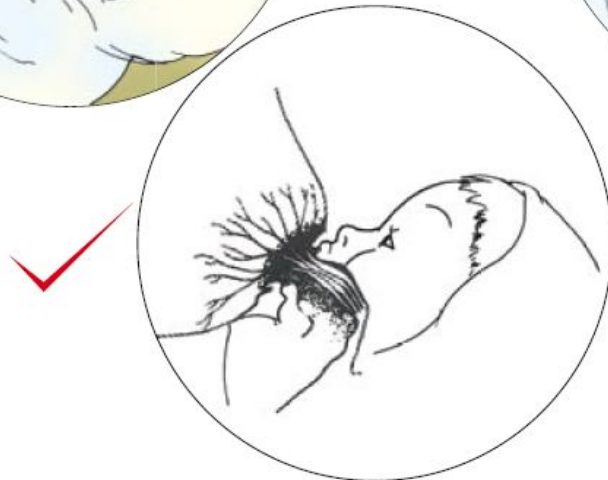
- Mother holding baby in different positions for breastfeeding
 - Mother breastfeeding twins
-

DISCUSS: 1.) What position is best for breastfeeding? Are there are other positions that can be used?
2.) How should you hold the baby while breastfeeding?
3.) What are the outcomes of improper positioning?

MESSAGES:

- Any position which is comfortable for the mother and baby is the best position. No position has any special advantage over the others. Mothers who have undergone C-section can breastfeed lying down or in a semi-inclined position until they recover.
- Breastfeeding is best when:
 - The mother is comfortable and sitting well supported.
 - The baby is cuddled to mother and the whole body (head, back and buttock) is well supported and in straight line.
 - Baby's mouth is at nipple level.
 - Baby's face is not covered and mother is able to see and interact with the baby.
- Improper positioning while breast feeding could result in nipple biting and injury to the breast. The baby will not get sufficient milk and will remain hungry..
- In the case of twin babies, both can be fed simultaneously or one after another.
- After feeding the baby, burp him/her by keeping the baby upright and rubbing or patting the back gently.

Newborn and Postpartum Counseling Cards: N6: Correct Attachment & Sucking



Ask, what do they see in the picture?

- **Left side: Baby is correctly latched on to the breast**
 - **Right side: Baby has not latched on properly**
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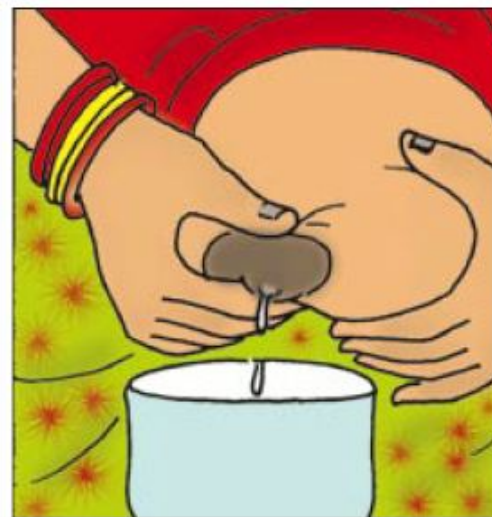
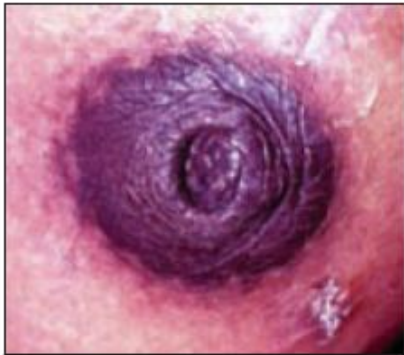
DISCUSS:

- 1.) How do you latch the baby on to the breast?
- 2.) Should the baby suckle the nipple or areola?
- 3.) How do you know the baby is sucking properly?
- 4.) Is it a problem if the baby is not attached properly or sucking properly?

MESSAGES:

- The nipple should first be touched to the baby's lips or cheeks. When the baby opens mouth bring the baby onto the breast and guide the nipple into the baby's mouth.
 - The baby is not to be forced on to breast or the nipple is not to be forced into mouth of the baby.
 - The baby must suck a good part of areola, not only the nipple.
 - The features of good attachment are: The baby is held close to the mother with the chin touching the breast, the baby's mouth is wide open, the lower lip is turned outward and more of the areola is above the mouth than below it.
 - The features of good sucking are slow deep sucks with some pauses. The mother should be able to feel the suck.
 - If the baby is not attached properly, the baby does not get enough milk and can bite the nipple which can cause injury.
 - To ensure good breastfeeding baby must be attached well to the breast
-

Newborn and Postpartum Counseling Cards: N7: Problems related to Breastfeeding



Ask, what do they see in the picture?

- Inverted/flat nipple
- Cracked nipple
- Engorged breast
- Baby crying; unable to feed
- Mother using both hands around breast to express milk
- Milk being expressed from breast

-
- DISCUSS:**
- 1.) What are the common problems mothers can have during breastfeeding?
 - 2.) Why is an inverted/flat nipple a problem, and how can you resolve it?
 - 3.) What can you do for a cracked nipple?
 - 4.) Why does breast engorgement occur and what can be done for it?
 - 5.) When is expression of breast milk needed and how can you do it?
 - 6.) Whom can you contact if you have a problem with your breasts?

MESSAGES:

- The common problems encountered by mothers during breastfeeding are due to inverted/flat nipples, cracked nipples and breast engorgement. Most of these breast related problems are easy to manage with simple actions.
- Inverted/flat nipple can be improved with proper attachment and sucking of baby or by syringe suction method.
- For a cracked nipple, apply breast milk over the nipple after breast feeding and let it dry. Do not use soap and water to clean the breast/nipple. You can use an aloe vera or other cream to ease the soreness and promote healing.
- Engorgement of breast occurs when breastfeeding is not started early or breastfeeding not given regularly or baby is unable to suck. Engorged breasts can be very painful and can be relieved by expressing breast milk, applying hot compresses and massaging the breasts.
- If breastfeeding is not possible due to breast problems, expression of breast milk can be done with hands and the collected milk is to be given to baby by spoon or beaker.
- For expression of breast milk, hot compression and light massage helps stimulate the flow of milk. Expressed breast milk should be collected in a clean container.
- Expressed breast milk can be stored for only four hours at room temperature if not used immediately.
- If you have problems, contact a CK CHW or the CK doctor for help. Do not stop breastfeeding.

Newborn and Postpartum Counseling Cards: N8: Exclusive Breastfeeding for 6 Months



Ask, what do they see in the pictures?

- Mother breastfeeding newborn baby
- Things that should not be given to the new born baby: bottle, water, honey, ghutti, gripe water, other liquids/foods

DISCUSS:

- 1.) How long should the baby be exclusively breastfed and why?
- 2.) Why should the baby not be given water or any other fluids such as cow's milk, baby formula using a bottle during the first six months?
- 3.) What are the existing practices in your community about breastfeeding?
- 4.) What is your personal experience regarding breastfeeding (if this is a second or third baby)?

MESSAGES:

- Exclusive breastfeeding means giving only breast milk to the baby and nothing else, even water.
- A baby should be exclusively breastfed for 6 months.
- Breast milk is a complete food and has everything that a baby requires to grow healthy in the first six months of life.
- Breast milk contains enough water so water or any other liquid is not required for the baby even when it is hot.
- Feeding water, milk, or other fluids by bottle or spoon decreases the desire for breastfeeding and increases risk of infection and illness.
- Bottle feeding increases the risk of diarrhea.
- Complementary feeding (semi-solids) should begin after six months.

Newborn and Postpartum Counseling Cards: N9: Continue Breastfeeding
During Illness of Mother or Baby



Ask, what do they see in the pictures?

- Mother is sick and is breastfeeding
- Baby is sick with fever
- Baby is sick with diarrhea
- Baby seems sick and is breastfeeding

DISCUSS:

- 1.) Is it necessary to change breastfeeding patterns when the baby is sick (fever or diarrhea)?
- 2.) Should a mother stop breastfeeding when she is sick? If not, why?
- 3.) What do your family and community think about breastfeeding when the mother or baby is sick?

MESSAGES:

- During illness, the baby requires extra energy to fight the illness, so frequent breastfeeding is necessary.
- Breastfeeding does not worsen diarrhea or illness. Breast milk contains nutrients and protective factors that help the baby to fight the illness and reduce the duration of the illness.
- The mother should continue breastfeeding the baby even when she is sick.
- You must contact the CK CHW or a doctor if you think the baby is sick.
- If the mother is seriously ill, contact a CK CHW or doctor immediately.
- Breastfeeding must continue even if the mother or the baby is sick.

Newborn and Postpartum Counseling Cards: N10: Immunizations



**CALCUTTA
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CHILD PROTECTION CARD



Child ID: _____

Name: _____

DOB: ____ / ____ / ____

Birth Weight: _____ Weeks of Pregnancy _____

Mother ID: _____

Mother Name: _____

House NO: _____

Street: _____ Area: _____

Phone No: _____

IMMUNIZATIONS

	Vaccines	Best Date	Actual Date	CK Stamp	Not at CK
Birth	SC G OPV - 0	____/____/____	____/____/____		<input type="checkbox"/>
1 1/2 months	DPT - 1 OPV - 1 Hep B - 1	____/____/____	____/____/____		<input type="checkbox"/>
2 1/2 months	DPT - 2 OPV - 2 Hep B - 2	____/____/____	____/____/____		<input type="checkbox"/>
3 1/2 months	DPT - 3 OPV - 3 Hep B - 3	____/____/____	____/____/____		<input type="checkbox"/>
9 months	Measles Vit A - 1	____/____/____	____/____/____		<input type="checkbox"/>
16-24 months	DPT - B OPV - B	____/____/____	____/____/____		<input type="checkbox"/>
18 months	Vit A - 2	____/____/____	____/____/____		<input type="checkbox"/>
24 months	Vit A - 3	____/____/____	____/____/____		<input type="checkbox"/>
30 months	Vit A - 4	____/____/____	____/____/____		<input type="checkbox"/>
36 months	Vit A - 5	____/____/____	____/____/____		<input type="checkbox"/>

Immunization Completed

Authorized by _____



Ask, what do they see in the pictures?

- Baby being given an injection in the leg
 - Baby being given an oral vaccine (oral drops)
 - Immunization card (Calcutta Kids) with vaccine schedule
-

DISCUSS:

- 1.) How can you protect babies from illness?
- 2.) Why should vaccines be given to newborns and babies?
- 3.) Do you know which vaccines are given to babies?
- 4.) Is it safe to give a vaccine when a child is sick?
- 5.) What happens if the child misses a scheduled vaccine?

MESSAGES:

- Breastfeeding, warmth, hygiene and vaccines can protect babies from illness. Vaccinations are given to children to protect against dangerous diseases.
- It is safe to give vaccines to all children. If your child is sick, the doctor will advise whether to give the vaccine or wait until the illness is over.
- Vaccines are given at certain ages and in specific intervals. Most vaccines are injections, but the polio vaccine is oral drops. The baby needs to be given all the prescribed vaccines in the first year of life.
- Vaccines are provided by Calcutta Kids on Friday Immunization Days. Vaccines are also given at government district hospitals/ward health centers on Wednesdays.
- If a child misses a scheduled vaccine, it should be given as soon as possible.
- After vaccination, a child can have a mild reaction such as fever, rash, or sore. You do not need to be worried by such reactions, however, if the child has a more serious reaction, see a doctor right away.

Newborn and Postpartum Counseling Cards: P1: Self-care after Delivery



Ask, what do they see in the pictures?

- A woman is resting
 - A woman is taking a bath
 - A woman is drawing water from the well
 - A woman is carrying a load on her head
-

DISCUSS:

- 1.) How should a woman care for herself after delivery?
- 2.) What kind of work can a woman do after delivery?
- 3.) How long should she avoid heavy work?
- 4.) What are the family and community perceptions of a woman's care after delivery?

MESSAGES:

- Adequate rest is required for the mother to recover quickly. She should try to rest at least 2 hours during the day time.
- She should take a bath regularly and wear clean clothes after bathing to prevent infections.
- Walking and moving around is not harmful soon after delivery. She can also do light house work.
- She should avoid heavy work such as carrying loads and carrying water for 6 weeks after delivery.
- Mothers who have delivered by C-section may have a longer recovery and will need to follow the advice of the doctor in regards to rest, bathing, and work.

Newborn & Postpartum Counseling Cards: P2: Adequate Food During Lactation



Ask, what do they see in the pictures?

- A woman eating four times in a day
 - A baby being fed eight times in a day
-

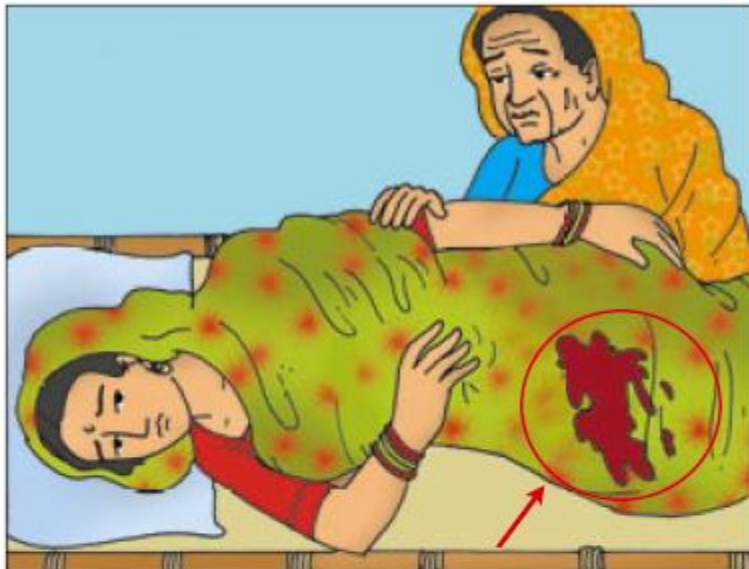
DISCUSS:

- 1.) What do you think a mother should eat while breastfeeding?
- 2.) Do you think she should eat and drink more? Why?
- 3.) What foods do you think are harmful for the mother?
- 4.) What are your family and community's practices around the diet of a mother?
- 5.) How often should a baby be breastfed?

MESSAGES:

- A mother needs to eat extra food for herself and to make breast milk for the baby.
- A healthy mother can produce better quality and quantity of milk if she eats well.
- A mother requires at least two balanced big meals and two small meals in a day to meet her nutritional requirement. She should have at least 8-10 glasses of water and milk in a day.
- A mother should take iron tablets for 3 months after delivery for quick recovery and strength.
- A mother should take calcium tablets for 6 months after delivery produce more milk for the baby.
- A mother can eat locally available foods prepared at home. No special food is required for the mother.
- No food is harmful to the mother or for the baby. There is no specific hot/cold food, or any food that a mother should avoid during breastfeeding.
- A baby requires frequent feeding (every two-three hours and should be fed on demand) 8-10 times a day.

Newborn & Postpartum Counseling Cards: P3: Danger Signs in the Mother



Ask, what do they see in the pictures?

- A woman is bleeding
- A woman is having white discharge
- A woman is having convulsions
- A woman is having fever

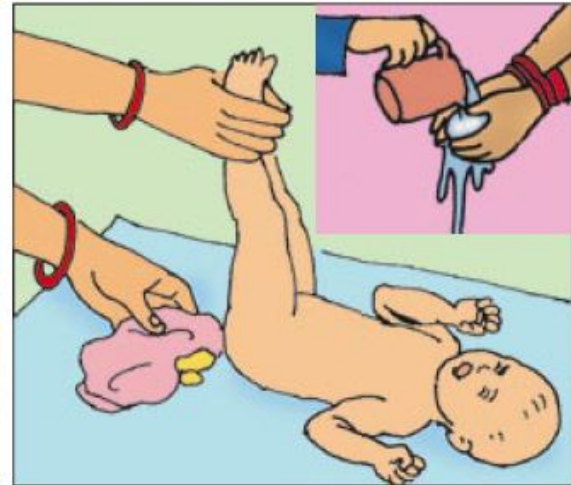
DISCUSS:

- 1.) What is normal discharge after delivery?
- 2.) What are common problems faced by woman soon after delivery?
- 3.) What are considered danger signs soon after delivery?
- 4.) What should you do if you experience one of these problems?

MESSAGES:

- Usually all women continue to have bleeding/discharge for 1-2 weeks after delivery. The color of discharge changes from Red to Brown-to Yellow. Some also experience slight pain in the abdomen and genital region, and pain during urination.
- The danger signs in women after delivery:
 - heavy bleeding (needs to change pads every hour two hours or passing blood clots of the size of a fist)
 - high fever
 - convulsion/fits
 - foul smelling discharge
 - severe pain abdomen
- In these situations contact a CK CHW or go to the nearest hospital urgently.

Newborn & Postpartum Counseling Cards: P4: Hygiene to Prevent Infections



Ask, what do they see in the pictures?

- Washing hands
- Breastfeeding
- Woman cooking food
- Woman eating food
- Hand washing after using the toilet
- Cleaning the baby after bowel movement/urination

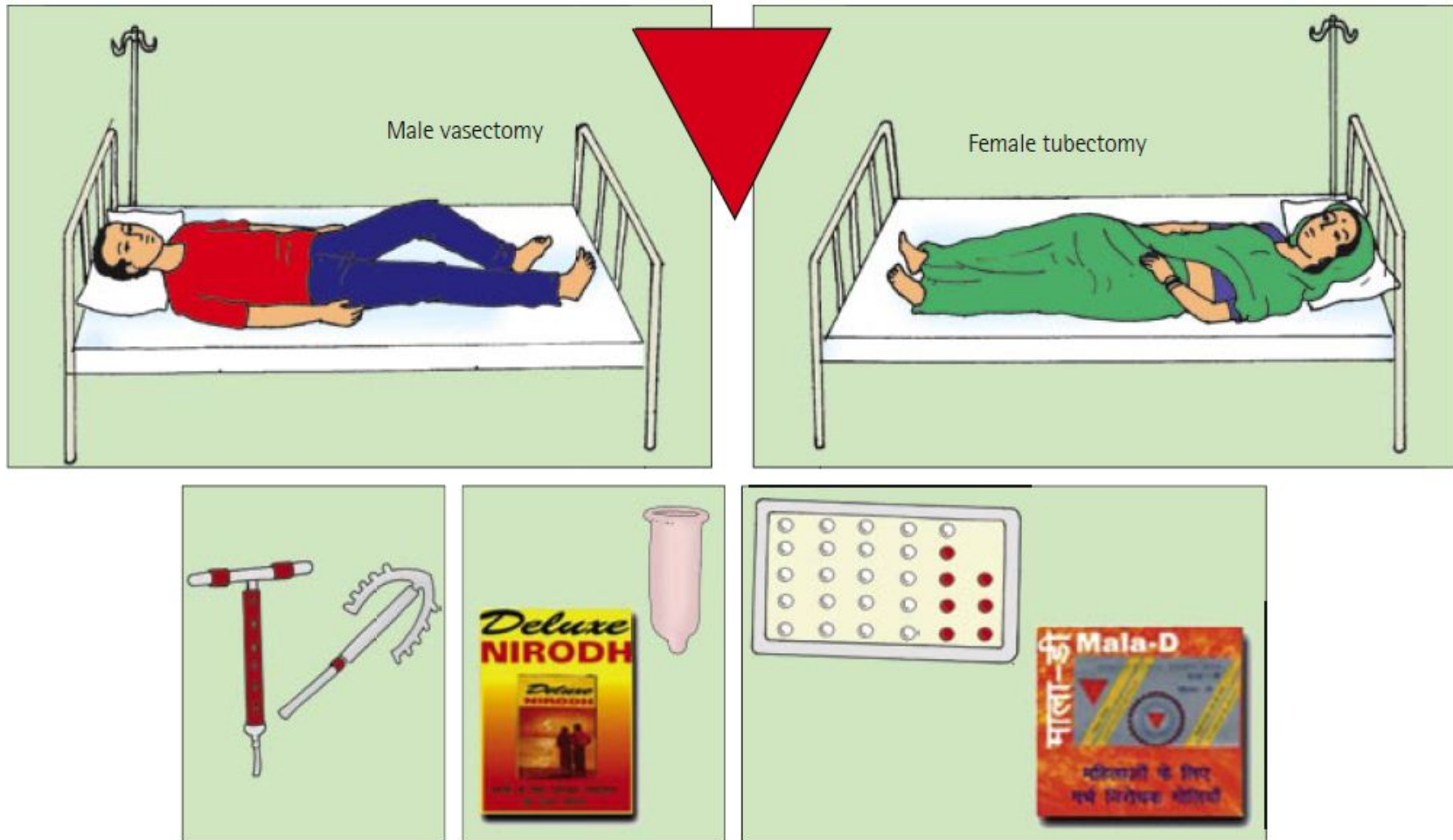
DISCUSS:

- 1.) What hygiene (cleanliness) practices do you follow?
- 2.) What practices can prevent infection?
- 3.) When do you wash your hands and how?
- 4.) What should you do to keep the baby's environment clean?

MESSAGES:

- Many of the infections and diseases can be avoided by following some simple clean practices. Clean hands, clean bed, clean room can prevent many infections in the baby and mother.
- Hand washing with soap is one of the most effective ways of preventing infections like diarrhea.
- Wash your hands before breastfeeding, cooking food, eating, after cleaning the urine/stool of the baby or changing nappies, after using the toilet, and additionally whenever you feel necessary.
- Keep the baby's area/space clean. Use clean clothes, blanket/sheets for the baby and yourself.
- Keep your nails clean and trimmed regularly.
- All family members must follow clean practices.

Newborn & Postpartum Counseling Cards: P5: Family Planning & Birth Spacing



Ask, what do they see in the pictures?

- Male vasectomy
- Female tubectomy
- Copper T
- Condom
- Oral contraceptives

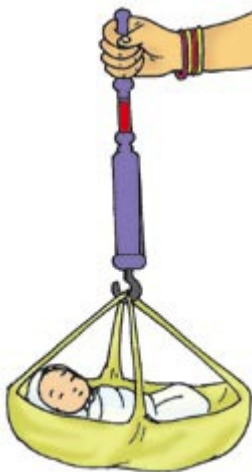
DISCUSS:

- 1.) What are the risks of frequent pregnancies for the mother and baby?
- 2.) Do you know of any methods to avoid or delay pregnancy?
- 3.) Have you used family planning methods? Which ones? What was your experience?
- 4.) Will you adopt any family planning method this time? Why?
- 5.) Where will you go or whom will you consult to obtain this family planning method?

MESSAGES:

- Frequent pregnancies are harmful for the mother and baby with increased risk of complications.
- There are several birth spacing choices available to avoid unwanted or frequent pregnancies.
- Women can choose a long terms method like Copper T or pills and men can use condoms.
- Women can choose a permanent method like tubectomy and men can choose vasectomy.
- Abortion is not an alternative to use of contraceptives and it has also risks.
- Exclusive breastfeeding is helpful in delaying pregnancy but only for 6 months, and the baby must be exclusively breastfed and fed on demand (frequently).
- Pills cannot be used during lactation. Other forms of contraception must be adopted.
- Most of the birth spacing options are available free of cost at your district hospital or ward health center. You can seek information from the CK CHW.
- Emergency contraception pills are also available. These pills are to be taken within 24 hours of unprotected sexual activity. Contact the CK CHW and doctor for more information.
- Delay next pregnancy for at least three years.

Newborn & Postpartum Counseling Cards: L1: Care for Small (Low Birth Weight) Babies



Ask, what do they see in the pictures?

- Baby being weighed
 - Baby wrapped up in warm clothes/blankets
 - Baby being fed milk with a beaker
-

DISCUSS:

- 1.) Who is a small or low birth weight baby?
- 2.) What are the problems faced by small or low birth weight babies?
- 3.) How do you care for small or low birth weight babies?
- 4.) How do you feed small or low birth weight babies?

MESSAGES:

- Babies that weigh less than 2500 grams at birth are considered low birth weight babies. These babies look smaller than newborns with normal birth weights.
- Such babies need special care and feeding for proper growth because they are at higher risk of becoming cold, falling ill, and remaining weak. They are also at higher risk of death.
- Small babies should be covered well and kept warm. Keeping their environment clean is important to prevent infections and sickness.
- Breast milk is the best feed for small babies. They should be fed very frequently. They may have difficulty in sucking at the breast. In that case, expressed breast milk can be fed by a spoon or beaker, as pictured.
- The health and growth of a small baby needs to be monitored closely. Vaccinations should be given on schedule.

Newborn & Postpartum Counseling Cards: L2: Skin to Skin Care (for Small Babies)



Ask, what do they see in the pictures?

- A small baby is kept close to the mother's chest in different positions
- A small baby is being held close to the chest by a male family member (i.e. father)
- A small baby is being held close to the chest by a female family member (i.e. grandmother)

DISCUSS:

- 1.) Why should small babies be kept close to the mother?
- 2.) Do you know of a special way of holding small babies to keep them warm?
- 3.) What are the benefits of skin to skin care?
- 4.) Can only the mother do it, or can family members help?
- 5.) How long should skin to skin care be practiced?

MESSAGES:

- Small or low birth weight babies can become cold and ill very quickly. They need extra warmth which can be given to them by keeping them close to the body of the mother.
- A special skin-to-skin care called Kangaroo Mother Care is practiced by placing the baby on the mother's chest, between the breasts, and well covered to keep the baby warm.
- Skin-to-skin care is a simple and easy to use practice to keep small babies warm.
- Mothers can practice skin-to-skin care sitting down or lying down, and for as long as possible.
- Along with keeping warm, the baby can be breastfed whenever needed in the same position.
- Other family members can also do skin-to-skin care and support the mother as needed.
- Skin-to-skin care should be practiced until the baby reaches 2500 grams in weight.