### Antenatal Care Information

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### Counselling Topics

**Pregnancy Care**
- Daytime Rest
- No Manual Labour
- Proper Hygiene and Sanitation
- Family Belongingness

**Nutrition**

- Nutrition Flag

**Medication**

- Prenatal Vitamins as prescribed
- At least 2 TT Shots

**Breast Feeding**

- Feeding of First Milk
- Immediate Breastfeeding After Delivery
- Exclusive Breastfeeding
- No Formula or Other Liquids

**Special Initiatives for Delivery**

- Saving Money
- Arrange Transportation

**Family Planning**

- Appropriate Contraception
Girl Card

ILLNESS

- Loose Motion
- ORS - Oral Replacement Solution

PRACTICES FOR A HEALTHY BABY

- Exclusive Breastfeeding
- No Formula of Other Liquids
- Complementary Foods at 6 Months
- A Variety of Foods
- More Food as Child Gets Older
- Proper Hygiene and Sanitation

Child Protection Card

Name:
DOB:
Birth Weight:
Weeks of Pregnancy:
Mother ID:
Mother Name:
House NO:
Street:
Area:
Phone No:

IMMUNIZATIONS

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<th>Vaccines</th>
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Appropriate Contraception

Child ID:
Boy Card

ILLNESS
- Loose Motion
- ORS - Oral Replacement Solution
- ARI - Acute Respiratory Infection
- See a Doctor
- High Fever
- See a Doctor
- Community Health Workers Are Always Available

PRACTICES FOR A HEALTHY BABY
- Exclusive Breastfeeding
- No Formula of Other Liquids
- Mother Needs to Eat
- Complementary Foods at 6 Months
- A Variety of Foods
- More Food as Child Gets Older
- Proper Hygiene and Sanitation
- Attend DTP
- Appropriate Contraception

CHILD PROTECTION CARD

Name:
DOB: ___/___/____ Weeks of Pregnancy
Birth Weight:
Mother ID:
Mother Name:
House NO:
Street:
Area:
Phone No:

IMMUNIZATIONS

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Date:

Date:

Date:
Boy Card