

# Promoting Maternal, Neonatal, Child Health and Nutrition Services

*A guide for Community Health Team*



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## **A healthy happy family**

Good day to all of you! Thank you for allowing me to promote about caring for the mothers and children, so that you will know and avail of services in the health facilities. The information that I will say are based on the Family Health Diary (FHD). Do you have a copy? Great! Thank you! Also the messages we will discuss include the support of the family and the community in ensuring health pregnancy, safe delivery and safe motherhood. I hope you enjoy! Stay with me until we finish the session.



**A HEALTHY HAPPY FAMILY**

# ● Pregnancy

## GUIDE FOR CHT

- Always bring your Family Health Diary whenever you visit the health facility.
- Have at least 4 prenatal check-up from a midwife or nurse or doctor in any BHS, RHU clinics, hospital (public or private) on the following schedules:
  - > as soon as you missed your menstruation for one month, or at least 1 during the first 3 months of pregnancy
  - > *at least 1 during the 4th to 6th months of pregnancy*
  - > *at least 1 during the 8th month of pregnancy*
  - > *at least 1 during the 9th month of pregnancy**...to avail the essential prenatal care services*  
*...to avoid possible danger signs and symptoms, such as vaginal bleeding, severe headache, dizziness, vomiting, difficult breathing, swelling of legs and hands, and others*

*Turn your Family Health Diary to page 35 for the danger signs and symptoms*

*Make sure that the services you received are recorded in your Family Health Diary pages 5, 6, 7, 8, 10, 11, 12, & 13*

Get complete dose of iron with folic acid (180 tabs) from the 4th month of pregnancy

- Seek immediate consultation from a midwife or nurse or doctor if you have experienced any danger signs and symptoms.
- Seek dental check-up and counseling for proper dental care to reduce and prevent gum problem.

*Refer to pages 35 & 36 of Family Health Diary*

*Refer to pages 54, 55 & 56 of the Family Health Diary*

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**Have at least 4 prenatal care in any health facility**



● Pregnancy



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**Have at least 4 prenatal care in any health facility**

# ● Pregnancy

- Fill-up the Birth and Emergency Plan
- Make sure that you do the following:
  - 1) Talk and arrange with the midwife or nurse or doctor who will handle your delivery;
  - 2) Know which birthing facility you will deliver;
  - 3) Start saving for the payment in the facility if you are not covered with Philhealth-Maternity Care Package/Newborn Care Package;
  - 4) Arrange for transportation from your house to the health facility;
  - 5) Identify at least 3 persons to donate blood for you;
  - 6) Identify the person who will accompany you going to the facility;
  - 7) In case you have children, identify a person who will take care while you are in the birthing facility;
  - 8) Plan to breastfeed your baby.
- Prepare the things that the mother and newborn need

*Refer to pages 14 & 15 of  
Family Health Diary*

*Refer to page 35 of  
Family Health Diary*

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**Prepare for birth in a health facility to ensure safety of the mother and newborn**

● Pregnancy



**Prepare for birth in a health facility to ensure safety of the mother and newborn**

## ● Labor and Delivery

## GUIDE FOR CHT

- You should deliver in any birthing facility attended by a trained doctor or nurse or midwife and to avail appropriate care and prompt management including necessary supplies, drugs and equipment in case of emergency.
- Your husband or person of your choice is allowed to accompany you inside the labor and delivery room.
- You may assume your preferred delivery position such as squatting, kneeling, etc.

*Refer to pages 19-20  
and 35 of Family Health  
Diary*

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**Give birth in any health facility for prompt management of possible complications during labor and delivery**



● Labor and Delivery



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**Give birth in any health facility for prompt management of complications during labor and delivery.**

## ● Post-partum Care

## GUIDE FOR CHT

- Have at least 2 check-ups from the midwife or nurse or doctor within a week after giving birth for early detection of complications;
- Give 1 tablet of iron/folic acid once a week until one gets pregnant again;
- Seek immediate consultation at the health facility if you experience any danger signs and symptoms;
- Get counseling services on modern family planning and nutrition from a midwife or nurse or doctor.

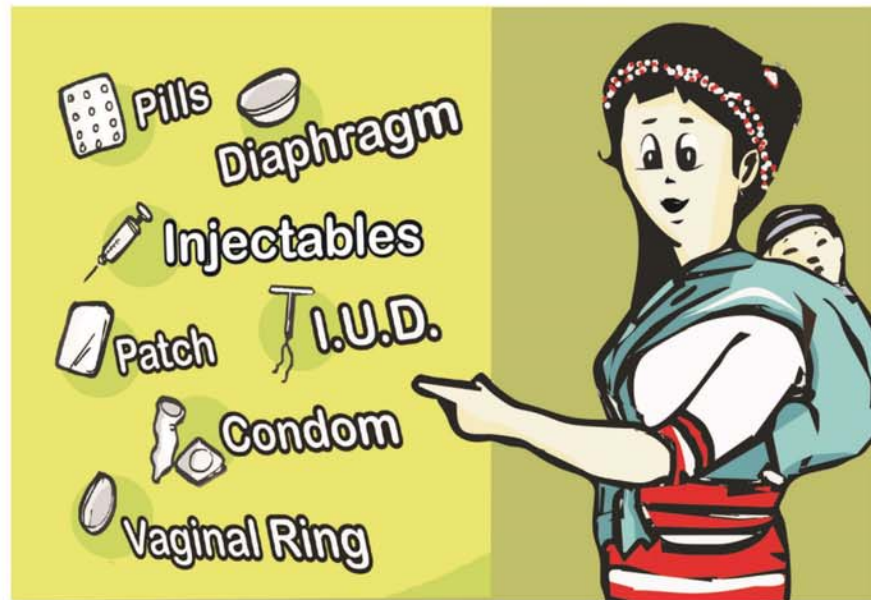
*Refer to page 35 of  
Family Health Diary*

*Please make sure that the post-partum services you  
received are recorded in your Family Health Diary  
pages 19-20*

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**Have at least 2 post-partum care from a midwife, nurse or doctor for early detection and prevention of possible complications.**

● Post-partum Care



**Have at least 2 post-partum care from a midwife, nurse or doctor for early detection and prevention of possible complications.**

# ● Newborn Care

## GUIDE FOR CHT

- Immediate and thorough drying of the newborn warms the baby and stimulates breathing;
- Keep baby warm always through skin to skin contact with the baby held close to the mother's chest with a blanket or eban/uban covering the baby and tied around the neck of the mother.
  - Do not put the baby on any cold or wet surface
  - Do not swaddle/wrap the baby too tightly
  - Do not leave the baby in direct sunlight
- Keep the baby in the room with the mother, in her bed or within easy reach;
- Sponge bath baby daily until the cord falls off, then give full bath;
- Keep the baby from smoke or other hazardous substances;
- Practice proper cord care;
- Bring immediately to any health facility (BHS or RHU or hospital) if observed with danger signs and symptoms such as yellow soles, eyes and skin, poor sucking during breastfeeding, fast and difficult breathing.

*Refer to page 40 of  
Family Health Diary*

*Please make sure that newborn care services are  
recorded in your Family Health Diary pages 22, 23 & 24*

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**Practice the essential steps in caring for the newborn  
to ensure the survival of your baby.**



● Newborn Care



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**Practice the essential steps in caring for the newborn to ensure the survival of your baby.**

# ● Breastfeeding

## GUIDE FOR CHT

- Your first breast milk protects the baby from infection and illnesses. Breast milk contains all the nutrients a baby needs for growth and development up to the 6th month of age. No need to give any kind of fluids, including medicines or vitamins unless medically needed.
- Breastfeed as often as the baby wants at least 8-10 times within 24 hours (day and night).
- DO NOT USE BOTTLES and PACIFIERS
- Seek assistance from a midwife or nurse or doctor on proper positioning or any problem when breastfeeding.

*Refer to page 38 at Family Health Diary on what to do if you experience any breastfeeding problem*

*For more details please see pages 37, 38, 39, 40 & 41 of your Family Health Diary*

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**Exclusively breastfeed your baby because breast milk is the most complete food for your baby.**

● Breastfeeding



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**Exclusively breastfeed your baby because breast milk is the most complete food for your baby.**

# ● Newborn Screening

## GUIDE FOR CHT

- Your baby should have NEWBORN SCREENING to detect any hereditary metabolic disorders for the prevention of mental retardation or death;
- It should be done after 24 hours to 72 hours from birth in the facility;
- Start saving for 550 to 600 pesos if you are not a Philhealth member.

*Refer to pages 39 & 40 of your Family Health Diary.*

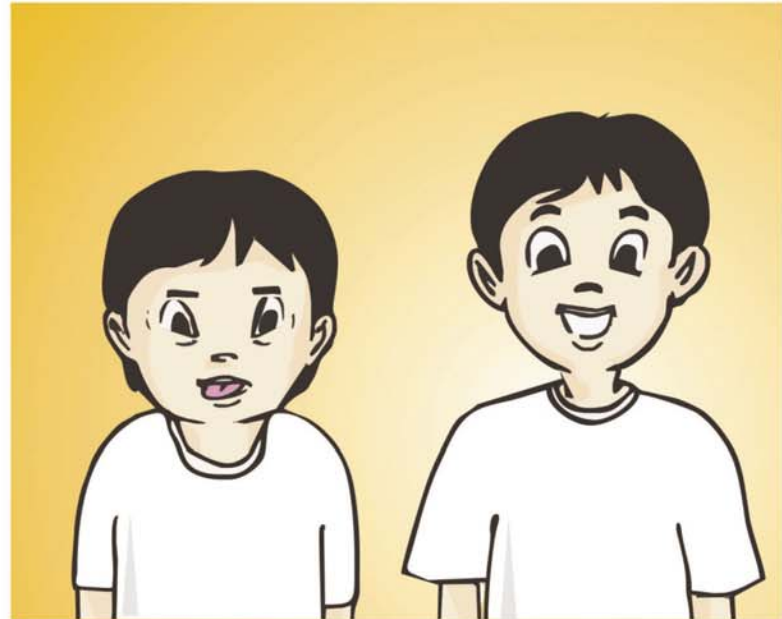
*Refer to pages 42 & 43 in the Family Health Diary for details*

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**Have your baby screened for early detection  
and treatment of hereditary metabolic disorders.**



● Newborn Screening



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**Have your baby screened for early detection and treatment of hereditary metabolic disorders.**

## ● Caring for the child

## GUIDE FOR CHT

- Continue breastfeeding your child up to 2 years and beyond;

- Feed your child according to the feeding recommendation;

*Refer to page 42 of the Family Health Diary*

- Bring your child to the health facility for the following:

- Complete dose on immunization

*Refer to page 24 of the Family Health Diary*

- Complete dose on micro-nutrient supplementation(vitamin A and iron)

*Refer to pages 25 & 26 of the Family Health Diary*

- Deworming

*Refer to pages 44 & 45 of the Family Health Diary*

*....to ensure your child's growth and development*

- Have your child undergo first dental check up as soon as the tooth erupts.

*Refer to pages 48, 49, 50 of the Family Health Diary*

- Seek immediate care in the health facility if observed with danger signs and symptoms such as difficult feeding, difficult breathing, convulsion, blood in the stool and others.

*Refer to page 31 of the Family Health Diary if the service is provided*

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**Protect your child from any illnesses**

● Caring for the Child



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**Protect your child from any illnesses**

## ● Pre-pregnancy

## GUIDE FOR CHT

- Family planning allows you to properly plan your desired family size.
- Practice birth spacing of 3-5 years for the mother to properly recover her health between births.
- Planning your children gives you and your husband or partner more time to earn money, which can be used to buy food, pay school fees or pay for medical care.
- Use modern family planning methods such as LAM, Pills, condom, IUD and others.
- Get the family planning services, including counseling on the right method for you in any health facility nearest you.

*Please see pages 11 & 12 of your Family Health Diary*

*...Please make sure that the Family Planning services you received are recorded in your Family Health Diary page 24*

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**Plan and space your children at least 3 years apart for a healthier family.**



● Pre-pregnancy



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**Plan and space your children at least 3 years apart for a healthier family.**

## Other Important Messages

- **PhilHealth Benefit**

- Use PhilHealth cards and avail PhilHealth benefits
- Ensure that your family is enrolled to PhilHealth

- **Coughing**

- Go to the Health Center for check-up if you have been coughing for 2 weeks or more

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