



FAMILY PICTURE OR BABY'S FOOTPRINT



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INTRODUCTION

Health is every person's basic right. And every Cordilleran family deserves to live in good health to be able to realize their full potential and reap the fruits of a good life.

This "Family Health Diary" is an adaptation of the Mother and Child Book developed and prescribed by the Department of Health. It consists of three parts: Mother's Record, Child's Record and Key Health Messages. The purpose of this diary is three-pronged. Firstly, it will record all pertinent findings regarding the health of the mother during the pregnancy, labor and delivery and the post partum period, as well as the growth and development of the child. Secondly, it serves as a referral tool to any health facility, whether government or private, to assure easy access to health services and continuity of care.

Lastly, this is a medium to inform and communicate to families correct health knowledge for them to gain deeper understanding of what every woman goes through during every pregnancy, childbirth and the postpartum period so that they can effectively provide emotional and other support and care to the pregnant woman or mother. It likewise imparts essential child care tips for parents and significant others to be able to respond to the health needs of newborns and rear healthy children. This diary will also integrate indigenous and cultural practices peculiar to the Cordilleras that have been proven to be beneficial to the mother and baby, and to the family as a whole. It is hoped that such practices be shared and gain wide acceptance.

The Family Health Diary will be issued to every pregnant woman upon registration during the first prenatal visit and for every succeeding pregnancy. This will be kept by her and brought with her every time she visits a health facility as this will serve as a record of the significant health events in the woman from pregnancy through the postpartum period and in the baby. The husbands/fathers and other members of the family are also enjoined to browse through this book because they can derive a wealth of information from it to foster their participation in upholding safe motherhood and in protecting the health of babies and children.