



# Infant and young child health and nutrition booklet

Name of child: .....

Address: .....





**THE LITTLE  
SUN**

Nutrition today, health tomorrow

## Health and Nutrition Booklet

Alive & Thrive Vietnam

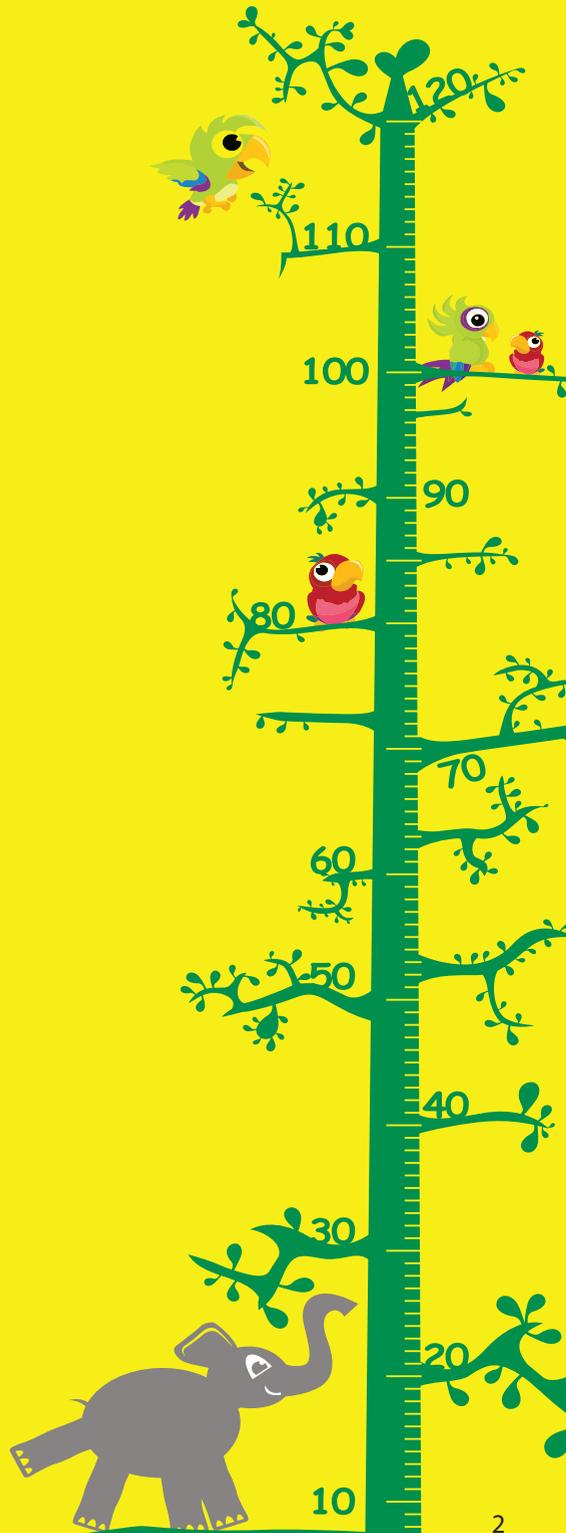
203-204, E48

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## Franchise packages

NO	Service	Counseling time
Package 1: Exclusive Breastfeeding Promotion		
1	Exclusive Breastfeeding Promotion 1	7th month of pregnancy
2	Exclusive Breastfeeding Promotion 2	8th month of pregnancy
3	Exclusive Breastfeeding Promotion 3	9th month of pregnancy
<i>Expected birth date</i>		
Package 2: Exclusive Breastfeeding Support		Delivery
Package 3: Exclusive Breastfeeding Management		
4	Exclusive Breastfeeding Management 1	2-4 weeks post-partum
5	Exclusive Breastfeeding Management 2	1-2 months
6	Exclusive Breastfeeding Management 3	2-3 months
7	Exclusive Breastfeeding Management 4	4-5 months
Package 4: Complementary Feeding Education		5-6 months
<i>6-month-old child</i>		
Package 5: Complementary Feeding Management		
8	Complementary Feeding Management 1	6-7 months
9	Complementary Feeding Management 2	8-9 months
10	Complementary Feeding Management 3	10-11 months
11	Complementary Feeding Management 4	12-14 months
12	Complementary Feeding Management 5	15-18 months
13	Complementary Feeding Management 6	18-24 months

Franchise address: .....

District: .....

Province: .....

Name of mother: .....

Registration date:   /   /

Mother's ID:

Child's code: .....

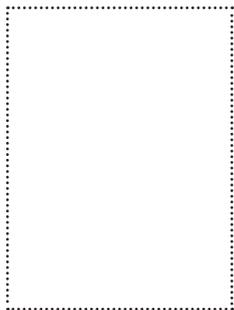
Franchise's code: .....

## Franchise packages:

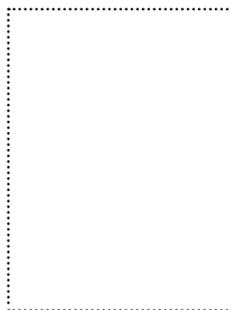
-  Exclusive Breastfeeding Promotion
-  Exclusive Breastfeeding Support (at delivery)
-  Exclusive Breastfeeding Management
-  Complementary Feeding Education
-  Complementary Feeding Management



# A few facts about Dad and Mom



DAD



MOM

Name: .....

Name: .....

Nickname: .....

Nickname: .....

Birth date: .....

Birth date: .....

Birth place: .....

Birth place: .....

Tel: .....

Tel: .....

Brothers and Sisters: .....

Brothers and Sisters: .....

.....

.....

School attended: .....

School attended: .....

.....

.....



Nutrition today, health tomorrow

Breastmilk, the best milk babies, globally recognized.

Picture of pregnant woman



Breastmilk, the best milk for me, globally recognized.



## Waiting for baby's birth

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### When I find out I'm pregnant

Expected day of baby's birth, my feelings...

.....

.....

.....

.....

.....

.....

### During my pregnancy

Memorable milestones, health, feelings, plans, thoughts, questions

.....

.....

.....

.....

.....

During pregnancy, your body begins to produce breastmilk. When you give birth, your body is ready to provide the nourishment your child needs.



## 3rd trimester of pregnancy

In the 7th and 8th months, you should have more frequent antenatal check-ups, once a month. During the 9th month, you should have check-ups every two weeks so that your doctor or midwife can continue to monitor your progress to make sure all is going well.

### Tips:

You need to eat well to ensure both you and your baby are healthy.

- Eat from a variety of food groups to ensure adequate nutrition. Every day you need to have one extra meal or eat 1-2 extra bowls of rice with appropriate foods.
- Eat fruits and vegetables and beans to increase your fiber intake.
- Drink water regularly – at least 8 glasses a day. Include other drinks in your diet such as soy milk and fresh fruit juices.

Eat iron-rich foods such as red meat, fish, organ meats (heart, liver, kidney, etc.), eggs, dried fruit, whole grain breakfast cereals and breads, and green leafy vegetables.

Consume iron tablets/folic acid: The best time to take iron tablets is after the evening meal to prevent side-effects. Iron helps increase oxygen in mother's red blood cells, and your baby needs it for the developing brain. Iron deficiency will increase the risk of anemia, which will leave you feeling tired, and dizzy. Continue to take iron tablets until at least one month after birth.

Try to relax and get all the rest you can. Our baby is going to be born!





## What should I bring and what shouldn't I bring?

What should I pack in my bag to take to the hospital or commune health center?

### What to bring:

- Insurance card and any hospital paperwork you need
- A hair band and barrettes
- Slippers, a couple pairs of socks, and sanitary napkins for Mom
- Toothbrush and toothpaste
- A nursing bra, and maternity underwear
- A going-home outfit for Mom
- Bed covering , clothes, blanket for baby
- Napkins, wet tissue, towel
- Soap
- Several pairs of socks or booties for the baby
- A cap for the baby

### What not to bring:

- Jewelry
- Formula milk

First Breastmilk – Colostrum is very precious and contains nutrients and antibodies. Do not discard these drops.



Today my baby arrived into the world

[Dotted rectangular box for writing]

Date and time baby was born :

.....

Baby's weight and height:

.....

Baby's eye and hair color:

.....

[Large dotted rectangular box for drawing or notes]



## Baby's name:

Baby's name is:.....

Baby was named after: .....

Baby name means: .....

.....

We chose this name because: .....

.....

.....

Baby's name is special because: .....

.....

.....



# How is breastmilk produced?

- During pregnancy your body produces breastmilk. When you give birth your body is ready to provide the nourishment your child needs.
- Breastmilk is produced by a hormonal response. When your baby suckles, a message is sent to your brain/body to produce and 'let down' milk. So, the more your baby breastfeeds, the more milk will be produced. The sooner you start to breastfeed, the sooner breastmilk will 'come-in'.
- That's why it is very important to start breastfeeding within the first hour of birth. First, skin-to-skin contact helps stabilize your newborn's temperature, respiratory rate, blood-sugar level, and it stimulates brain development. Second, your newborn's stomach is very sensitive and is designed by nature to digest only breastmilk. Giving the baby other products such as formula, honey, water, etc. can cause diarrhea and put your child at risk.
- Do not panic if you do not produce enough milk in the first day. You totally can meet your baby's need. Your infant needs only 5-7 ml of milk (size equivalent to a small grape) each time s/he breastfeeds during the first 2 days.
- You will know if your baby is taking enough breastmilk during the first 2 days after birth if the baby passes lightly colored urine 1 or 2 times a day. After that, more milk will come in, and the baby will pass urine 6-8 times a day.
- If you provide formula, other milk or other food, your infant will not be as interested in suckling at your breast and less milk will be produced. Remember: the more the child suckles, the more milk will be produced.

Dad, Mom's milk is so delicious!



## What is colostrum and when does colostrum become mature milk?



- 🍃 The first breastmilk known as colostrum is available in mother's breast during pregnancy and is produced only for the first few days after delivery.
- 🍃 Colostrum is very precious because it is rich in vitamin A and antibodies that are secreted in high doses immediately after birth. For that reason, it is important to start breastfeeding your baby as soon as possible after birth, preferably within the first hour.
- 🍃 Colostrum is like the child's first vaccine to protect the child against infections - there is no replacement for colostrum. Do not discard any drop of colostrum.
- 🍃 Colostrum helps clean your baby's stomach and pass the first stool (meconium).
  - A baby's stomach is sensitive. Do not give any prelacteals such as water, honey, etc. They can cause diarrhea and put your child at risk.
- 🍃 Your baby's stomach is very small and gets full easily, so your child will not get the benefit of colostrum if you fill it with other things.

Between approximately two to five days after birth, colostrum will change to **transitional milk**. The creamy transitional milk is produced until ten to fourteen days after birth. Your breasts will enlarge and become firm as they produce a larger quantity of milk. The fullness and heavy feeling may be uncomfortable for both you and your baby. It may be more difficult for the baby to latch on to the breast correctly. With practice, however, you will help your baby latch on, and continued breastfeeding will ease the extreme fullness in your breasts.

You may begin producing mature milk near the end of the second week after childbirth. There are two types of mature milk— foremilk and hindmilk. Foremilk comes out first, is more watery, and satisfies the baby's thirst. After you breastfeed awhile, hindmilk is produced. Hindmilk is creamier in color, has more fat (calories), and satisfies your baby's hunger. It is important to empty one breast before switching to the next to ensure that your infant gets complete nutrition with both foremilk and hindmilk. Your baby will also remain full for a longer time.

# Exclusive breastfeeding for six months – No water, no formula, no food

During the first six months (180 days) your infant needs only your milk and nothing else:

**No water:** 88% of breastmilk is water so there is no need to provide any additional water to your infant. Even in very hot climates breastmilk contains enough water to satisfy your child's thirst.

**No formula:** Your child's digestive system is delicate and is not designed to digest anything other than your milk.

**No food:** Breastmilk has all the nutrients your infant needs to help complete his or her physical and mental development in the best possible way.

## Tip :

Hold your baby upright and burp the baby. Hold the baby against your chest and gently, but firmly, pat and rub the back. Many times colicky babies have a lot of gas. If it doesn't come out as a burp, it can create a tummy ache later.

★  
Grandma, I don't need to drink any water because breastmilk already has enough water.  
★

## How much breastmilk does a child need in the first days?

### Infant's Maximum Stomach Capacity

Day 1 : 5 - 7ml  
(equal to the size of a grape)



Day 3: 22 - 27ml  
(equal to the size of a lime)



Day 10: 50 - 60ml  
(equal to the size of an egg)



One month:  
80 - 150ml\*



\* At 30 days, the size of a baby's stomach varies between the size of an orange and a tennis ball.



## Look what I can do:

From my birth up to 3 months, these are some of the things that I can do:

- ★ I can see, taste, smell, and hear.
- ★ I can turn to your nipple when it touches my cheek.
- ★ I am still uncoordinated when I move my arms and legs.
- ★ I begin to turn my head to sound.
- ★ I look at objects around me, and I see things 20 cm to 30 cm away.
- ★ I cry when I am in need of something.
- ★ I enjoy being stroked and gently touched.
- ★ I enjoy being held and spoken to.
- ★ I watch your face while being fed.
- ★ I like to hold your fingers, even when I am being fed or when you talk to me.
- ★ As I get stronger, I will lift up my head. - I am beginning to recognize my caregivers.
- ★ I am beginning to recognize my caregivers.

### The first time when the baby:

Smiled: .....

Reached his/her hands out for an object: .....

Turned his/her head: .....

Mom, from the first hour until I'm 6 months old, I just need your milk! Please don't give me water, formula, honey, or other food!



## How to breastfeed

Breastfeeding is a skill. As a new mother, it is natural to experience some difficulties. When you breastfeed, relax and get yourself in a comfortable position with your back supported (with pillow and blanket). When breastfeeding your baby, the baby should be positioned in this way:

- 🍃 Baby is held close to your body.
- 🍃 Baby's whole body (not just neck and shoulders) is supported with your hands and forearm.
- 🍃 Baby's head and body are in line (straight, not bent or twisted, but with head slightly back).
- 🍃 Baby's body should be facing the breast, not held flat to your chest or abdomen. The baby should be able to look into your face.

When your baby is at your breast, be sure that:

- 🍃 The baby's mouth is wide open.
- 🍃 More areola is seen above the baby's top lip than below.
- 🍃 The baby's chin is touching your breast.

Mom, when you are relaxed, and I am well positioned and attached, I will suckle better and more milk will be produced. You can produce enough milk for me, just relax and breastfeed me more!



# Breastmilk is better than formula milk

Breastmilk has all the nutrients that formula has and even more. Breastmilk contains antibodies that protect your baby and hormones and enzymes that help the baby develop well.

- ✔ No formula can replace breastmilk: it's your milk for your child.
- ✔ Nature has designed breastmilk so beautifully that its composition changes over time to meet the exact needs of your child. No other food or milk/formula has the same ability.
- ✔ Research has shown that children who are exclusively breastfed are likely to be more intelligent than those who are formula fed.
- ✔ Breastmilk contains several sub-stances that help the baby's brain develop.
  - It contains docosahexaenoic acid (DHA), an omega-3 fatty acid that is important for the brain. The longer you breastfeed the baby, the more DHA that is absorbed by the baby.
- ✔ Breastmilk has cholesterol, which is needed to make nerve tissue in the growing brain.
- ✔ Breastmilk is high in lactose, which is a valuable nutrient for brain tissue development. Cow's milk contains lactose, but not as much as human milk. Soy-based and other lactose-



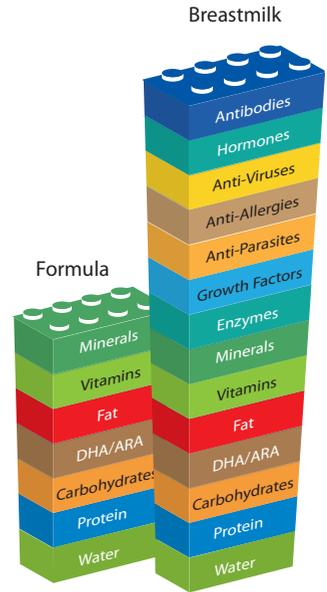
free formulas obviously contain no lactose at all.

- ✔ Taurine, an amino acid found in breastmilk, is important for brain development. This amino acid is low in cow's milk.
- ✔ The breastfeeding process itself may also benefit a child's brain development because it varies more than the bottle-feeding experience, and because of greater skin-to-skin contact.
- ✔ Research has shown that giving a child formula can lead to problems in later life like obesity and other chronic diseases.
  - Breastfeeding also protects you from ovarian and breast cancer.

## Look what I can do:

From 4 to 6 months, here are some of the things that I can do:

- ★ I can hold my head steady when I am in a sitting position.
- ★ I can follow objects with my eyes.
- ★ I like to look at my hands.
- ★ I might roll over.
- ★ I can grasp a rattle or a small toy.
- ★ I will reach for things.
- ★ I use my hands to reach and grasp, bang, and splash.
- ★ I can sit with support.
- ★ I can turn my head towards sounds and your voice.
- ★ I should begin to imitate speech sounds.
- ★ I will start a conversation with you by babbling.
- ★ I may roll from my tummy to my back or my back to my tummy.



### The first time when the baby:

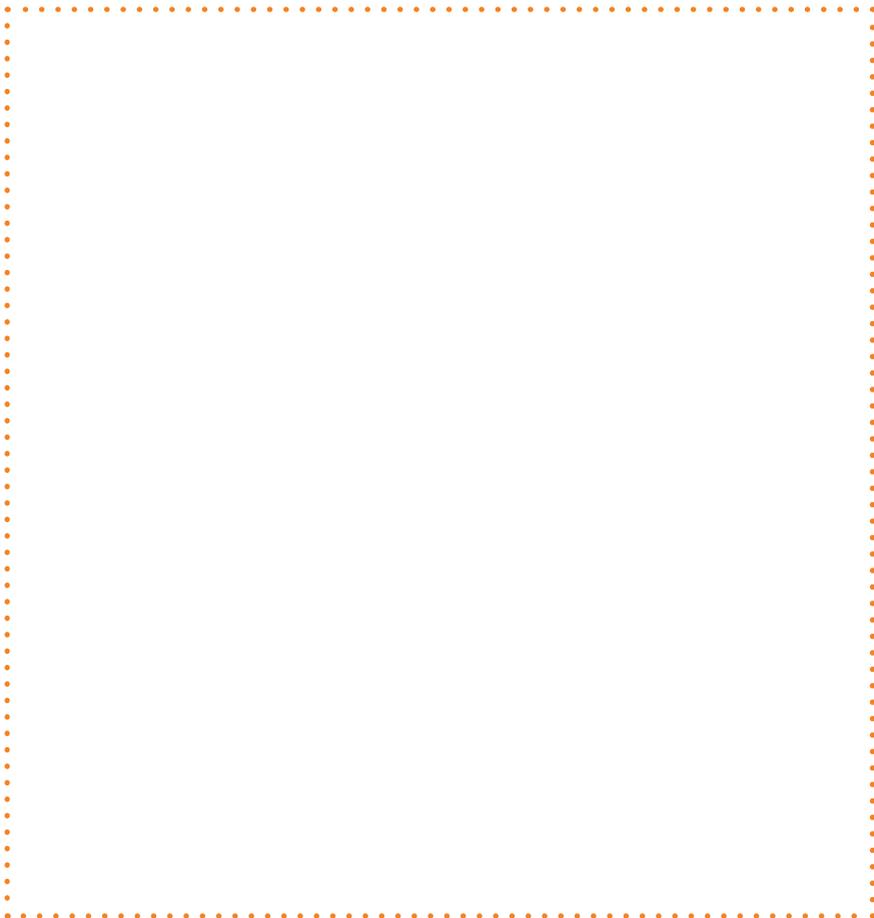
Talked to me: .....

Rolled over: .....

Mom, it is so great when you hold me, breastfeed, and look at me so tenderly.



# Picture of family



# How to express and store milk

If you have to go to work before your baby is six months old, you can try to do the following:

- 🍃 Breastfeed your child as many times as you can while you are at home. For example, breastfeed just before going to work and as soon as you come home.
- 🍃 Breastfeed as many times at night as you can- because more milk will be produced.
- 🍃 Express your milk (at home and at work) so that your child can be given your breastmilk while you are away.
- 🍃 Store expressed breastmilk in a clean container with a lid. Do not fill the container to its fullest. Do not mix freshly expressed breastmilk with breastmilk expressed earlier.
- 🍃 Breastmilk can be stored at room temperature safely for 3-5 hours (store in a cool, covered place).
- 🍃 If you have a refrigerator, store the expressed milk in the cold compartment (up to 3 days) or in the freezer compartment (for 6 months). When you take it out, do not heat the milk, but leave it for several minutes in a pan of hot water.
- 🍃 Ensure that a cup and spoon or a sippy cup is used to feed the



expressed breastmilk to your child. Do not use a bottle with a nipple because it can lead to nipple confusion. Since a baby has to work much less to get milk from a bottle than from the breast, a baby used to bottle feeding will not want to breastfeed any more. The baby will suckle less and result in production of less milk. In addition, bottles with nipples are prone to contamination and can cause diarrhea and other diseases.

Remember to wash your hands with soap before you express your milk. Ensure that all containers and equipment you use are clean.



## Complementary feeding

When your baby is 6 months old (180 days), start to provide complementary food to ensure that your baby grows properly, puts on weight, and is at the right height.

When preparing and feeding semi-solid food to your baby, remember to ensure the following:

**Frequency:** Feed your baby complementary food two to three times a day. In between main meals, you can also give your baby 1-2 snacks/day such as vitamin-rich fruits, or egg yolk, or yogurt (rich in calcium and easy to digest), boiled sweet potatoes, or carrots (rich in vitamin A).

**Amount:** When your baby turns 6 months old (180 days), start with 2-3 spoons of food per meal. Increase the amount gradually to half (1/2) of a 250-ml-size bowl per meal.

**Diversity:** To grow well your child needs different types of food, not only rice. Here is a recipe you can try:

- Flour: 2 teaspoons (16g) (to prepare the rice flour take 1 kg of ordinary rice and mix in 50 grams of sticky rice and 50 grams of green beans or soy beans)
- Plain water: 3/4 of 250ml bowl
- Ground pork, fish, shrimp, beef, or chicken: 2 teaspoons (16g)
- Ground orange-colored vegetables (carrots, pumpkin, etc.) or finely

chopped green leafy vegetables:  
2 teaspoons (16g)

- Oil: 1 teaspoon (2g)

- Fish sauce: 1/2 teaspoon (try and use fish sauce fortified with iron). Do not use too much fish sauce since it is not good for your baby. You can try to enhance the flavor by adding ground sesame seeds or peanuts.

Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more. Remember to continue to breastfeed your child, especially during the night. At this age (6 up to 9 months):

Breastmilk provides **more than half** of the energy that your child needs.

Breastmilk continues to provide antibodies that protect your child both in the short and long term.

Breastmilk is important to ensure continued brain development and maturation of the baby's digestive system.

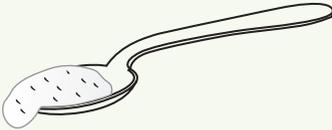
There is no need to provide any other type of milk if you are breastfeeding.

### Consistency:

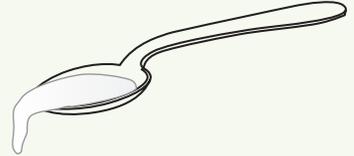
The baby's stomach is very small so you need to feed nutritious food with the right consistency. If you feed the baby food that is too watery, the baby will get full easily without receiving the nutrients that are needed.



Correct



Incorrect



### How to prepare complementary food:



1

Add flour, clean water, and ground meat/fish/shrimp, then stir regularly



2

Put on fire and cook until the semi-solid soup is ready



3

Add ground vegetables when the soup is ready



4

Add oil and stir regularly

## Let's see what I can do:

From 7 to 9 months, here are some of the things that I can do:

- ★ I will begin to sit without support.
- ★ I can transfer a toy from one hand to another.
- ★ I will throw toys on purpose.
- ★ I will push away things that I do not want.
- ★ I can pick up small objects.
- ★ I use my hands to reach and grasp, bang, and splash.
- ★ I will crawl, scoot, or roll around the room.
- ★ I can understand short instructions and questions such as "wave bye bye" or "where is the ball?"
- ★ I can babble a variety of sounds such as: "ba," "da," "ada," "ma."
- ★ I can recognize whether a person is a stranger or someone who is familiar.
- ★ I can click my tongue, smack my lips, and blow bubbles with my tongue and lips.
- ★ I will imitate your facial expressions.

### The first time when the baby:

Tried semi-solid foods: .....

Crawled: .....

Got a tooth: .....

Sat without help: .....



Feed me different types of vegetables, shrimp, fish, and meat at each meal, Mom. I want to taste everything. And Mom, don't forget to continue breastfeeding me!

# Frequency, amount, and diversity of food for young children 9 to 12 months old

Once your baby is 9 months old, it is important to increase the amount and variety of food.

When preparing and feeding your baby semi-solid food, remember the following:

**Frequency:** Feed your baby semi-solid food 3-4 times a day. You can also give your baby snacks such as fruit, egg yolk, yogurt, boiled sweet potato, and carrot (between main meals) one to two times a day.

**Amount:** Increase the amount gradually to half (½) (250 ml size bowl) per meal.

**Diversity:** To grow well your child needs to have different types of food, not only rice. Here is a recipe you can try:

- Flour: 2 teaspoons (16g) (to prepare the rice flour take 1 kg of ordinary rice and mix in 50 grams of sticky rice and 50 grams of green beans or soy beans)
- Stock or plain water: three quarter of a small bowl/ 150ml (250 ml)
- Ground pork or fish or shrimp or beef or chicken: 2 teaspoons (16g)
- Mashed orange-colored vegetables (carrots, pumpkin, etc.) or finely chopped green leafy vegetables: 2 teaspoons (16g)
- Oil: 1 teaspoon (2g)
- Fish sauce: 1/2 teaspoon (try and use fish sauce fortified with iron). Do not use too much fish sauce since it is not good for your baby. You can try to

enhance the flavor by adding ground sesame seeds or peanuts.

Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.

Remember to **continue to breastfeed your child**, especially during the night. At this age (9 up to 12 months):

- + Breastmilk provides **about half of** the energy that your child needs.
- + Breastmilk also continues to provide antibodies that protect your child both in the short and long term.
- + Breastmilk is important to ensure continued brain development and maturation of the baby's digestive system.
- + There is no need to provide any other type of milk if you are breastfeeding.



# Look what I can do

## When I'm 10 to 12 months old, here are some of the things that I can do:

- ★ I understand familiar words.
- ★ I can follow a few simple directions.
- ★ I will be able to pull myself up to stand.
- ★ I like to drop things into a container.
- ★ I wave bye bye.
- ★ I crawl, scoot, creep, or move well from one place to another.
- ★ I like looking at pictures in a book.
- ★ My babbling sounds like sentences and questions.
- ★ I can say a few words, but not perfectly.
- ★ I can sway with music.
- ★ I can turn a few pages in a book.
- ★ I can roll or push a ball.
- ★ I will spend longer playing with one thing than I used to.
- ★ I like to play with other people.
- ★ I can help put on simple clothing.
- ★ I will know where familiar things are kept.
- ★ I can walk around furniture in the house.

Mom, I want to be  
breastfed until I'm 2  
years old, please Mom!



### The first time when the baby:

Stood .....

Walked .....

## Frequency, amount, and diversity of food for young children 12 to 24 months old

- Once your child turns one year old, the child can start to eat more solid foods, like food for adults.
- When preparing and feeding your child semi-solid food, remember the following:

**Frequency:** Feed your baby semi-solid food 3-4 times a day. You can also give your baby snacks such as fruit, egg yolk, yogurt, boiled sweet potato, and carrot (between main meals) 1-2 times a day.

**Amount:** At least three quarters (3/4) of a bowl (250 ml size bowl per meal) – show the mother the amount in a bowl.

**Diversity:** To grow well your child needs to have different types of food, not only rice. Here is a recipe you can try:

- Solid porridge: 3/4 of a solid porridge (equivalent to 5 teaspoons of rice) (33g)
- Add plain water if needed
- Ground pork, fish, shrimp, beef, or chicken: 3-4 teaspoons (32g)
- Ground vegetables (carrot, pumpkin, sweet potato) or finely chopped green leafy vegetables: 3-4 teaspoons
- Oil: 2 teaspoons
- Fish sauce: 1 teaspoon (try and use fish sauce fortified with iron). Do not use too much fish sauce since it is not good for your baby. You can try to enhance the flavor by adding ground sesame seeds or peanuts.

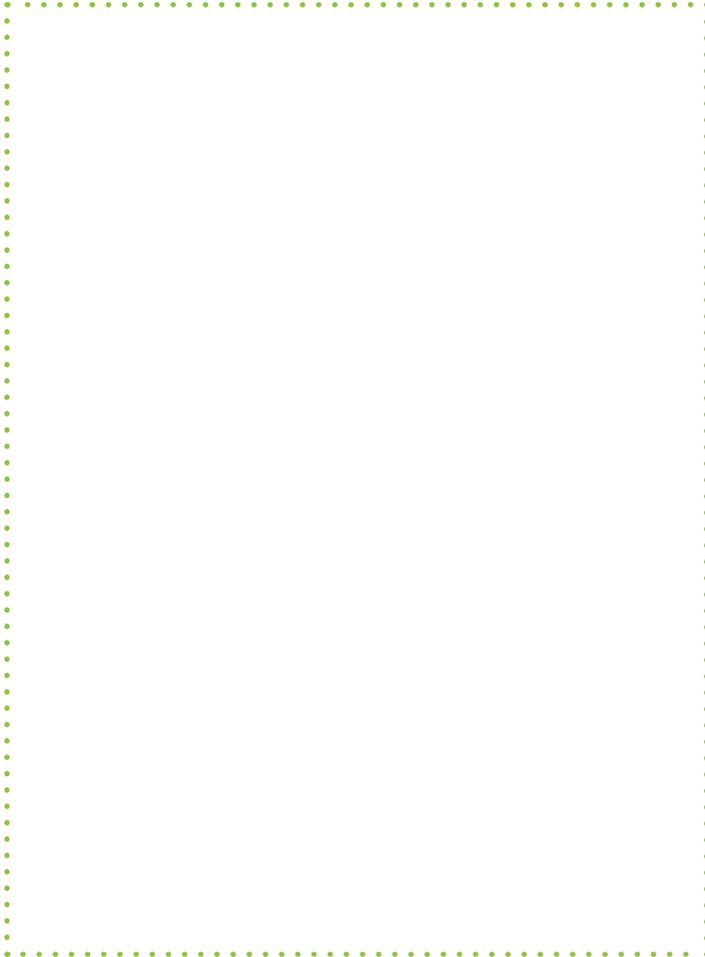


Try to give different types of vegetables or meat/shrimp/fish at each meal to change the flavor and encourage the child to eat more.

- Remember to **continue to breastfeed your child**, especially during the night. At this age (12 up to 24 months):
  - + Breastmilk provides **about one third of** the energy that your child needs.
  - + Breastmilk also continues to provide antibodies that protect your child both in the short and long term.
  - + Breastmilk is important to ensure continued brain development and maturation of the baby's digestive system.
  - + There is no need to provide any other type of milk if you are breastfeeding.



# Picture of baby growing up



# Feeding during diarrhea

- 🍃 Breastfeed more than usual.
- 🍃 You can continue to feed your baby with regular nutritious and soft food such as egg, meat, fat, and oil. Do not avoid fishy food because they are still good foods for the baby. Cook the food well. Feed the baby with egg, meat, and fat/oil, as usual.
- 🍃 Give the baby sufficient water. The amount of water for each time the baby passes watery stools:
  - Child under 2 years: 50-100ml (1/4 – 1/2 of a regular bowl)
  - Child 2 years and above: 100-200ml (1/2 – 1 regular bowl)

## 🌸 Tip:

Some foods that can be fed to your baby during diarrhea episodes include:

- 🍃 Breastmilk
- 🍃 Bananas
- 🍃 Bread
- 🍃 Cooked carrots
- 🍃 Cooked potato or sweet potato
- 🍃 Yogurt

When your baby has one of the following symptoms, take the baby to a medical center immediately:

- 🍃 Child is tired, and sleeps constantly.
- 🍃 Child refuses to suckle or cannot suckle
- 🍃 Vomiting
- 🍃 Diarrhea worsens
- 🍃 High fever
- 🍃 Blood in the stool

**Vomiting:** Lots of parents worry about this when their children are sick. If your baby vomits 1-2 times/day, is still active, and plays as normal, you only need to feed or breastfeed right after vomiting to prevent the baby from being hungry and losing weight.

**Deworming:** When your child is 12 months old, give deworming medicine according to the doctor's instructions. When the child is 24 months old, remember to deworm regularly (at least once every 6 months) to ensure your child can fully absorb all the nutrients in the food.

Mom, don't stop breast-feeding me when I am sick!



# Feeding during acute respiratory infections (ARI)

**Pneumonia** is an acute virus infection of the lungs, nose, pharynx, throat, vocal cords, trachea, and bronchi. Children with pneumonia show symptoms such as cough, fever, and runny nose.

If your baby has one of these symptoms, take the baby to a medical center immediately:

- Fast or difficult breathing
- Cough
- Convulsions
- Fever or low body temperature
- Chest indrawing while breathing
- Not able to suckle/eat

## Tips:

- Encourage your baby to drink more.
- Feeding your baby with warm food is better than with cold food (cold

food is not good for children with ARI pneumonia).

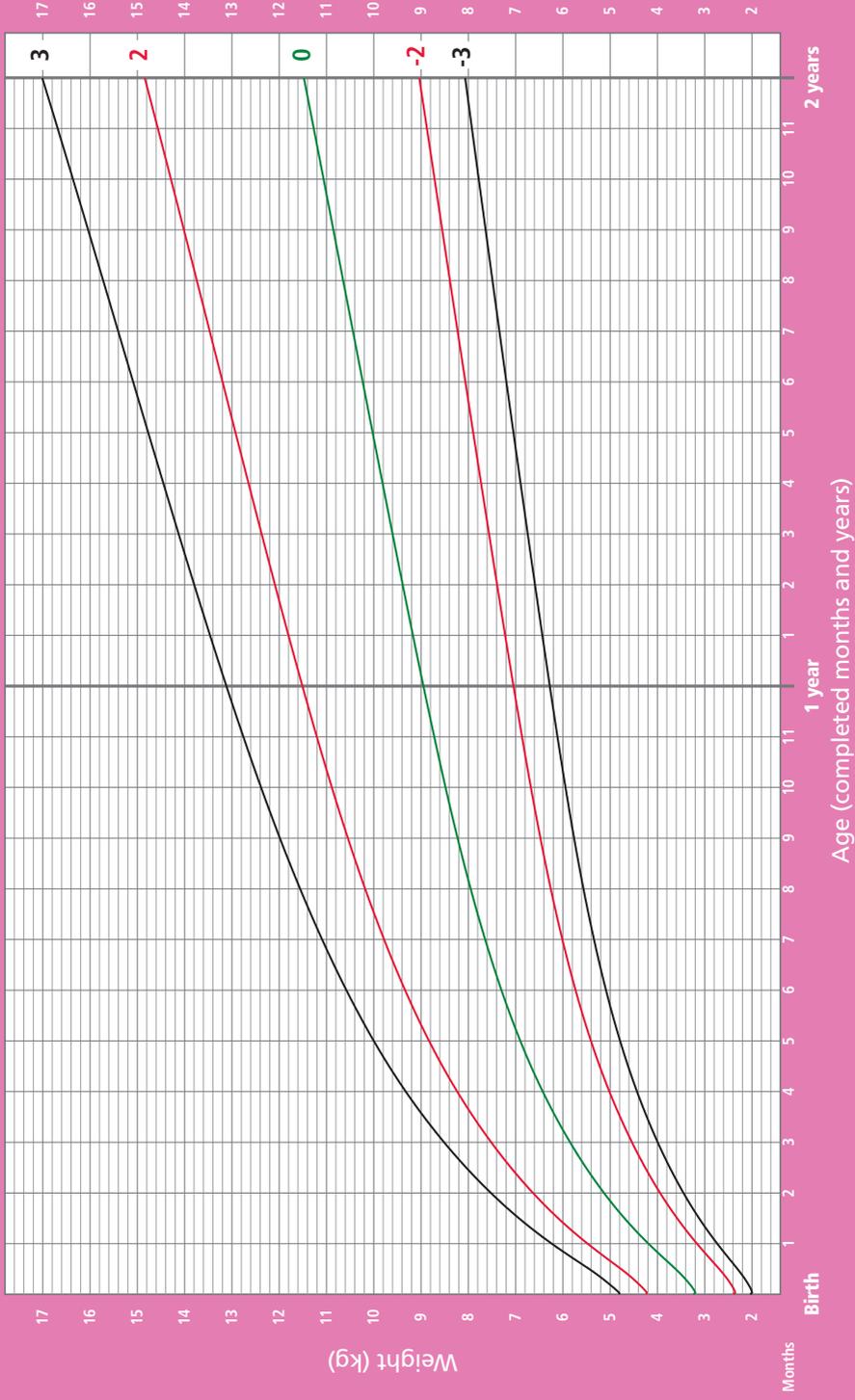
- Feed your baby with easy-to-digest, delicious, and nutritious food.
- Clean the baby's nose with a clean and moist cloth before feeding the baby.
- If the baby loses appetite, the amount of food absorbed is less than normal, so to prevent the baby from going hungry and losing weight, feed your child more often (more than the number of normal meals) and offer a favorite dish to encourage the baby to eat more.
- During illness, children are vulnerable and may vomit. Therefore you need to feed your baby more slowly than normal.

## Fever:

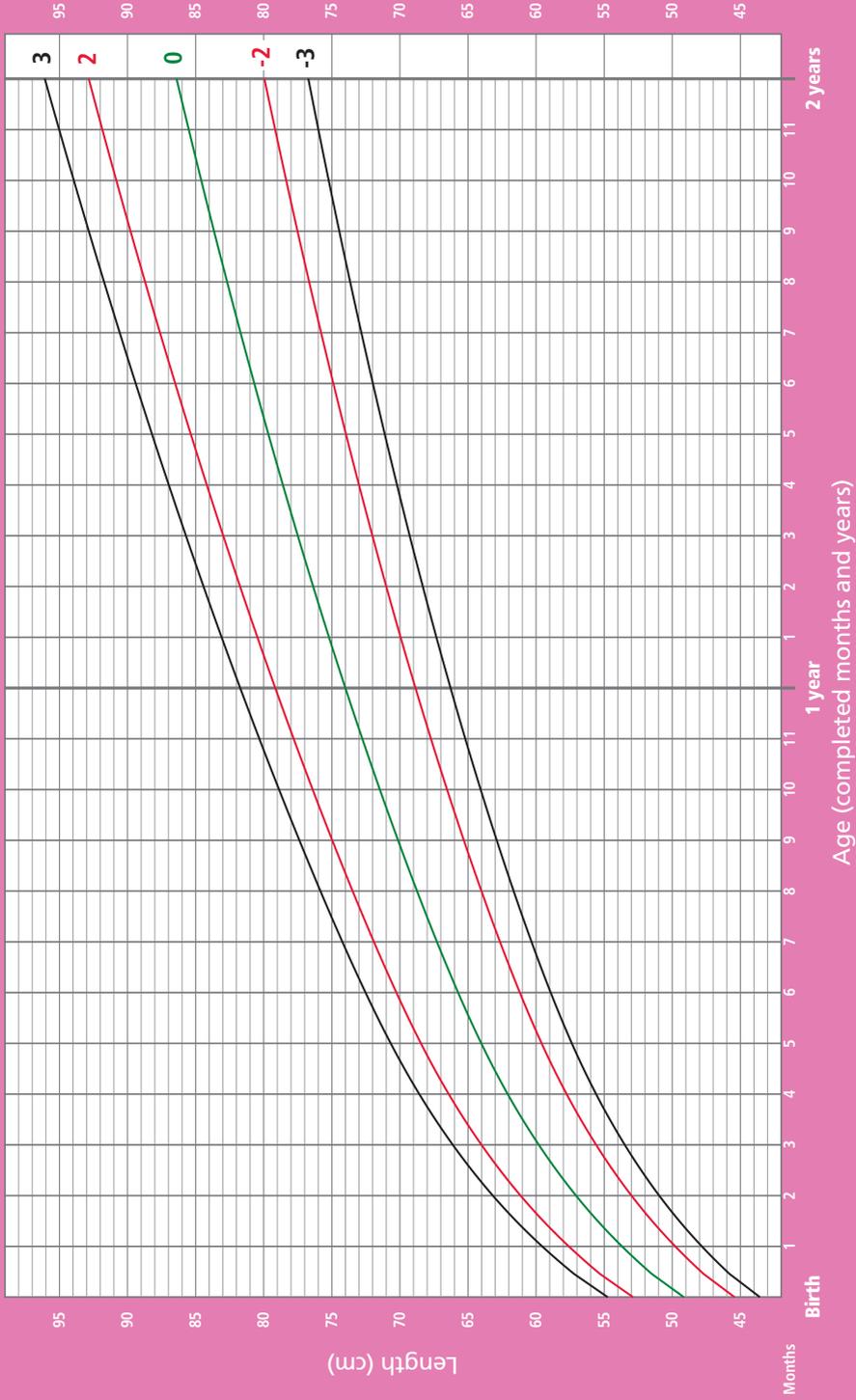
- Take off some clothes and place the baby in a dry and cool place.
- Clean the body with a warm and moist cloth.
- Breastfeed more frequently.
- Give the child more water, fruit juice, and milk.
- Feed more often, giving food that is soft, liquid, and nutritious and divide into smaller light meals.



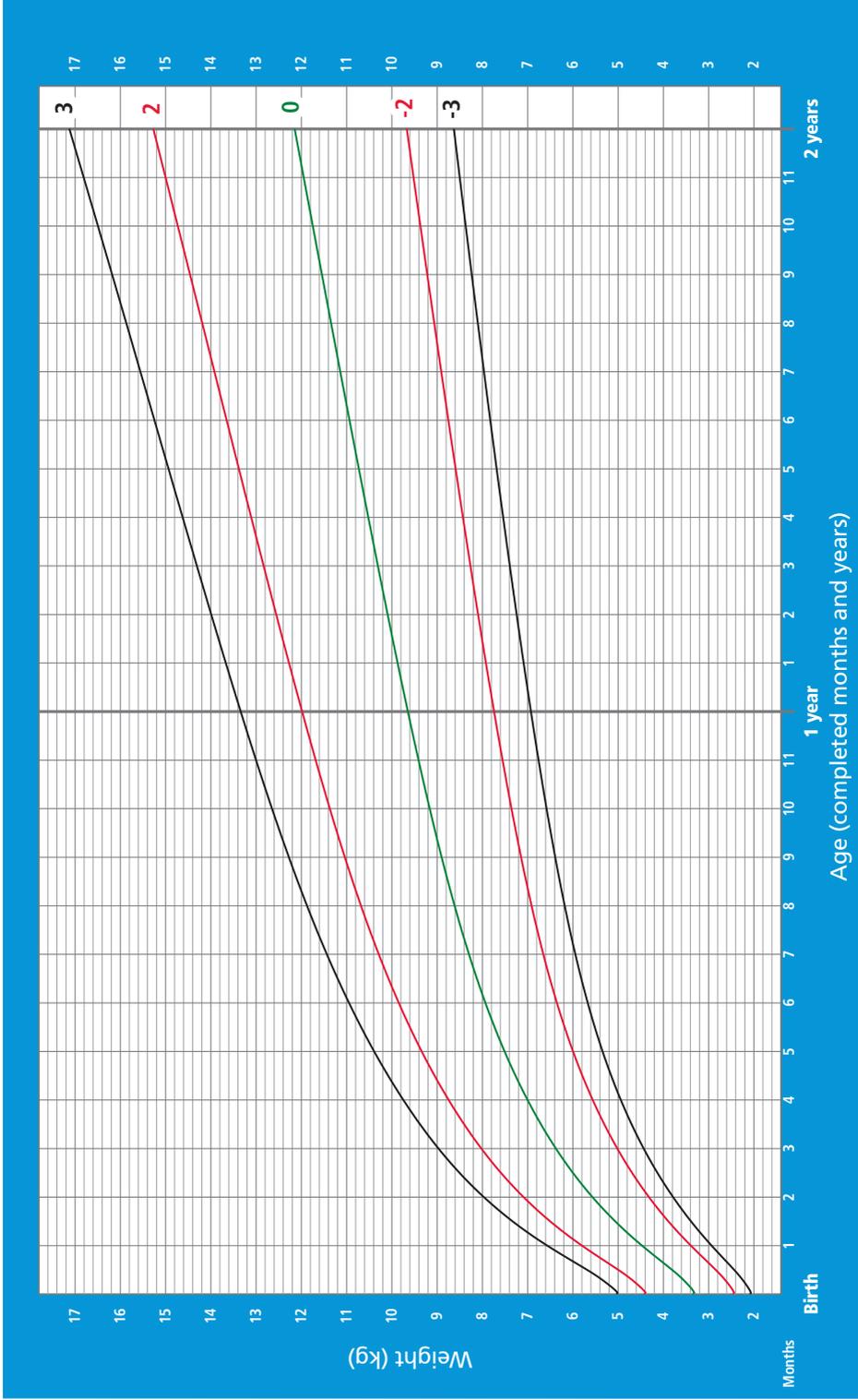
## Growth chart for girls: weight for age (0 -24 months)



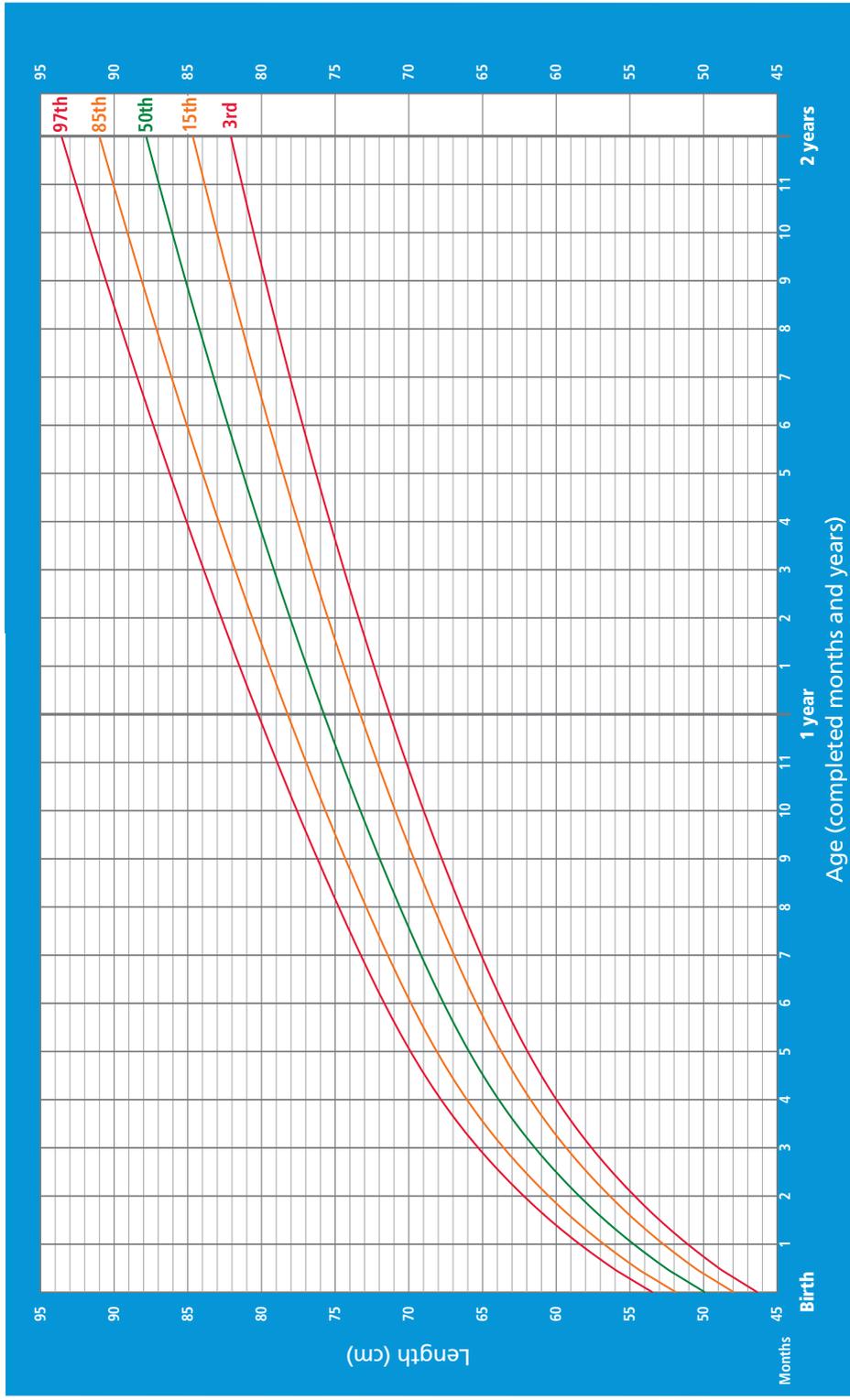
# Growth chart for girls: length for age (0 -24 months)



# Growth chart for boys: weight for age (0 -24 months)



# Growth chart for boys: length for age (0 -24 months)





## Record of counseling visits

No	Service package	Clients	Date of counseling	Topic of counseling	Date of follow-up	Note
G1a	Exclusive Breastfeeding Promotion (EBF) 1					
G1b	EBF Promotion 2					
G1c	EBF Promotion 3					
G2	EBF Support					
G3a	EBF Management 1					
G3b	EBF Management 2					
G3c	EBF Management 3					
G3d	EBF Management 4					
G4	Complementary Feeding (CF) Education					
G5a	CF Management 1					
G5b	CF Management 2					
G5c	CF Management 3					
G5d	CF Management 4					
G5e	CF Management 5					
G5f	CF Management 6					



## Record of the health and nutritional status of your baby

Pregnant women should have 1 extra meal per day and consume iron/folic acid daily.

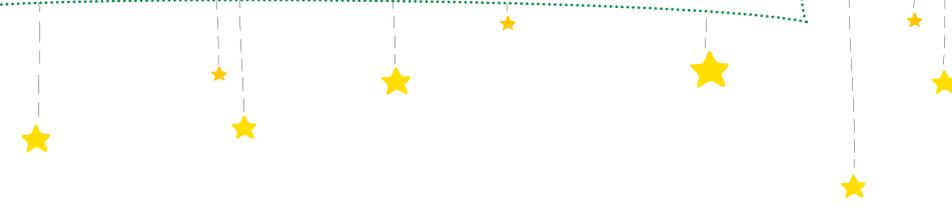


## Record of the health and nutritional status of your baby

Breastfeed your child immediately within 1 hour after birth.



## Record of the health and nutritional status of your baby



Colostrum is very precious – ensure your child gets colostrum right after birth.



## Record of the health and nutritional status of your baby



In the first two days, your child only need 5-7ml of milk in each breastfeed.



## Record of the health and nutritional status of your baby



The more your baby breastfeeds, the more milk is produced.

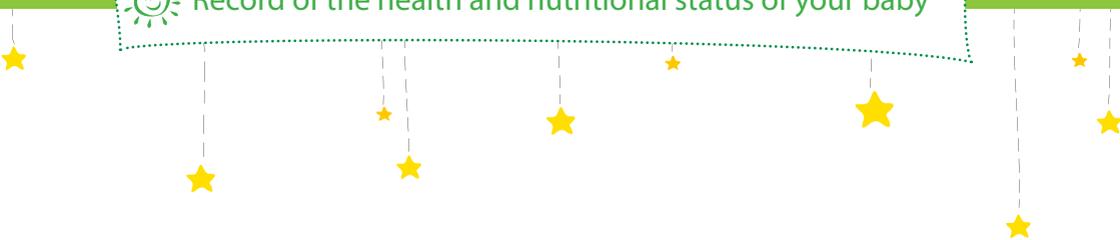


## Record of the health and nutritional status of your baby

Empty one breast before switching to another to ensure your child gets both foremilk and hindmilk.



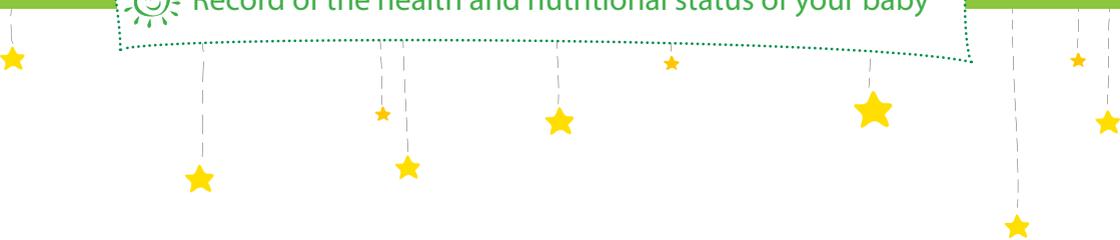
## Record of the health and nutritional status of your baby



Remember: exclusive breastfeeding for the first six months. No water, No formula, No food.



## Record of the health and nutritional status of your baby



Ensure that your child gets breastmilk, even when you cannot feed directly.



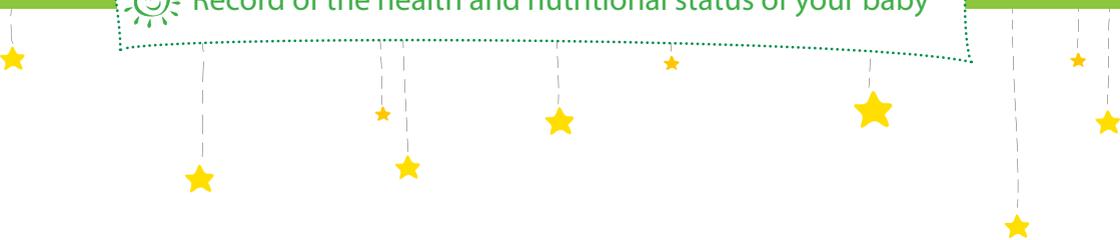
## Record of the health and nutritional status of your baby



Continue breastfeeding until your child is 24 months old because breastmilk continues to provide nutrients needed for your child's development.



## Record of the health and nutritional status of your baby



When your child is six months old (180 days), give complementary foods and continue to breastfeed.



## Record of the health and nutritional status of your baby



When your child is nine months old, increase the number of meals and diversity of complementary foods and continue to breastfeed.



## Record of the health and nutritional status of your baby



When your child is one year old, increase the amount of food and diversity of complementary foods and continue to breastfeed.



## Record of the health and nutritional status of your baby



Iron-rich food is very important to the health and development of your child, preventing the child from anemia.



## Record of the health and nutritional status of your baby

Wash your hands before preparing food and feeding your child.



## Record of the health and nutritional status of your baby

When your child is sick, feed the child many small meals and breastfeed more frequently.

 **Table 1. Vaccination schedule for children in the intensive vaccination program of Viet Nam**

Months	Injections needed	Injection/Drink
Newborn (as soon as possible)	<ul style="list-style-type: none"> <li>• BCG (anti-tuberculosis)</li> <li>• Hepatitis B</li> </ul>	Injection of Hepatitis B vaccination within 24 hours after birth
2 months old	<ul style="list-style-type: none"> <li>• Polio</li> <li>• Diphtheria – Pertussis</li> <li>• Tenanus-Hepatitis B - Hib</li> </ul>	<ul style="list-style-type: none"> <li>• Polio 1</li> <li>• Diphtheria – Pertussis - Tenanus-Hepatitis B</li> <li>• Hib injection 1</li> </ul>
3 months old	<ul style="list-style-type: none"> <li>• Polio</li> <li>• Diphtheria – Pertussis</li> <li>• Tenanus-Hepatitis B - Hib</li> </ul>	<ul style="list-style-type: none"> <li>• Polio 2</li> <li>• Diphtheria – Pertussis</li> <li>• Tenanus- Hepatitis B - Hib injection 2</li> </ul>
4 months old	<ul style="list-style-type: none"> <li>• Polio</li> <li>• Diphtheria – Pertussis</li> <li>• Tenanus- Hepatitis B - Hib injection 1</li> </ul>	<ul style="list-style-type: none"> <li>• Polio 3</li> <li>• Diphtheria – Pertussis</li> <li>• Tenanus- Hepatitis B - Hib injection 3</li> </ul>
9 months old	<ul style="list-style-type: none"> <li>• Measles</li> </ul>	<ul style="list-style-type: none"> <li>• Injection 1 when your baby is 9 months old</li> <li>• Injection 2 when your baby is 18 months old</li> </ul>
18 months old	<ul style="list-style-type: none"> <li>• Diphtheria – Pertussis</li> <li>• Tenanus injection 4</li> <li>• Measles injection 2</li> </ul>	

 **Table 2. Vaccination schedule for other vaccines in the intensive vaccination program**

Months	Injections needed	Injection/Drink
1- 5 years old	Japanese encephalitis*	Japanese encephalitis injection 1
		Japanese encephalitis injection 2 (2 weeks after injection 1)
		Japanese encephalitis injection 3 (1 year after injection 2)
2- 5 years old	- Cholera vaccine*	2 oral intakes (2nd intake is two weeks after the 1st intake)
3 – 5 years old	- Typhoid vaccine*	Single dose

\* Vaccines rolled out in areas of high risk