

PROMOTE KEY FAMILY PRACTICES



- 1 Breastfeed infants exclusively for at least six months.
- 2 Introduce complementary foods of high nutritional value and energy at six months, while continuing breastfeeding for up to two years or longer.
- 3 Provide vitamin A and iron in the child's diet or through supplementation.
- 4 Promote mental and social development by being responsive to child's need for care. Stimulate the child through talking, playing and other physical interactions.
- 5 Dispose of faeces, including children's faeces in a toilet. Wash hands with soap after defecation and disposal of children's diapers and before handling food.
- 6 In malaria endemic areas, ensure that children sleep under recommended insecticide treated mosquito nets.
- 7 Continue to feed and offer more fluids to children when they are sick.
- 8 Give sick children home remedies recommended by health worker.
- 9 Take appropriate actions to prevent and manage child injuries and accidents.
- 10 Take children as scheduled to complete a full course of immunization as recommended.
- 11 Recognise when sick children need treatment and take them to the nearest health facility for immediate medical care.
- 12 Follow recommendations given by health workers in relation to treatment, follow up and referrals.
- 13 Ensure that every pregnant woman receives the minimum recommended four antenatal visits, recommended doses of tetanus toxoid vaccination and is supported by family and the community in seeking appropriate care, especially at the time of delivery and during the post partum / breastfeeding period.
- 14 Ensure that men actively participate in the provision of childcare and are involved in reproductive health initiatives (such as family planning).
- 15 Prevent child abuse and take corrective action when it occurs.
- 16 Register a child's birth within 6 weeks of delivery.
- 17 Adopt and sustain appropriate behaviours regarding prevention of HIV / AIDS.

FOR IMPROVING CHILD GROWTH AND DEVELOPMENT

Produced by the Ministry of Health and Child Welfare
(Health Promotion Unit) in collaboration with MCHIP



THE NEW VACCINE SCHEDULE

Age	Name of vaccine	Route of administration
At Birth	BCG	Injection on the right upper arm
6 Weeks (1 $\frac{1}{2}$ months)	OPV1	By mouth
	Pentavalent1	Injection on the right mid-thigh
	PCV1	Injection on the left mid-thigh
	Rotavirus1	By mouth
10 Weeks (2 $\frac{1}{2}$ months)	OPV2	By mouth
	Pentavalent 2	Injection on the right mid-thigh
	PCV2	Injection on the left mid-thigh
	Rotavirus 2	By mouth
14 Weeks (3 $\frac{1}{2}$ months)	OPV3	By mouth
	Pentavalent 3	Injection on the right mid-thigh
	PCV3	Injection on the left mid-thigh
9 Months	Measles	Injection on the left upper arm
18 Months	DPT Booster	Injection on the right mid-thigh
	OPV Booster	By mouth

PROTECT YOUR CHILD AGAINST VACCINE PREVENTABLE DISEASES

Vitamin A is given at six months and every six months thereafter until the age of five years

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