



# ROAD TO HEALTH BOOKLET GUIDE

[HTTPS://WWW.WESTERNSCAPE.GOV.ZA/ASSETS/DEPARTMENTS/HEALTH/RTHB\\_BOOKLET.PDF](https://www.westerncape.gov.za/assets/departments/health/rthb_booklet.pdf)

## FOR HELP WITH:

- **Clinic visits** ----- page 2
- **Breastfeeding** ----- page 4
- **Nutrition** ----- pages 4 to 7
- **Immunizations** ----- page 27
- **Baby development** ----- pages 23 to 24
- **Baby weight and height** ----- pages 11 to 20
- **Danger signs!** ----- page 44

## WHY DO I NEED THIS BOOK?

- To know when to take my child for Immunisations
- To know when to take my child to the clinic
- Schools ask to see this book when your child goes to school!
- **To give your child their best chance! Because a healthy child is a happy child!**

**If you need more help with the RTHB, visit your nearest clinic for assistance!**

I don't know when to immunise my baby for Measles 1...

Check the Road to Health Booklet, it will help you!

