

## 4. Essential Skills for an ASHA

The essential skills that an ASHA requires can be classified into six sets. These are simple skills requiring only a few hours to learn, but they can save thousands of lives. These six sets of skills are given below:

### 1. Maternal Care

- Counselling of pregnant women
- Ensuring complete antenatal care through home visits and enabling care at VHND
- Making the birth plan and support for safe delivery
- Undertaking post-partum visits, Counselling for family planning.



### 2. Newborn Care when visiting the newborn at home:

- Counselling and problem solving on breastfeeding
- Keeping the baby warm
- Identification and basic management of LBW (Low Birth Weight) and pre-term baby
- Examinations needed for identification/first contact care for sepsis and asphyxia



### 3. Child Care

- Providing home care for diarrhoea, Acute Respiratory Infections (ARI), fever and appropriate referral, when required
- Counselling for feeding during illness
- Temperature management
- De-worming and treatment of iron deficiency anaemia, with referral where required
- Counselling to prevent recurrent illness especially diarrhoea.

