



MINISTRY OF HEALTH AND FAMILY WELFARE
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

MOTHER AND CHILD PROTECTION CARD



paste photo of child here

Is the pregnancy
high risk?



FAMILY IDENTIFICATION

Mother's name _____ Age _____

Father's name _____

Address _____

Mobile Number Mother _____ Father _____

MCTS/RCH ID _____

Bank & Branch Name _____

Account No. & IFSC Code _____

PREGNANCY RECORD

Date of last menstrual period _____

Expected date of delivery _____

No. of pregnancies / previous live births _____

Last delivery conducted at _____

Current delivery _____

BIRTH RECORD

Child's Name _____

Date of Birth _____ Birth Weight _____

Male Female Birth Registration No. _____

MCTS/RCH ID (Child) _____

INSTITUTIONAL IDENTIFICATION

AWW No. _____ Block/Village/Ward _____

ASHA _____ ANM _____

SHC / Clinic _____

PHC / Town _____ Hospital / FRU _____

ANM Contact No. _____

Hospital Contact No. _____

AWC Reg No. _____ Date _____

Sub-center Reg. No. _____ Date _____

Referred to _____

Child's Aadhaar No. _____

Mother's Aadhaar No. _____

Ambulance Toll Free Number:- _____

Regular checkup is essential during pregnancy



Register with the health centre in the 1st trimester.



1st	2nd	3rd	4th	5th	6th	7th	8th	9th
/	/	/	/	/	/	/	/	/

ANC



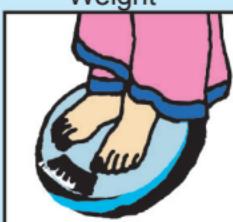
1st	2nd	3rd	4th	5th	6th	7th	8th	9th
/	/	/	/	/	/	/	/	/

BP, Blood & Urine



1st	2nd	3rd	4th	5th	6th	7th	8th	9th

Weight



1st	2nd	3rd	4th	5th	6th	7th	8th	9th

T.T. Injection



1st	2nd	3rd	4th	5th	6th	7th	8th	9th

Iron Tablets



1st	2nd	3rd	4th	5th	6th	7th	8th	9th

Take two tablets of calcium per day for at least 6 months after 1st trimester

--	--	--	--	--	--	--	--	--

Take single dose of tablet albendazole (400 mg) after 1st trimester

--	--	--	--	--	--	--	--	--

Care During Pregnancy



- ◆ Consume a variety of foods
- ◆ Consume more foods - around $\frac{1}{4}$ times extra than the normal diet
- ◆ Consume SNP from the AWC regularly
- ◆ Rinse the mouth after every meals brush the teeth atleast twice a day
- ◆ Take at least two hours of rest during the day.
- ◆ In addition to 8 hours of rest at night.
- ◆ Use only adequately iodised salt



Ensure nutrition counselling at every ANC

ANTENATAL CARE

OBSTETRIC COMPLICATION IN PREVIOUS PREGNANCY (Please tick (✓) the relevant history)

- | | | | | | |
|------------|--------------------------|----------------------------------|--------------------------|-----------|--------------------------|
| A. APH | <input type="checkbox"/> | B. Eclampsia | <input type="checkbox"/> | C. PIH | <input type="checkbox"/> |
| D. Anaemia | <input type="checkbox"/> | E. Obstructed labor | <input type="checkbox"/> | F. PPH | <input type="checkbox"/> |
| G. LSCS | <input type="checkbox"/> | H. Congenital anomaly
in baby | <input type="checkbox"/> | I. Others | <input type="checkbox"/> |

PAST HISTORY

(Please tick (✓) the box of the appropriate response/s)

- | | | | | | |
|-----------------|--------------------------|-----------------|--------------------------|------------------|--------------------------|
| A. Tuberculosis | <input type="checkbox"/> | B. Hypertension | <input type="checkbox"/> | C. Heart Disease | <input type="checkbox"/> |
| D. Diabetes | <input type="checkbox"/> | E. Asthma | <input type="checkbox"/> | F. Others | <input type="checkbox"/> |

EXAMINATION

Heart	Lungs	Breasts (check for inverted nipple)

ANTENATAL VISITS

	1	2	3	4	5 (under PMSMA)
Date					
Any complaints					
POG (Weeks)					
Weights(Kg)					
Pulse rate					
Blood Pressure					
Pallor					
Oedema					
Jaundice					

ABDOMINAL EXAMINATION

Fundal height Weeks/ cm				
Lie/Presentation				
Fetal movements	Normal/ Reduced/ Absent	Normal/ Reduced/ Absent	Normal/ Reduced/ Absent	Normal/ Reduced/ Absent
Fetal heart rate per minute				
P/V if done				

ESSENTIAL INVESTIGATIONS

Hemoglobin			
Urine albumin			
Urine sugar			
Urine Pregnancy Test			
HIV Screening			
Syphilis			
Ultrasonography			
Gestational diabetes Mellitus			

Blood Group & Rh Typing Date / / /



OPTIONAL INVESTIGATIONS

- | | | | |
|--------------------------------|----------------------|------|-------|
| 1. Thyroid-Stimulating Hormone | <input type="text"/> | Date | / / / |
| 2. Hbs Ag. | <input type="text"/> | Date | / / / |
| 3. Blood sugar. | <input type="text"/> | Date | / / / |

If you or anyone in your family sees any of these danger signs, take the pregnant woman to the hospital immediately



- Bleeding during pregnancy
- Excessive bleeding during delivery or after delivery

Severe Anemia with or without breathlessness



High fever during pregnancy or within one month of delivery

Headache, blurring of vision, fits and swelling all over the body



Labour pain for more than 12 hours

Bursting of water bag without labour pains

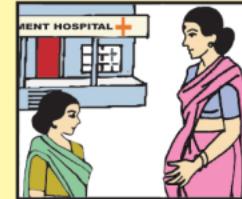
Ensure Institutional Delivery



Contact ASHA/ ANM/AWW



Register under Janani Suraksha Yojna (JSY)



Obtain Benefits under JSY



Identity hospital in advance



Arrange for transport in advance



Ensure 48 hours of stay after delivery

Preparation in case of Home Delivery



- ✓ Clean hands
- ✓ Clean surface & surroundings
- ✓ Clean blade
- ✓ Clean thread to tie the cord
- ✓ Clean set of clothes for newborn



Ensure family care & support

In case of Emergency



Arrange transport to hospital



Intiate Breastfeeding within 1 Hour of Birth



Family planning counselling

Yes No

After Delivery

Ensure early and exclusive breastfeeding
0-6 months

POST NATAL CARE

Date of delivery Place of delivery Type of delivery

_____ N. Assisted CS

Term/Preterm/Spontaneous abortion _____

If at institution period of stay post delivery _____

Complications, if any (Specify) _____

Sex of baby M F *Weight of baby kg. gms

Cried immediately after birth Y N

Initiated exclusive breast feeding within 1 hour of birth Y N

*(Three extra visits if birth weight < 2.5kg)

Injection Vitamin K Y N

POST PARTUM CARE

	1 st Day	3 rd Day	7 th Day	6 th Week
Any complaints				
Pallor				
Pulse rate				
Blood pressure				
Temperature				
Breasts Soft/engorged				
Nipples Cracked/normal				
Uterus Tenderness Present/ absent				
Bleeding P/V Excessive/normal				
Lochia Healthy/foul smelling				
Episiotomy/Tear Healthy/ injected				
Family planning Counselling				
Any other complications and referral				

CARE OF BABY

	1 st Day	3 rd Day	7 th Day	6 th Week
Urine passed				
Stool passed				
Diarrhoea				
Vomiting				
Convulsions				
Activity (good/lethargic)				
Sucking (good/poor)				
Breathing (fast/difficult)				
Chest indrawing Present/absent				
Temperature				
Jaundice				
Condition of umbilical stump				
Skin pustules present/absent				
Any other complications				

Feeding, playing and communicating with children helps them to grow and develop physically and intellectually

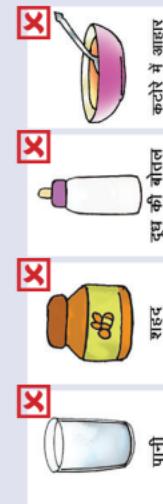
Your baby has a small and tender stomach that only need mother's breast milk. Sometimes, your baby cries because he/she wants to be held close. Keep your baby in close contact with your skin. While breastfeeding, smile, talk and look into your baby's eyes, but don't rock him/her while feeding.



Mother's first yellow milk protects the baby



Put your baby to your breast immediately after birth, definitely within 1 hour. This helps in establishing lactation and bonding

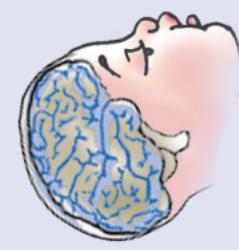


Breast milk provides all nutrients and contains sufficient water. Do not give your baby anything else to eat or drink, not even honey or water in the first 6 months

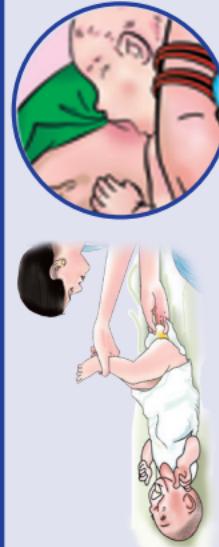
Your baby should be breastfed on demand both during the day and night. Frequent feeding increases breast milk flow.



Consult the ANM, ASHA and AWW worker of your area in case you have any problem in breastfeeding your baby



Breastfeeding improves intelligence



Even in your baby's illness, continue to breastfeed till 6 months
After 6 months, your baby requires small frequent meals, along with breast milk and other liquids during illness

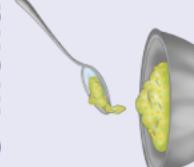
Talk, smile and be patient to encourage the child to eat

6 months



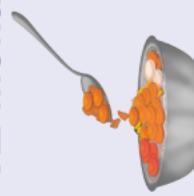
- ❖ Continue breastfeeding
- ❖ On completion of 6 months, start feeding baby with 2–3 table spoons of soft, well-mashed foods 2–3 times a day
- ❖ Introduce one food at a time, such as a small amount of vegetables, followed by fruits, dal and cereals
- ❖ Increase amount of the feed slowly
- ❖ Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

6–9 months



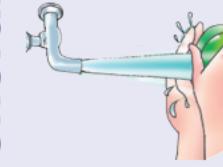
- ❖ Continue breastfeeding
- ❖ Change consistency to lumpy feeds given 3–4 times a day
- ❖ Feed 2–3 times and 1–2 snacks
- ❖ Increase quantity and diversity of the feeds
- ❖ Introduce one new food at a time such as Khichri, dalia
- ❖ Include at least 4 food groups such as:
 - 1) cereals, 2) green vegetables and fruits,
 - 3) oil, ghee; 4) mashed dal/fish/egg (only hard-boiled)
- ❖ Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

9–12 months



- ❖ Continue breastfeeding
- ❖ After 9 months, feed at least half katori of food that requires chewing 3–4 times a day
- ❖ After 12 months, introduce family foods, give 3/4th–1 katori, 3–4 times each day along with 1–2 snacks
- ❖ Give finely chopped foods that baby can pick up using thumb and fingers. Allow children to eat with own hands, even if they mess up
- ❖ Give Vitamin A syrup for improving eyesight
- ❖ Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

General tips:



- ❖ Wash your hands with soap and water before preparing food and feeding the baby.
- ❖ If feeding eggs, ensure they are well-cooked
- ❖ Thoroughly rinse raw fruits and vegetables under running water before cooking
- ❖ Cook thoroughly, use safe water, discard all leftovers on children's plates and do not save them for later
- ❖ Use only iodized salt for cooking; iodine improves intellect
- ❖ Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

6 months to 2 years:
Continue frequent on demand breastfeeding until 2 years and beyond. Also introduce soft foods

What most babies do



- Begin to recognize the mother's face
- Develop social smile
- Make eye contact



- Move both arms and both legs, when excited
- Keep hands open and relaxed



- Raise head at times, when on tummy

ANM please examine and mark or on the card as per the age of the child

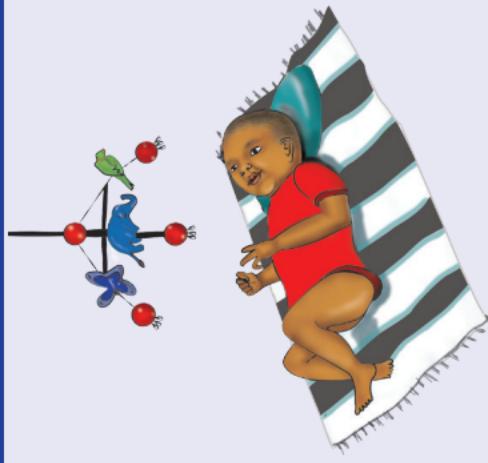
Parenting tips



- Massage gently, stretch and exercise arms and legs of babies
- Encourage babies to lie on tummy for some time every day



- Hang colourful moving objects 30cm (1 foot) away, for babies to focus on and follow
- Avoid use of digital media in children younger than 24 months



- Cuddle and play with babies daily. Cuddling or quickly responding to each cry does not spoil babies

- Talk to babies in your mother tongue daily

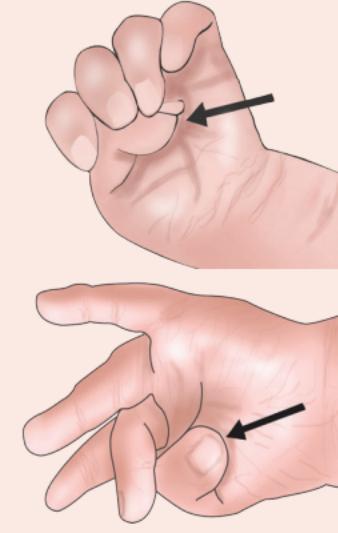
By 2–3 months

Contact ANM/AWW/health care provider immediately if you see any one of these “Warning” signs

Persistent squinting
after 2 months



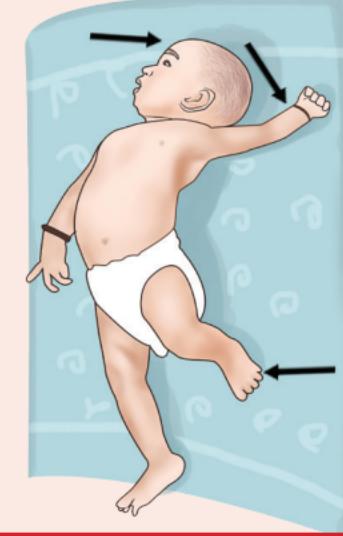
Persistently hold
thumb inside the
palm, with hands
kept open or fisted



Does not make any eye
contact when being fed,
cuddled or spoken to



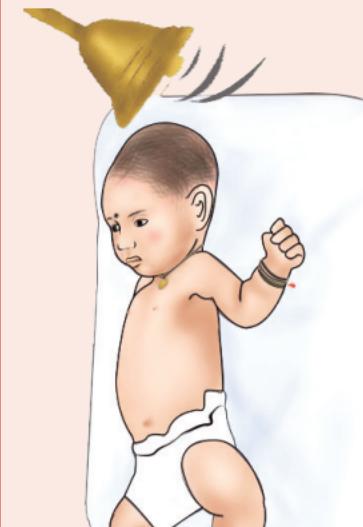
Head pushed
back, with stiff
arms and legs



No social smile



Does not startle/
wake up/ cry
in response to
sudden loud sound



What most babies do



- Keep head steady when held upright and can sit with support
- Turn head towards direction of sound

ANM please examine and mark or on the card as per the age of the child

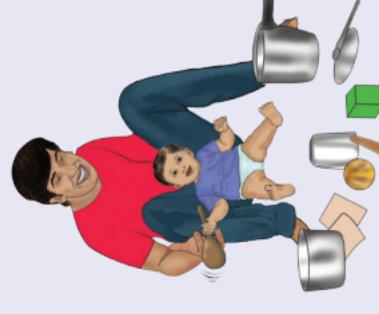
Parenting tips



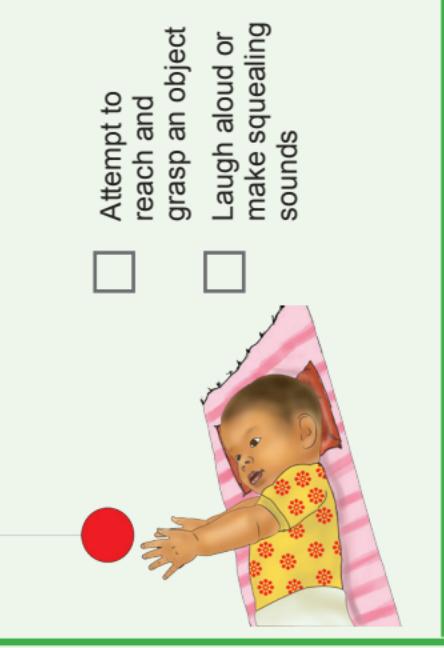
❖ Communicate with babies; imitate their sounds and praise them when they imitate yours



❖ Put interesting things on the floor for babies to reach out and explore



- Attempt to reach and grasp an object
- Laugh aloud or make squealing sounds



- Begin to babble "ah, ee, oo" other than when crying
- Like to look at self in a mirror

ANM please examine and mark or on the card as per the age of the child

By 4–6 months

Contact ANM/AWW/health care provider immediately if you see any one of these “Warning” signs

Does not grasp things within reach



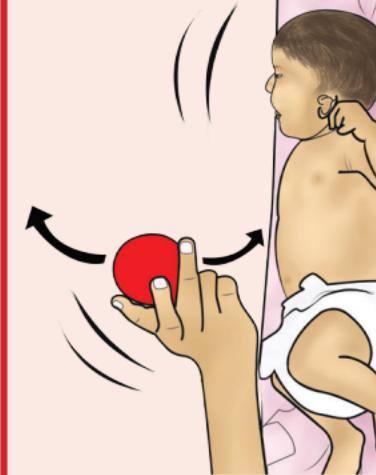
Unable to raise head when on tummy



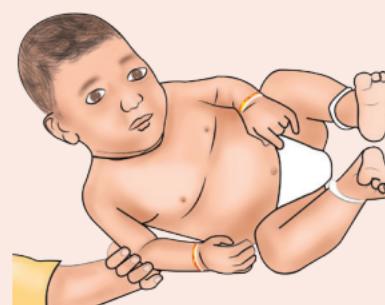
Cannot sit up even with help



Head and eyes do not move to follow/track a moving object



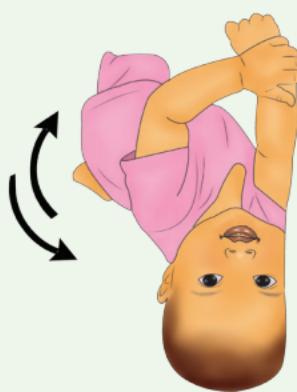
Lacks head control



Does not vocalize by making different sounds such as “ah”, “eh”, “oo”



What most babies do



Roll over in both directions



- Grasp a toy by using all fingers
- Turn head to visually follow familiar faces or toys

ANM please examine and mark or on the card as per the age of the child

Parenting tips



Let children drop, bang and throw things repeatedly. Respond to the noise that children make in a gentle and patient manner



Give children clean, safe household utensils to play and explore



Play games like peek-a-boo. Hide the children's favourite toys under a cloth or box. See if children can find it

Contact ANM/AWW/health care provider immediately if you see any one of these “Warning” signs

Does not turn towards a sound (out of sight)



Tilts head always to one side each time when looking at objects



Needs support to sit



Cannot roll over



Does not utter pa.. pa..pa, ma..
ma, ba.. ba..ba, etc



At 9 months

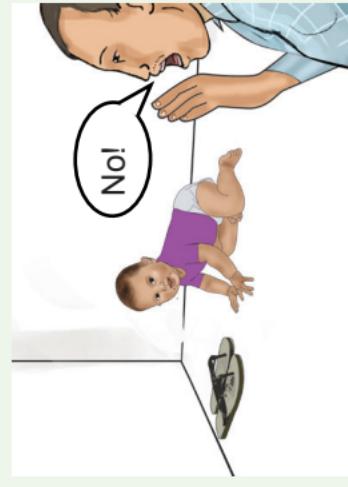
What most babies do



- Sit without support and reach for toys without falling
- Raise arms to be picked up



- Crawl to get desired toys without bumping into any objects



- Use one or two common words in mother tongue
- Respond to simple requests like "no/ come here"

Parenting tips



Place a toy slightly out of reach to encourage standing and walking while using support



While exploring, babies might hurt others accidentally. Show them how to touch gently. Do not shout at them

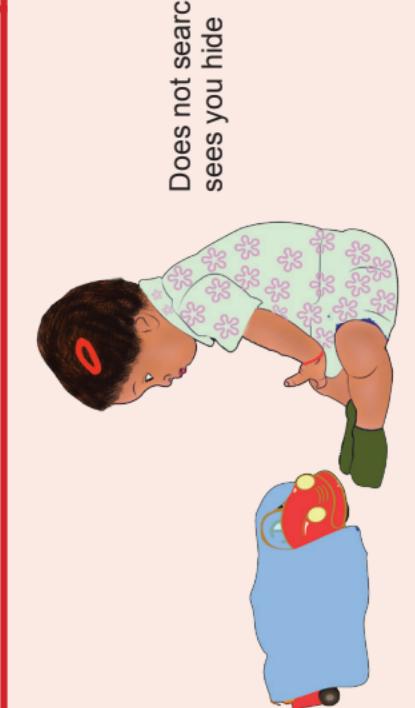
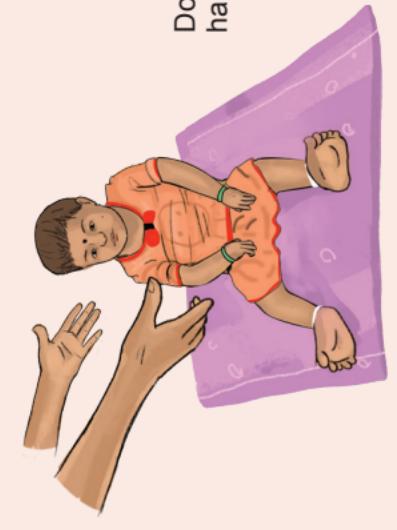


Tell your babies stories and read picture books aloud. Show and name things in their environment

ANM please examine and mark or on the card as per the age of the child

By 10–12 months

Contact ANM/AWW/health care provider immediately if you see any one of these “Warning” signs



At 12 months

What most babies do

Parenting tips



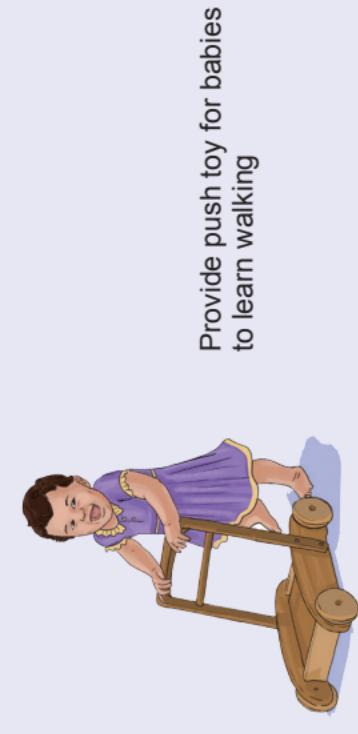
- Stand and take several independent steps
- Use a variety of familiar gestures like waving, clapping, etc.



- Put pebbles/ small objects in a container



- Name and identify common objects and their pictures in a book



- Provide push toy for babies to learn walking

- Give some fruits, toys, etc. to children. Ask them to identify the objects, put them in and take them out of containers



Ask your children simple questions. Encourage them to talk



ANM please examine and mark or on the card as per the age of the child

By 18 months

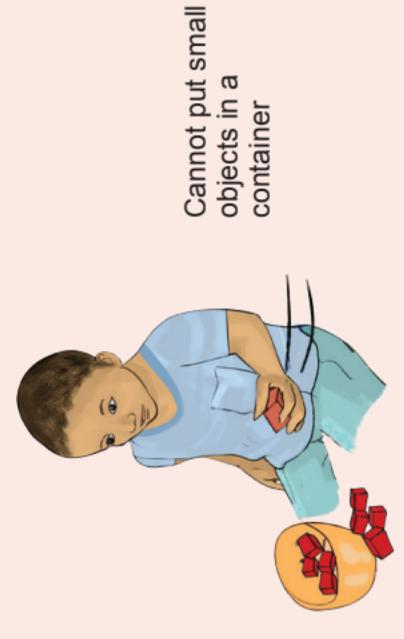
Contact ANM/AWW/health care provider immediately if you see any one of these “Warning” signs



Does not point finger at an object when named

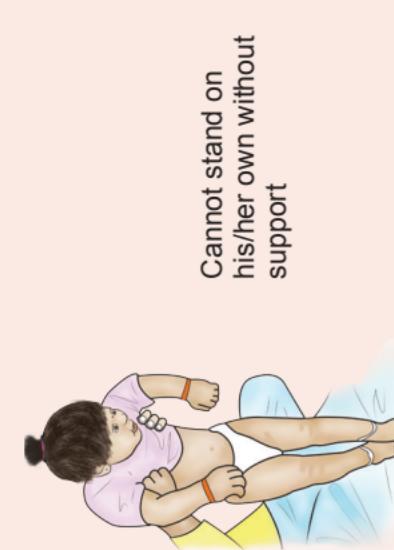
Does not say single words like “mama” or “dada”

**Amma,
papa, dada**



Cannot put small objects in a container

Does not use both hands for everyday activities (shows preference for one hand)



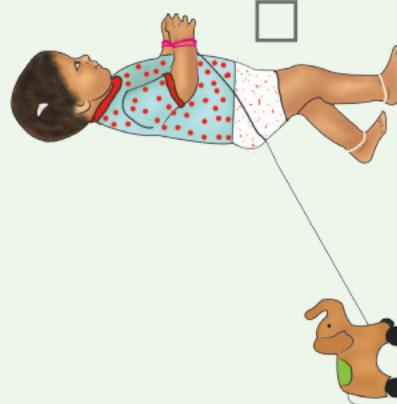
Cannot stand on his/her own without support

Does not respond to mother’s gestures and seems to be in his/her own world



At 18 months

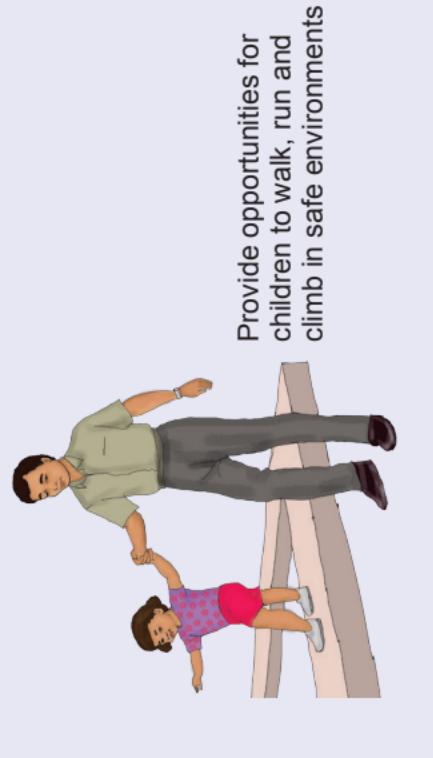
What most babies do



- Walk steadily, even while pulling a toy



- Imitate household chores



Provide opportunities for children to walk, run and climb in safe environments



- Correctly point out and name one or more body parts in person or in books



Allow children to imitate you and master their skills. Be patient with them if they make a mess

Parenting tips



- ❖ Encourage children to follow a daily routine such as sleeping and waking up at a fixed time
- ❖ Read aloud to children, often repeating stories. Provide books and paper, chalk, colours, etc. for scribbling

ANM please examine and mark or on the card as per the age of the child

Contact ANM/AWW/health care provider immediately if you see any one of these “Warning” signs

Does not use two word phrases such as “give milk”

**Give milk,
amma come...**

Does not seem to understand and follow simple instructions



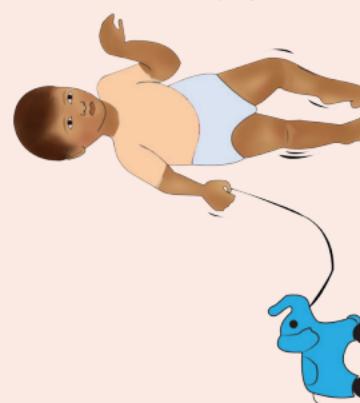
Cannot scribble



Does not point to body parts



Does not walk steadily while pulling a toy



Does not make appropriate response to gestures such as responding to bye-bye/namaste



What most babies do

- Drink from a cup without spilling



Cat
Dog
Bird

- Name most familiar things consistently.
Identify colours, shapes, etc.
- Make a sentence by joining 3 or more words

ANM please examine and mark or on the card as per the age of the child

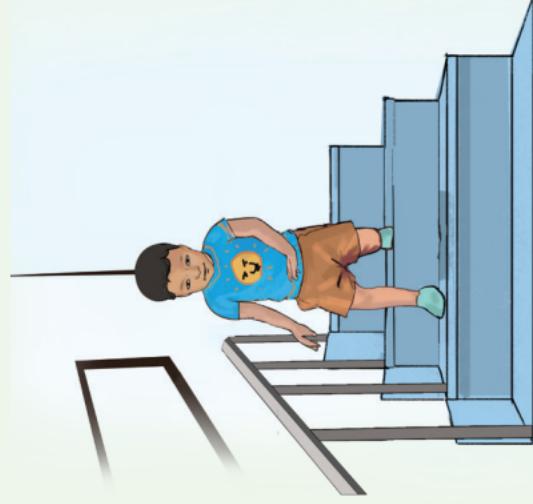
Parenting tips



Play outdoor games with your children which require movement and physical activity



Give variety of materials (including blocks, puzzles, rings, etc.) to children



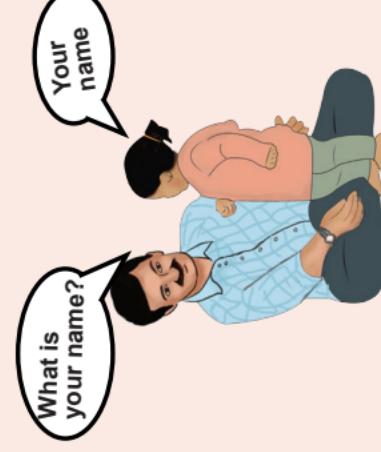
- Climb up and down the stairs



Allow children to use their hands and fingers in different ways to improve their skills

By 3 years

Contact ANM/AWW/health care provider immediately if you see any one of these “Warning” signs



Cannot eat without help

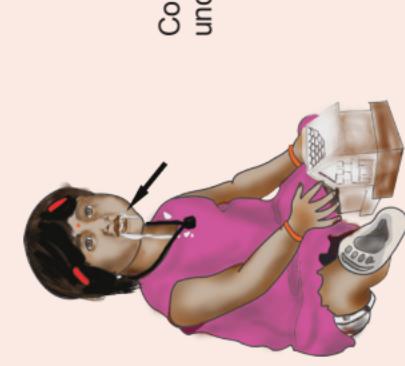


Has trouble climbing up and climbing down stairs



Does not speak in simple and three word sentences such as “mummy give milk”

Mummy
give milk



Continuous drooling/
unclear speech

Does not play “Pretend”
games

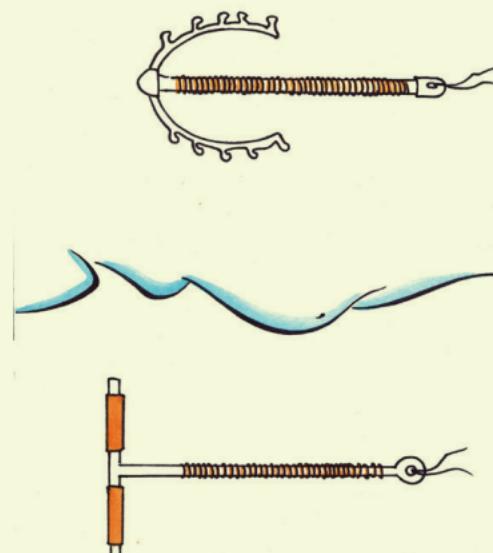


At 3 years

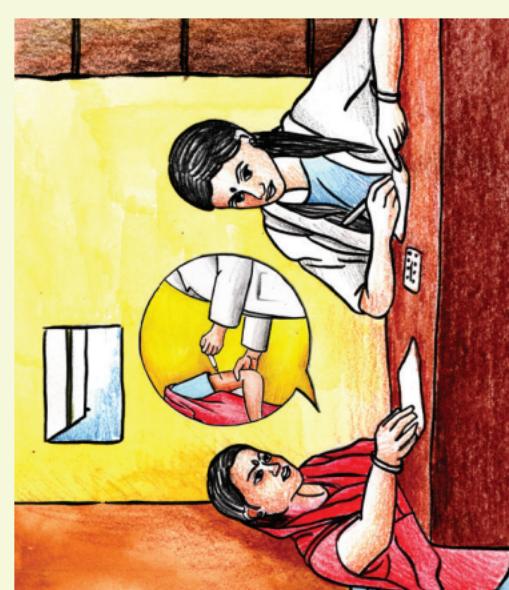
Maintaining spacing of 3 years between two children has a healthy impact on both the mother and baby's health. You can avail any spacing method from the wide basket of choices offered under the Family Planning Programme such as:



- ◆ Combined Oral contraceptive pills (Mala N, Mala D)
- ◆ Centchroman (Chhaya, Saheli)
- ◆ Progesterone-only pill



- ◆ IUCD (CU 380 A & 375)
- ◆ Post-partum IUCD (PPIUCD) (within 48 hours of delivery)



- ◆ Injectable MPA (Antara programme)

Iron-Folic Acid Supplementation for children aged 6 months to 5 years (Compliance Card)

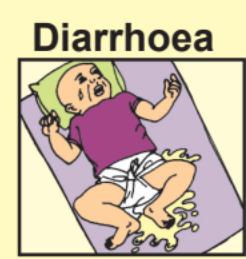
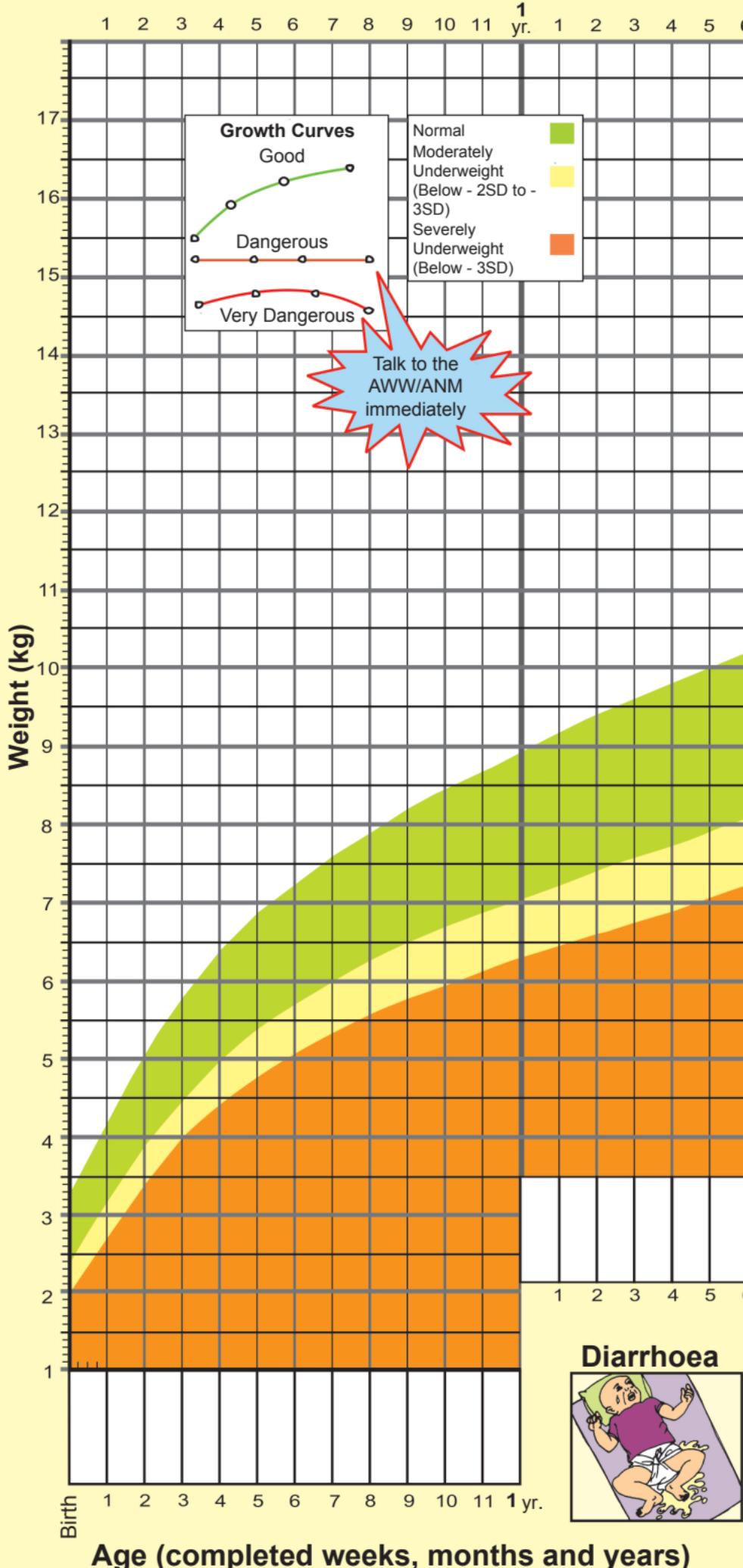
Mention date of provision of IFA bottle to mother		Bottle 2	Bottle 4	Bottle 6	Bottle 8
		Bottle 1	Bottle 3	Bottle 5	Bottle 7
Months	6-12 months	1-2 years	2-3 years	3-4 years	4-5 years
January					
February					
March					
April					
May					
June					
July					
August					
September					
October					
November					
December					

Important things to remember:

1. Provide iron folic acid (IFA) syrup every Wednesday and Saturday
2. Give 1 ml of Iron folic acid syrup using the auto-dispenser
3. Don't give iron syrup to a child when s/he is sick or severely undernourished
4. Always give iron folic acid syrup to the child after consumption of food
5. One 50-ml iron folic syrup bottle lasts for six months and once its finished, contact your ASHA/ANM didi for a new bottle
6. After providing a dose of iron folic acid syrup, mark a tick in the card
7. In case of any problem after consumption of iron folic acid syrup, contact your ANM immediately



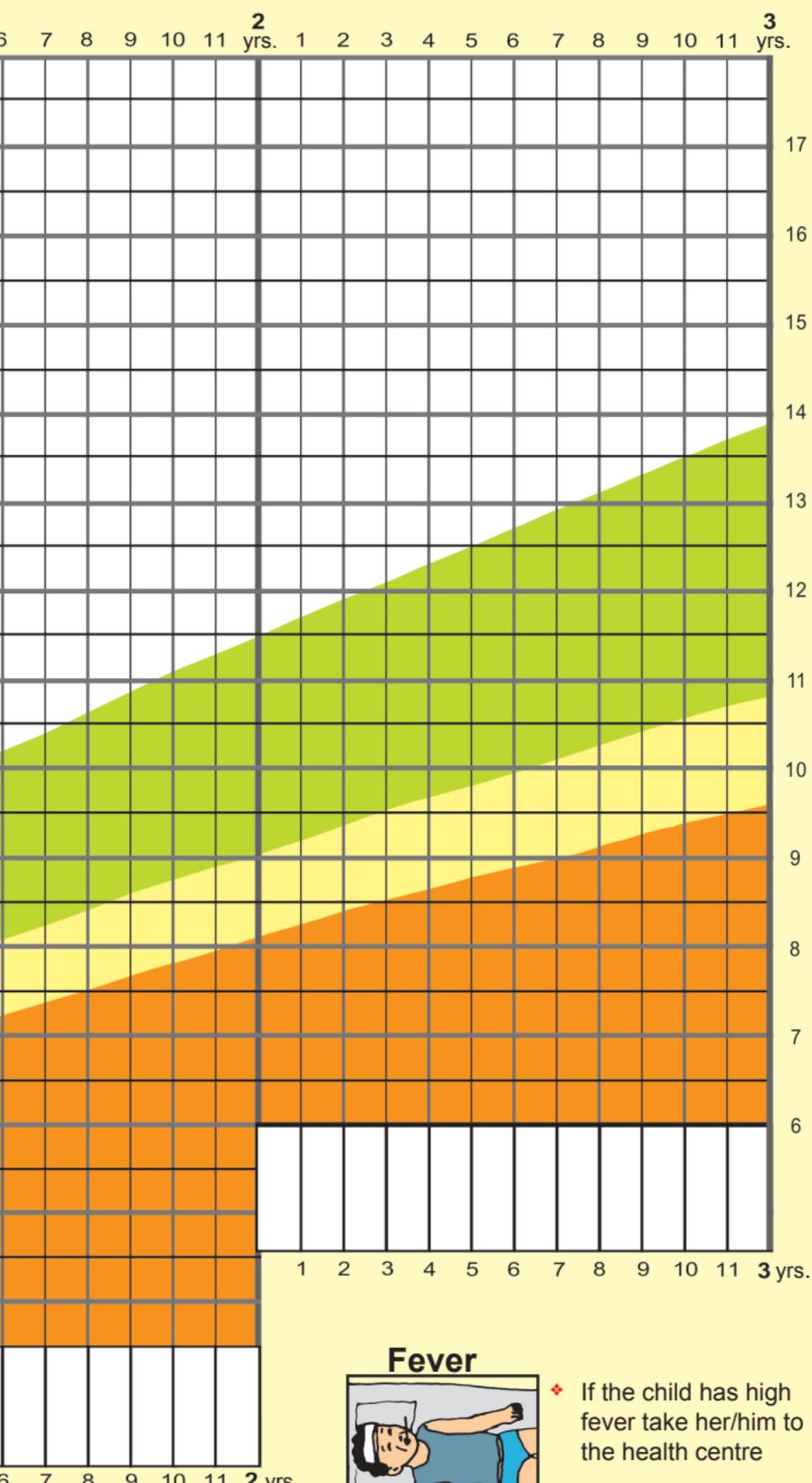
GIRL: Weight-for-Age (As per WHO)



Care

Ensure equal care

For-age - Birth to 3 years Child Growth Standards)



Fever



- ♦ If the child has high fever take her/him to the health centre

- ♦ Breastfeed more often
- ♦ Give extra fluids
- ♦ Give ORS & dispersable Zinc tablets as prescribed
- ♦ Continue feeding
- ♦ Take the child to hospital if loose motion do not stop

ARI

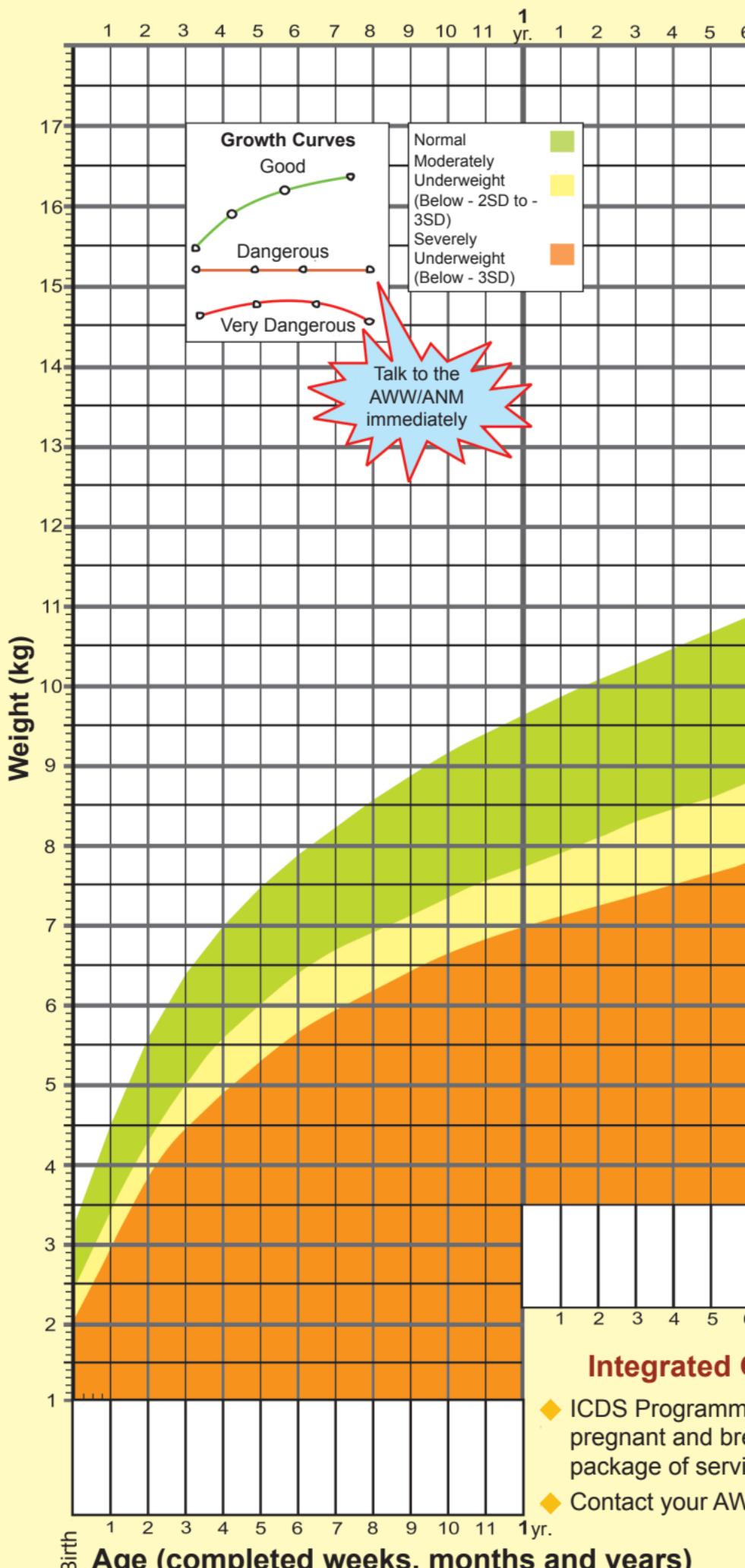


- ♦ If the child has rapid and/or difficult breathing, take her/him to the health centre

During Illness +



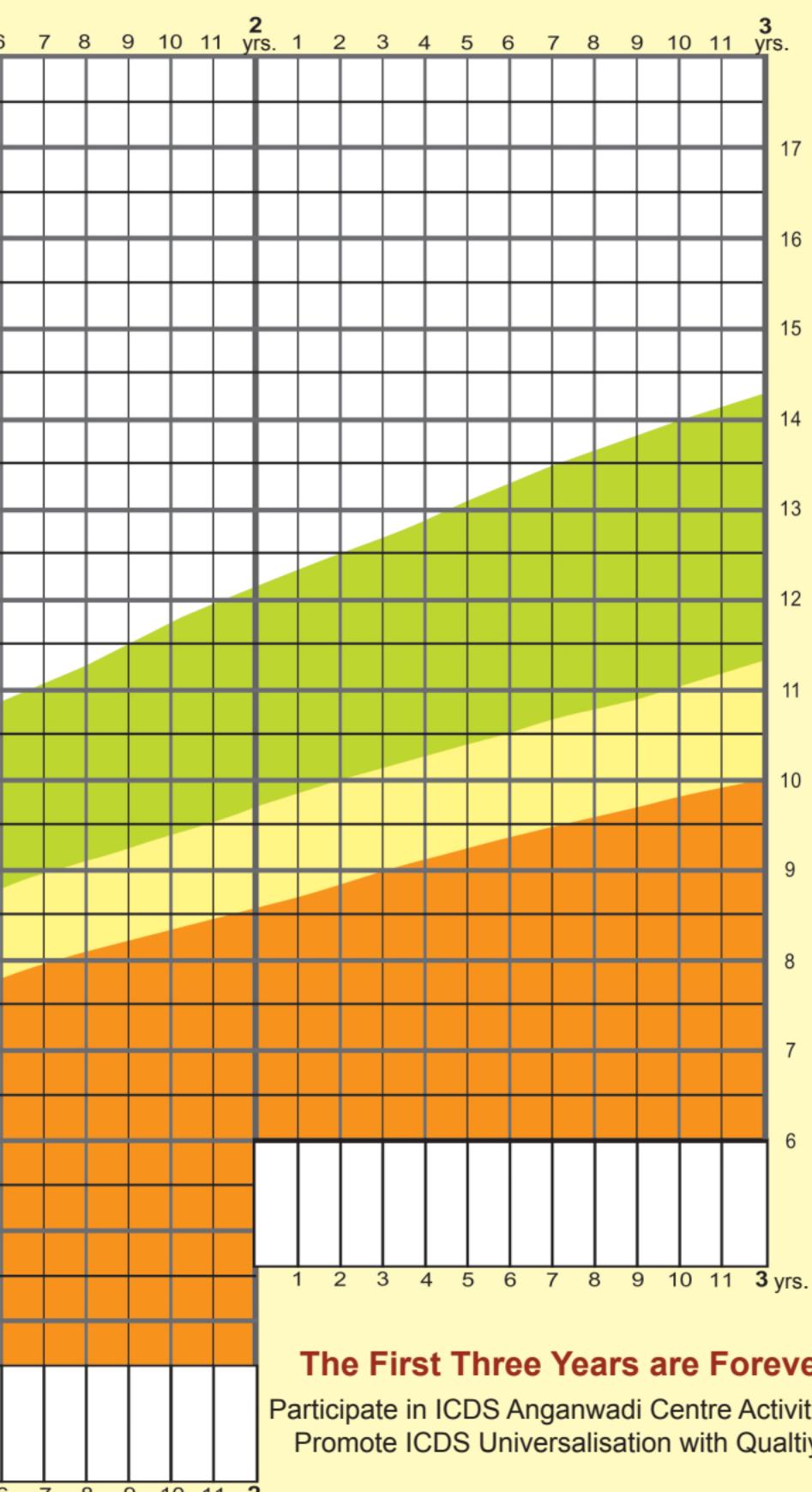
BOY: Weight-for-Age (As per WHO Growth Charts)



- ◆ Supplementary nutritional support, growth monitoring and promotion
- ◆ Nutrition and health education

Have your child weighed

U-5 Age - Birth to 3 years Child Growth Standards)



The First Three Years are Forever

Participate in ICDS Anganwadi Centre Activities
Promote ICDS Universalisation with Quality

6 7 8 9 10 11 2 yrs.

Child Development Services Programme (ICDS)

The programme of MWCD, GOI, reaches out to young children under 6 years, lactating mothers and women 15-45 years with an integrated services

Visit W for child care services at the nearest AWC

Services

- ◆ Immunization
- ◆ Early childhood care and preschool education
- ◆ Health check-up
- ◆ Referral services

Visit W at the AWC every month



**Be Wise!
Get your child
fully immunized**

Neonatal Care



Please remember:

- Keep the child warm.
 - Start breastfeeding within 1 hr after birth
 - Feed the baby only mother's milk
 - Do not bathe the child for the first 48 hours
 - Keep the cord dry
 - Keep the child away from sick people
 - Special care if child ≤ 2.5 kg at birth



Congratulations! Your child is vaccinated for the 1st year of life.



Congratulations! Your child is vaccinated for the 2nd year of life.

VITAMIN A		CHILD AGE	DATE GIVEN (mm/dd/yyyy):	MISSING DOSE TRACKING		
Vit-A-3	2 years	/ /	/ /			
Vit-A-4	2.5 years	/ /	/ /			
Vit-A-5	3 years	/ /	/ /			
Vit-A-6	3.5 years	/ /	/ /			
Vit-A-7	4 years	/ /	/ /			
Vit-A-8	4.5 years	/ /	/ /			
Vit-A-9	5 years	/ /	/ /			

SIA / OTHER		VACCINE NAME	DATE GIVEN (mm/dd/yyyy):						
16 YEARS									
10 YEARS		Next Vaccination Date:	/ / /						
5-6 YEARS									
16-24 MONTHS		Next Vaccination Date:	/ / /						
DPT Booster-1	DATE GIVEN (mm/dd/yyyy):	DPT Booster-2	DATE GIVEN (mm/dd/yyyy):	TT	TT	/ / /	/ / /	/ / /	/ / /
Vitamin A-2				/ / /	/ / /	/ / /	/ / /	/ / /	/ / /
MR-2				/ / /	/ / /	/ / /	/ / /	/ / /	/ / /
JE-2				/ / /	/ / /	/ / /	/ / /	/ / /	/ / /
OPV Booster				/ / /	/ / /	/ / /	/ / /	/ / /	/ / /

OUR KEY MESSAGES ON IMMUNIZATION

- Congratulations!** Your child is vaccinated for the 2nd year of life.

1) What vaccine was given and what disease it prevents 2) When and where to come for the next visit
3) What minor adverse events could occur and how to deal with them.
4) To keep the immunization card safe and bring it along for the next visit

Immunization Essentials

VACCINATION NAME	BIRTH	1 ^{1/2} months	2 ^{1/2} months	3 ^{1/2} months	9 months
BCG prevents tuberculosis	✓				
HepB prevents liver disease	✓				
OPV prevents polio	✓	✓	✓	✓	
Penta prevents whooping cough, diphtheria, tetanus meningitis, & more		✓	✓	✓	
PCV prevents pneumonia		✓		✓	✓
Rota prevents diarrhoea		✓	✓	✓	
MR prevents measles, rubella					✓
JE fights brain fever					✓



With your help, we have eradicated polio and eliminated maternal and neonatal tetanus!

During the 2nd/3rd trimester of your pregnancy, avail at least one ANC checkup by a doctor on the 9th day of the month under the
“Pradhanmantri Surakshit Matritua Abhiyaan”

Continue vaccinating your child. Thank You!

Routine Immunization Counterfoil

Routine

Immunization Counterfoil

FAMILY IDENTIFICATION

Child's name _____
Child's birth date / /

Father's name _____
Mother's name _____

Address _____

MCS No. _____ ASHA Signature _____

ASHA INCENTIVE TRACKING**Full Immunization (FIC):**

Completed on _____ / _____ / _____
 Incentive received? Yes No
 If yes, date received _____ / _____ / _____

Complete Immunization (CIC):

Completed on _____ / _____ / _____
 Incentive received? Yes No
 If yes, date received _____ / _____ / _____

NOTES

VITAMIN A 3-9	16 YEARS			
	DATE GIVEN (mm/dd/yyyy): / / /			
Vit-A-3	/ /			
Vit-A-4	/ /			
Vit-A-5	/ /			
Vit-A-6	/ /			
Vit-A-7	/ /			
Vit-A-8	/ /			
Vit-A 9	/ /			
10 YEARS	Next Vaccination Date: / / /			
5-6 YEARS	DATE GIVEN (mm/dd/yyyy): / / /			
DPT Booster-1	/ / /			
Vitamin A-2	/ / /			
MR-2	/ /			
MISSING DOSE TRACKING				
NAME	DATE GIVEN	REASON	NEXT VACCINATION DATE	ANM INITIAL
JE-2	/ / /		/ / /	
OPV Booster	/ / /		/ / /	
	/ / /		/ / /	

