

Integrated Child Development Services
National Rural Health Mission



Photograph of Mother & Child

Family Identification	
Mother's Name _____	Age _____
Father's Name _____	
Address _____	
Mother's Education: illiterate/primary/middle/high school/graduate	
Pregnancy Record	
Mother's ID No. _____	
Date of the last menstrual period	/ /
Expected date of delivery	/ /
No. of pregnancies/ previous live births	/
Last delivery conducted at:	Institution <input type="checkbox"/> Home <input type="checkbox"/>
Current delivery:	Institution <input type="checkbox"/> Home <input type="checkbox"/>
JSY Registration No. _____	
JSY payment Amount	_____ Date / /
Birth Record	
Child's Name _____	
Date of Birth / /	Birth Weight _____ kgs _____ gms
Girl <input type="checkbox"/> Boy <input type="checkbox"/>	Birth Registration No: _____

Institutional Identification	
AWW _____	AWC/Block _____
ASHA _____	ANM _____
SHC / Clinic _____	
PHC / Town _____	Hospital / FRU _____
Contact Nos. ANM _____	Hospital _____
Transport Arrangement _____	

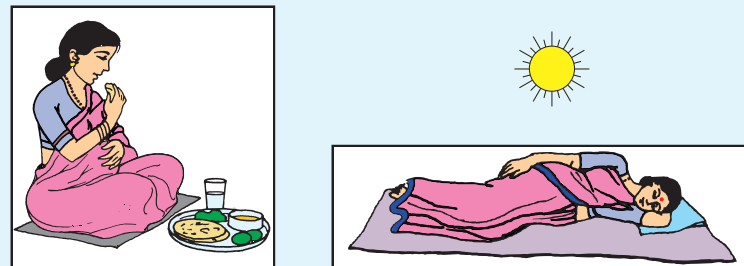
AWC Reg. No. _____	Date / /	Sub-centre Reg. No. _____	Date / /
Referral _____	_____	_____	_____

Ministry of Women & Child Development, Government of India
Ministry of Health and Family Welfare, Government of India

Regular checkup is essential during pregnancy

Months	1st	2nd	3rd	4th	5th	6th	7th	8th	9th
Registration	Register with the health centre in the first trimester.								
ANC	Have at least 3 antenatal checkups, after registration								
BP, Blood & Urine	Have blood pressure (BP) checked and blood and urine examined at each visit.								
Weight	Have weight checkup at each visit. Gain at least 10-12 kg. during pregnancy. Gain at least 1kg every mth. during the last 6 mths. of pregnancy.								
T.T.Injection	Take two T.T. injections. T.T.1 when pregnancy is confirmed and T.T.2 after 1 month. (Fill in the date)								
Iron Tablets	Take one tablet of iron and folic acid a day for at least 3 months. Take at least 100 tablets. (Fill in quantity and date issued)								

Care During Pregnancy



- ◆ Consume a variety of foods
- ◆ Consume more food – around 1/4th times extra than the normal diet
- ◆ Consume SNP regularly at the AWC
- ◆ 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 ☐ B. Eclampsia ☐ C. PIH ☐
D. Anaemia ☐ E. Obstructed labor ☐ F. PPH ☐
G. LSCS ☐ H. Congenital anomaly in baby ☐ I. Others ☐

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

- A. Tuberculosis ☐ B. Hypertension ☐ C. Heart Disease ☐
D. Diabetes ☐ E. Asthma ☐ F. Others ☐

EXAMINATION

General Condition	Heart	Lungs	Breasts

ANTENATAL VISITS

	1	2	3	4
Date				
Any complaints				
POG (Weeks)				
Weight (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

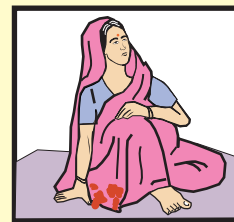
Hemoglobin				
Urine albumin				
Urine sugar				
Signature of ANM				

Blood Group & Rh Typing. _____ Date / /

OPTIONAL INVESTIGATIONS

1. Urine pregnancy test. _____ Date / /
2. Hbs Ag. _____ Date / /
3. Blood sugar. _____ Date / /

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



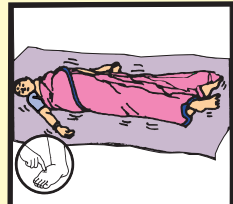
Bleeding during pregnancy, excessive bleeding during delivery or after delivery



Severe Anaemia with or without breathlessness



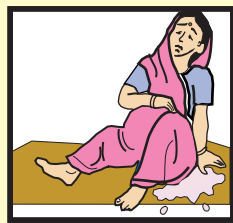
High fever during pregnancy or within one month of delivery



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

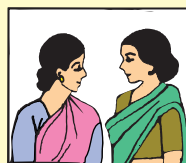


Labour pain for more than 12 hours



Bursting of water bag without labour pains

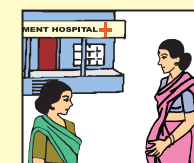
Ensure Institutional Delivery



Contact ASHA/ANM/AWW



Register under Janani Suraksha Yojna (JSY)



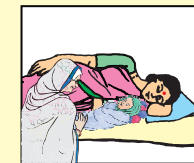
Obtain Benefits under JSY



Identify Hospital in Advance



Arrange for Transport in Advance



Ensure 48 hours of stay after delivery

Preparation in case of Home Delivery



Ensure safe delivery by ANM

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



Ensure Family Care & Support



Arrange Transport to Hospital



Initiated Breastfeeding within 1 Hour of Birth
Yes ☐ No ☐



Family Planning Counselling

Ensure early and exclusive breastfeeding 0-6 months

POST NATAL CARE

Date of delivery _____ Place of delivery _____ Type of Delivery _____
N. _____ Instr. _____ CS _____
Term/Preterm _____ 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)

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/infected				
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				
Diarrhea				
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				

NEWBORN CARE

- ◆ Keep the child warm
- ◆ Start breastfeeding within 1 hour after birth.
- ◆ For the first 6 months, 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 people who are sick
- ◆ Weigh your child at birth
- ◆ Give special care if child weighs less than 2.5 kg. at birth

DANGER SIGNS – SEE HEALTH WORKER

- ◆ Weak sucking or refuses to breastfeed
- ◆ Baby unable to cry/difficult breathing
- ◆ Yellow palms and soles
- ◆ Fever or cold to touch
- ◆ Blood in stools
- ◆ Convulsions
- ◆ Lethargic or unconscious

Details of Immunisation

Birth to 3 Years			
Birth	Birth	Birth	
B.C.G.	OPV-0*	Hepatitis B-0*	* For Institutional Delivery
1½ months	2½ months	3½ months	
OPV-1	OPV-2	OPV-3	
1½ months	2½ months	3½ months	9 months
DPT-1	DPT-2	DPT-3	Measles
1½ months	2½ months	3½ months	9 months
Hepatitis B-1	Hepatitis B-2	Hepatitis B-3	Vitamin A

16 to 24 months			
16-24 months	16 months	24 months	
DPT Booster	Polio Booster	Vitamin A	Vitamin A
24 to 36 months			
30 months	36 months	Remember	
Vitamin A	Vitamin A	◆ Give Iron & Folic Acid syrup to children over 6 months as prescribed	
◆ Deworm children over 1 year biannually as prescribed			

Developed by the Ministry of Women & Child Development and the Ministry of Health & Family Welfare, Government of India in collaboration with NIPCCD and UNICEF, India

Feeding, playing and communicating with children helps them grow and develop well

0 to 6 months

Feeding



- ◆ Start breastfeeding immediately after birth – within 1 hour
- ◆ Exclusively breastfeed for 6 months. Do not give any other food or drinks and not even water
- ◆ Breastfeed as many times as the child wants
- ◆ Breastfeed day and night

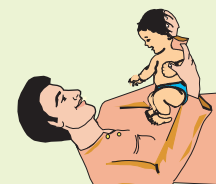
0 to 3 months

What you can do
Smile at your child, look into child's eyes and talk to your child



What children can do

Around 3 months, most children can
Smile in response



3 to 6 months

What you can do
Have large colourful objects for your child to see and to reach for

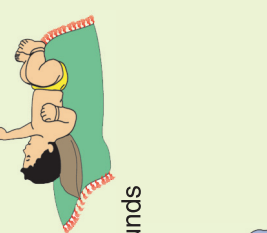


What children can do

Around 6 months, most children can
Hold head steady when held upright



Talk to & respond to your child. Get a conversation going with sounds or gestures



Provide ways for the child to see, hear, feel and move

