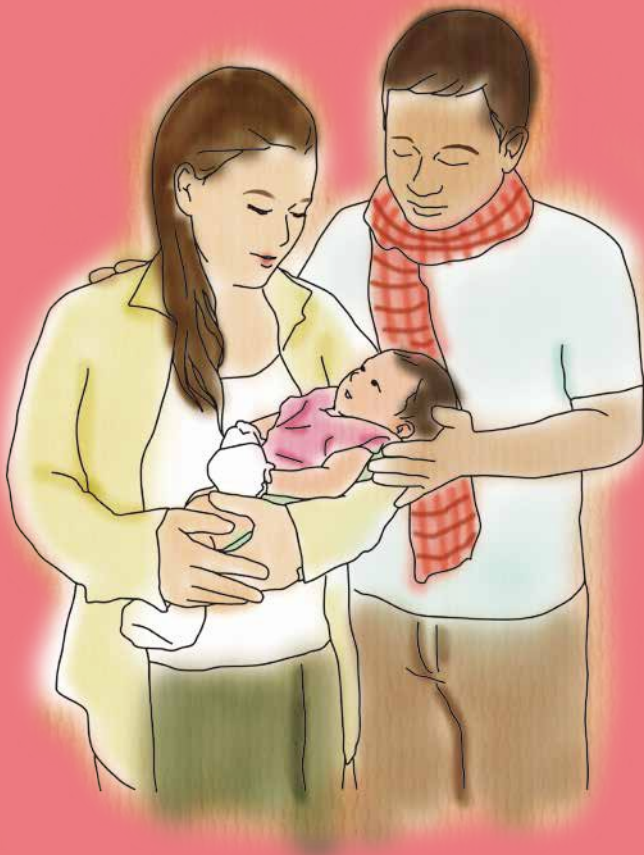


Kingdom of Cambodia  
Nation-Religion-King

# Mother and Child Health Educational Hand Book



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# How to use this book

.....

**This book helps your health and baby's health during pregnancy and after birth. Let's read with your family!!**

- ★ Please ask midwife/nurse if you don't understand.
- ★ Please make sure to bring it with MCH Book/Yellow card to health center/hospital.
- ★ Please keep this book away from children and take care not to lose it.
- ★ For baby's father, please support your wife and take care of your baby together!!

## Important Information

**Mother**

**Father**

**Name** : \_\_\_\_\_

**Name** : \_\_\_\_\_

**Date of birth** : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Date of birth** : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Occupation** : \_\_\_\_\_

**Occupation** : \_\_\_\_\_

**Address** : \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Name of Health Facility** : \_\_\_\_\_

**Chief of Health facility Tel:** \_\_\_\_\_

**Name of Midwife** : \_\_\_\_\_

**Tel:** \_\_\_\_\_

**Emergency Transportation** : \_\_\_\_\_

**Tel:** \_\_\_\_\_

**Date of birth registration** : \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ (**Place** : \_\_\_\_\_ )



# Why Antenatal Care Visit is important??

Mother should go to health center for antenatal care at least 4 times during pregnancy.

1st ANC: Before 4 months (16weeks)

2nd ANC: 7 months (24-28 weeks)

3rd ANC: 7.5-8 months (30-32 weeks)

4th ANC: 10 months (36-38 weeks)

## 1 Merit of ANC

- ① To know about health condition of mother and baby.
- ② To detect the danger signs and treat pregnant mother earlier.
- ③ To receive tetanus immunization and the iron-folic tablet.
- ④ To get advice from health workers on how to keep your health such as nutrition, hygiene, breastfeeding, family planning, expected date of delivery and place for delivery, etc.

## 2 What do midwife and nurse check at ANC?



**1 Check your weight**  
You can gain weight 1kg /month.



**2 Check Blood pressure, pulse and temperature.**  
Reduce workload if you have high blood pressure or other health problems.



**3 Check blood test and urine test.**  
To detect anemia, HIV/AIDS, syphilis, protein and glucose in urine.



**4 Check fundal height, fetal presentation and movement**  
Check if baby grows well or not.



**5 Check fetal heart rate after 4 months.**  
To monitor health condition of your baby.



**6 Check for abnormal symptoms like cyst, goiter and abnormal vaginal discharge.**  
Take medication for each symptom if you have.



## Don't forget to take tetanus vaccination

Please take Tetanus Toxioid vaccination. All women 15-49 years should receive 5 doses of tetanus vaccination to protect you and your baby from tetanus.



TT	Minimum Interval	Length of protection
TT 1	Initial step to develop antibody against tetanus	0 year
TT 2	1 month after TT 1	3 years
TT 3	6 months after TT 2	5 years
TT 4	1 year after TT 3 (or next antenatal visit)	10 years
TT 5	1 year after TT 4 (or next antenatal visit)	Lifetime

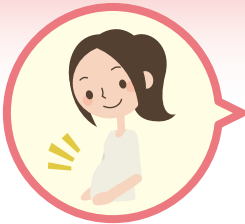
## Be aware of sexual transmitted infections

- 1 Check for sexual transmitted diseases such as HIV/AIDS and syphilis at first antenatal visit voluntarily.
- 2 Encourage your partner to test for HIV/AIDS, syphilis and other relevant diseases.

### If you are HIV positive...

- 1 Use condom every time you have sex.
- 2 Transmission of HIV from mother to child can occur during pregnancy, delivery and through breastfeeding.
- 3 Take antiretroviral therapy (ART) as prescribed by your doctor during your pregnancy and while breastfeeding.





# What types of nutritious food that mother needs to eat during pregnancy?

## 1 Eat nutritious food

During pregnancy, mother should eat 4 meals daily that include vitamins and minerals such as calcium, iron, zinc, folic acid and iodised salt, etc. as shown in the below.

**Calcium**

**It helps to form the bone of a fetus**  
(Small fishes with bone, milk, peanuts, beans, egg, Brohok (fermented fish).)

**Iron**

**It helps to form blood**  
(Meat, liver, animal internal organ, heart, kidney, shells, beans, dark green vegetable and fruits)

**Zinc**

**It develops the leg of fetus and immune system** (Shells, meat, liver, animal internal organ such as heart)

**Folic Acid**

**It forms blood and neural tube**  
(Liver, dark green vegetable, egg, beans, avocado)

**Vitamin A, D, B1**

**It prevents from anaemia and enhance immune system** (Dark green vegetable, dark yellow vegetable, fish liver and animal liver, egg)

**Vitamin C**

**It improves immune system and support the iron absorption to prevent anaemia**  
(Orange, lemon, mango, guava, salt, tomato, pineapple)

## 2 Please drink a lot of water at least 8 cups/day (2 liters)

**Morning**

**Noon**

**Afternoon**

**Night**

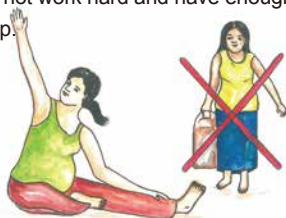


# You should take care of yourself in daily activities

**1** Take a shower with soap every day. Brush your teeth regularly and change your clothes everyday.



**2** Mother can continue to work as usual. However, do not work hard and have enough rest and sleep.



**3** Talk to your baby frequently with your husband. Your baby could listen to you



**4** Smoking, using drug, drinking alcohol or herbal medicine are very dangerous for you and your baby.



**5** You should go to consult at health center when you have any problem.



**6** Sleep in insecticide impregnated bed net, especially in malaria endemic areas.



**7** You may have sexual intercourse, but frequent having sex before 4months (16 weeks) can cause to miscarriage.





# Watch out!! These danger signs during pregnancy

Please go to health facility immediately if you have any of danger signs below:

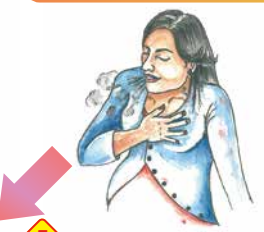
**1** Vaginal bleeding



**2** High Fever



**3** Shortness of breath or difficult breathing



**4** Severe abdominal pain



**5** Severe headache with blurred vision



**6** Swelling of fingers, face and legs



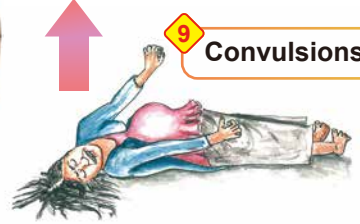
**7** Early rupture of the watery bag before expected date delivery



**8** Fatal movements are decreasing



**9** Convulsions







## Delivery is close! Here are the signs of labor

Please go to health facility or contact midwife if the following labor signs present.

- 1** **Bloody sticky discharge from your vagina**



- 2** **Painful uterus contraction every 20 minutes or less**



- 3** **Amniotic fluid comes out from the birth canal**



## Let's prepare for welcoming your baby!!

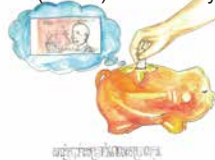
- 1** Please plan the delivery at a health center or hospital.



- 2** Please make advanced arrangement for transportation to health center or hospital.



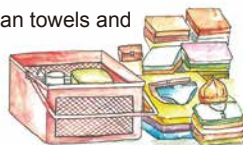
- 3** Please save money and prepare for National ID, Equity fund card, and national social security fund card (NSSF) for delivery.

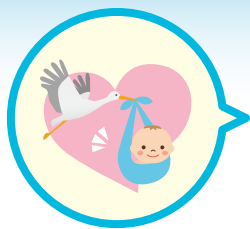


- 4** Please discuss who will go with pregnant mother and who will help at home while she is away.



- 5** Please prepare to take mother health card, 2 sets of clothes, sanitary pads for yourself, 4 clean towels and 2 sets of clean clothes for the baby.





# Baby is coming soon!

## There are important points to know during delivery.

1

**After you find the sign of labor, your cervix will open gradually with regular contraction**

- ① You may feel the contraction pains in your abdomen or lower back. A lower back massage will reduce your pain.
- ② Let's try to relax! Distract yourself with a relaxing activity such as watching TV, listening to music or going for a walk.
- ③ Please try to eat, drink and sleep if you can. These may give you energy to give birth. Go to restroom if you want. This helps your baby move down and makes your baby's birth more easier.
- ④ You can change your position freely as leaning forward using chair, standing, lying on the side, etc. These also help your baby's birth.
- ⑤ Midwife will check your baby's heart rate or vaginal examination to confirm your status of labour. If you have any questions and worries about delivery, don't hesitate to ask midwife!



2

**When your cervix is fully opened, the birth of your baby follows.**

- ① It is usual to feel a strong urge to go to the toilet as the baby's head pushes. The birth of your baby will occur soon.
- ② Please follow midwife's instruction of how to breath and how to push in order to have safe delivery.



# Position of labour to reduce pain

Massage helps to reduce pain



- ① During 2 hours after delivery, you may be easy to bleed. Midwife checks your status such as the amount of bleeding and your womb.
- ② Let's put the baby on your chest for skin to skin and start to breast feed your baby.



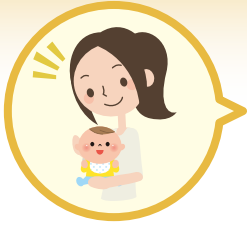
For father and family ...

## Let's support mother!!

The birth of your baby is a very special time for you and your family.  
You can:

- ① Massage her
- ② Stay close to her
- ③ Help to make her physically comfortable
- ④ Hold her hand
- ⑤ Encourage her
- ⑥ Give water to her if she is thirsty
- ⑦ Place cool face washers on her forehead
- ⑧ Place a hot pack or hot water bottle on her back or abdomen.





## Health Tips for taking care of yourself after delivery

- 1 Breastfeed as often as possible.
- 2 Take enough rest.
- 3 Have someone near mother for the first 24 hours after birth. Take nutritious and variety foods such as fish, meat, vegetable, fruit and rice. Drink more water at least 8 cups per day (2 liters).
- 4 Keep yourself clean, including genital area, change sanitary napkin 4 to 6 hours or more frequently if needed.
- 5 If you are healthy, you can carefully start to stand and walk. After that, you can walk and do physical activities gently.
- 6 Avoid sexual intercourse within 6 weeks after delivery (until the perineal wound heals) because it may cause injury and reproductive infections.





# Danger signs for mother after delivery

Please go to midwife or doctor immediately if you have any of the following signs.

- 1 Fever
- 2 Severe Abdominal pain
- 3 Smelly lochia
- 4 Large amounts Vaginal bleeding (more than 2 pads soaked in 20-30 mins)
- 5 Severe headache
- 6 Convulsions
- 7 Fast or difficulty in breathing
- 8 Breasts swollen, red or tender breasts or sore nipples
- 9 Swelling of the face, arms or legs
- 10 Urine dribbling or pain on passing urine
- 11 Pain in the perineum or draining pus
- 12 Feeling unhappy and crying easily



Please bring mother health card with you

**Large amounts Vaginal bleeding**

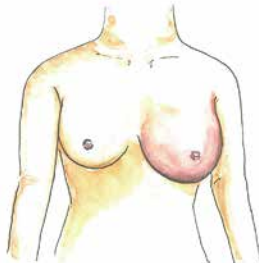


After you give birth...

**Abdominal pain**



**Breasts swollen**



**Feeling unhappy and crying**





# Breastfeeding is the best food for your baby

Exclusive breastfeeding your baby for first 6 months.



1

## Benefit

- 1 Provide immune for your baby
- 2 Provide perfect nutrition for your baby
- 3 Decrease the risk of malnutrition
- 4 Reduce allergies and asthma in babies
- 5 Easy to digest for baby
- 6 Enhance the emotional relationship between mother and baby
- 7 Avoid pregnancy
- 8 Free of charge



Start to breastfeed your baby within the first 1 hour after birth. First breastmilk is rich in protein and vitamin A which prevent from infection.

Wash your hands before you give breastfeeding.

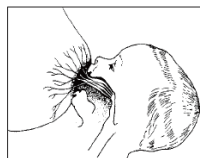
Breastfeed your baby as often as possible (every 2-3 hours). Breastfeeding will help you produce more milk.

If you have any problems in breastfeeding, please consult with health providers.

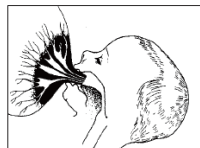
Your baby should be exclusively breastfed for the first 6 months. You should not give other food even water.

## Diagrams of infant's mouth

### Good attachment to the breast



### Bad attachment to the breast





# Let's take care of your baby!!

## 1 Keep your baby clean!!

- 1 Always wash your hands with soap and clean running water before and after caring baby
- 2 Change your baby's clothes frequently and wash your baby clothes dried out under the sun.
- 3 Let's your baby sleep in the clean place.
- 4 Bath with soap and clean water everyday except 24 hours after delivery

### HOW TO HANDWASH ??

Wash your hand for 40-60 seconds.



1 Wet hands under running water.



2 Apply soap on both hands.



3 Rub and scrub both palms, each fingers and each thumbs.



4 Rub and scrub at the back of the hands, in between the fingers and each fingertips.



5 Rinse both hands through with running water



6 Dry both hands with clean towel or Kroma.



## 2

### Keep your baby warm

- 1 Change diaper and cloth when wet
- 2 Don't put baby in cold and windy place
- 3 Keep baby warm by putting on hat socks, gloves and warm cloth when not in your arms
- 4 Hold baby in chest of mother/father, skin to skin especially when baby's weight is less than 2.5kg or baby was born prematurely (before 37 weeks).



## 3

### Umbilical cord care

- 1 Wash your hand with soap and clean water
- 2 Keep the cord dry and clean
- 3 Don't apply anything on the cord stump
- 4 If the cord is dirty or wet, please bring your baby to health center.



## 4

### Immunization

- 1 Baby should take BCG, Hepatitis B and Vit K 1 injection within 24 hours after birth
- 2 Your baby must complete all immunizations before 1 year old according to the vaccination calendar (Please see and take care of Yellow Card)



ប្រតិទិននៃការផ្តល់ថ្នាំបង្ការ	
- BCG និង Hep B ផ្តល់ពេលកំរិត	ពេលទារកកើត
- OPV 1, DPT-Hep B-Hib 1 និង PCV1	ពេលកុមារមានអាយុ ៦សប្តាហ៍
- OPV 2, DPT-Hep B-Hib 2 និង PCV2	ពេលកុមារមានអាយុ ១០សប្តាហ៍
- OPV 3, DPT-Hep B-Hib 3, PCV3 និង IPV	ពេលកុមារមានអាយុ ១៤សប្តាហ៍
- MR1 និង JE	ពេលកុមារមានអាយុ ៩ខែ
- MR2	ពេលកុមារមានអាយុ ១៥ខែ



After you give birth...



## Danger signs for newborn



If your baby has these danger signs, please take baby to the hospital **urgently, without delay!!**  
**Your baby needs urgent treatment in health facility.**

1

**Fever ( $>37.5^{\circ}\text{C}$ ) or  
cold ( $<36.5^{\circ}\text{C}$ )**



Cold: touch the foot  
and fingers and body if it is cold.  
Fever: lip and face turn to be red and  
feel hot when touch baby's body

2

**Difficult or fast  
breathing, severe chest  
in drawing or grunting**



Fast breathing:  $>60$  (breath/minute)  
Slow breathing:  $<30$  (breath/minute)

3

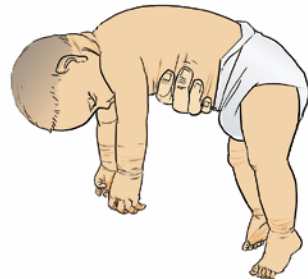
**Convulsions**



The baby's arms and legs become stiff.  
Recurring movement of a part of the  
body occur.

4

**Little or  
no movement**



The baby only moves when stimulated,  
or doesn't move at all with stimulation.

**5** **Yellow skin, especially yellow on palm and soles**



Yellow appears in first 24 hours of birth or on palms, soles and eyes at any age.

**6** **Not feeding well**



The baby cannot suck and stop feeding when the mother tries to breastfeed.

**7** **Bleeding or pus from cord stump**



If the umbilicus is swollen and draining pus or bleeding.

**8** **Many(>10) skin pustules or swelling/redness of skin**



Skin has pustules, especially around neck, armpit and inguinal area.

**9** **Eye(s) with redness and discharge pus**



The eyelids become puffy, red, tender or has discharge pus.

**10** **Very pale or cyanosis**

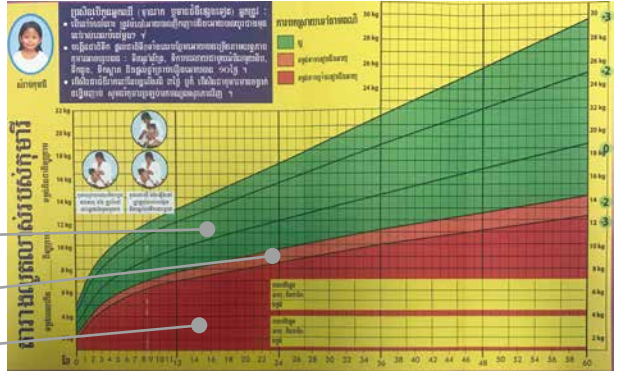


Baby's skin is very pale or cyanosis specially on palm, lip and eyelids.



# Let's go to Postnatal Care for check-up you and your baby at health center

♥ Weigh your child every month from birth up to 2 years and quarterly from 2 years to 5 years of age.



- The child is growing well.
- The child is not growing well. Give food 5-6 times per day.
- The child may be sick and need urgent help. Take the child to health center.

## 1 Check the mother and newborn's health

- ♥1 Please visit Health Facility to check up 3 times for mother and 10 times for baby.
- ♥2 Please take baby to Health Facility immediately if baby has danger sign.

### Ideal Timing of Postnatal Care (PNC)

	Mother	Baby
PNC 1	7 days after delivery	7 days after delivery
PNC 2	14 days after delivery	14 days after delivery
PNC 3	1.5 months after delivery	Baby's age 1.5 months
PNC 4		Baby's age 2.5 months
PNC 5		Baby's age 3.5 months
PNC 6		Baby's age 6 months
PNC 7		Baby's age 9 months
PNC 8		Baby's age 12 months
PNC 9		Baby's age 18 months
PNC 10		Baby's age 24 months

Additional PNC visits during the 6 weeks if needed or if there is any problem related to mother and newborn.

Don't forget to register your baby at commune office.

After you give birth...

# Recommend Immunization Schedule for Children in Cambodia

	<p><b>At Birth</b></p> <ol style="list-style-type: none"> <li>1. Hep B</li> <li>2. BCG</li> </ol>												
<p><b>(1st time)</b></p>	<p><b>(2nd time)</b></p>	<p><b>(3rd time)</b></p>	<p><b>(4th time)</b></p>	<p><b>(5th time)</b></p>	<p><b>(6th time)</b></p>								
<p><b>1.5months (6weeks)</b></p> <ol style="list-style-type: none"> <li>1. OPV 1</li> <li>2. DPT-Hep B-Hib 1</li> <li>3. PCV 1</li> </ol>	<p><b>2.5months (10weeks)</b></p> <ol style="list-style-type: none"> <li>1. OPV 2</li> <li>2. DPT-Hep B-Hib 2</li> <li>3. PCV 2</li> </ol>	<p><b>3.5months (14weeks)</b></p> <ol style="list-style-type: none"> <li>1. OPV 3</li> <li>2. DPT-Hep B-Hib 3</li> <li>3. PCV 3</li> <li>4. IPV</li> </ol>	<p><b>9 months</b></p> <ol style="list-style-type: none"> <li>1. MR 1</li> <li>2. JE</li> </ol>	<p><b>18 months</b></p> <ol style="list-style-type: none"> <li>1. MR 2</li> </ol>									



After you give birth...

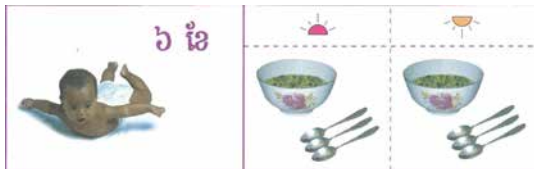
Ministry of Health

National Immunization program



# How to give complementary food to your child?

## 1 From 6 months



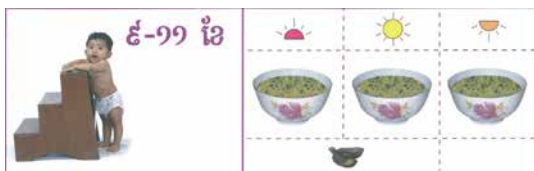
- 1 Continue breastfeeding as much as you can.
- 2 Introduce complementary foods, 2 times per day. Start with thick enriched porridge or well mashed food, 2-3 spoons at each meal, gradually add more.

## 2 From 7 to 8 months



- 1 Give thick enriched porridge or well mashed foods. Increase to 3 times per day and give breastfeeding frequently at least 8 times per day.
- 2 Increase to 1/2 of bowl at each meal gradually.

## 3 From 9 to 11 months

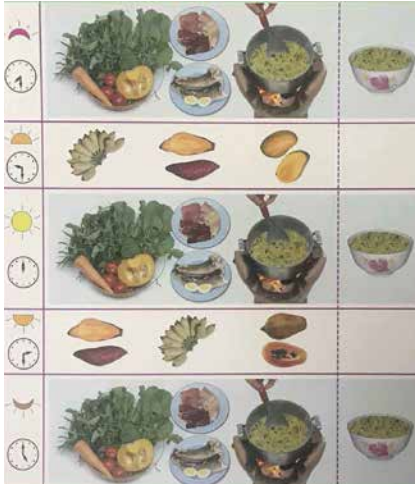


- 1 Give thick enriched porridge, finely chopped or mashed foods.
- 2 Give 3 meals and 1 healthy snack such as fruits (banana, mango, etc.) between meals. Additionally, breastfeed at least 6 times per day. Increase to 1 full bowl gradually.

After you give birth...

## 4

## From 12 to 24 months



- 1 Give family foods, well mashed or thick enriched porridge if necessary.
- 2 Give 3 meals and 2 healthy snacks between meals. Additionally, breastfeed whenever the baby wants at least 3 times per day. Increase to 1 full bowl gradually.

## 5

## From 24 months and beyond



- 1 You can start to decrease the frequency of breast feeding.
- 2 Give food 3 times per day and snacks such as fruits 2 times per day.
- 3 Packaged snack and canned juice are not healthy food for your child.



※ If the baby won't breastfeed, give 1-2 extra meals per day.

# Continuum of Care Card for Maternal and Child Health

