

Handout for participants: List of key family care practices:

Practices 1:

Husband and wife should talk to each other frequently about family matters including child's health, growth and development; and positive discipline.



Practices 2:

Avoid unplanned pregnancy and ensure three years of interval/ spacing between births of children by using appropriate contraceptive methods.



Practices 3:

Ensure that every pregnant woman receives at least four antenatal visits from appropriate health care provider including recommended doses of tetanus toxoid vaccination.



Practices 4:

Have your babies' delivery be attended by a skilled birth attendant to avoid complications.



Practices 5:

Ensure that the baby is breastfed immediately after birth (at least within one hour) and is exclusively breastfed for six months.



Practices 6:

Keep the newborn baby warm, have body contact with the baby, keep the umbilical cord clean and avoid bathing the baby for the first 24 hours of birth.



Practices 7:

Recognize danger signs in newborns and take them to the health care provider for immediate treatment.



Practices 8:

Register birth of boys and girls as soon as possible and obtain a birth certificate



Practices 9:

Starting at six months of age, feed children freshly prepared variety of complementary food, while continuing to breastfeed babies up to two years or longer.



Practices 10:

Take all girls and boys for vaccination at birth, 6 weeks, 10 weeks, 14 weeks and 9 months for full course of immunization to protect them from communicable diseases.

**Practices 11:**

Ensure that children, adolescents and women receive adequate amounts of micronutrients (vitamin A, iron, zinc and folic acid) either in their diet or through supplements.

**Practices 12:**

Protect children and pregnant women in malaria endemic areas by ensuring that they sleep under insecticide –treated bed nets



Practices 13:

Continue to feed and offer more fluids including breast milk when children are sick.



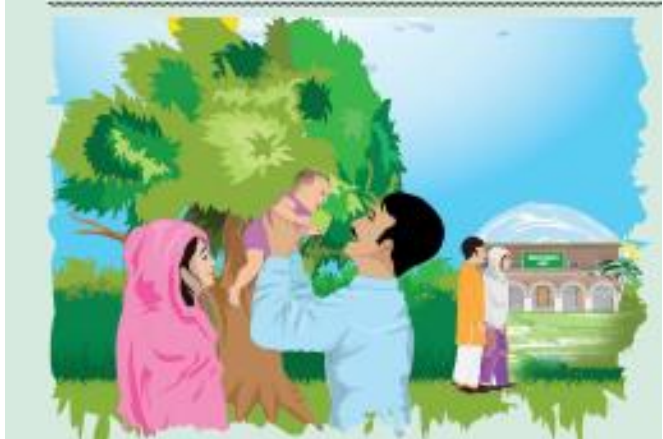
Practices 14:

Promote children's mental and social development by responding to the child's need for care and by stimulating the child through talking, playing and other appropriate physical and affective interactions.



Practices 15:

Ensure that men actively participate in providing nurturing and care to children and are involved in reproductive health initiatives.



Practices 16:

Seek appropriate care and social support during perinatal period to manage maternal mental health.



Practices 17:

Ensure that all family members use a toilet and always wash hands with clean water and soap/ash after disposing of children's faeces, after using the latrine, before preparing and serving food and before feeding children.

Practices 18:

Monitor and promote child's growth and follow health worker's advice about treatment, follow-up and referral in case of disabilities, for timely intervention and management

Practices 19:

Prevent and respond to abuse of girls, boys and women.



Practices 20:

Take appropriate actions to prevent and manage child injuries and accidents.



Practices 21:

Make sure that children are brought up with warmth, care, kind words and gentle guidance and positive discipline from parents and family members.



Practices 22:

Support children's learning, enroll and keep girls and boys in school until the age of 16.

