

THE UNDER FIVE BOOKLET



C. Sathyamala • Nirmala Sundharam

ACKNOWLEDGEMENT

We thank the following persons for their feedback on the revised card.

Dr J.S. Gill, AIIMS, New Delhi

Dr Kamala Jayarao, NIN, Hyderabad

Dr Shanthi Ghosh, WHO, Geneva

Dr David Morley, Institute of Child Health, London

Dr William Cutting, University of Edinburgh, Scotland

Dr Samir Choudhary, CINI Calcutta

Dr Ravi Narayan, St. John's Medical College, Bangalore

Card. Design. Nalini Bhanot
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CH-130

027



Designed and produced by Parallel Lines Editorial Agency, E-8 Kalkaji for VHAI, C-14, Community Centre, Safdarjung Development Area, New Delhi

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The Under-Five Booklet

The under-five card is designed to help health workers give proper and continuous care to all children below the age of five. This card is based on the concept of weight-for-age as measurement of the child's growth.

Even before a child shows obvious signs of under-nutrition the child will have stopped increasing in weight. Therefore weighing a child every month is a good way of measuring the child's health and nutritional status.

**A Healthy Child Increases In Weight
Every Month**

Why growth monitoring

What is a growth chart?

Uses/ objectives and use

How to Use of g. chart

(1) Sample card

(2) How to fill the chart

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CH120

INSTRUCTIONS FOR USE OF THE CARD

How To Fill

When you first see an under five child, fill in the identification details of the child, that is,
 Clinic Name
 Child's No.
 Child's Name
 Boy/Girl
 Mother's Name/Father's Name
 Occupation
 Date of Birth: Month & Year
 Caste/Community
 Village
 House No.
 Details of Brothers & Sisters

This is how baby Kamala's weight card was filled

बच्चों का स्वास्थ्य रिकार्ड

जन्म से 5 साल तक

CHILD HEALTH RECORD

Birth to Five Years

सेन्टर Clinic <i>SUB CENTRE FALODA</i>	बच्चे का नम्बर Child's Number <i>23</i>
बच्चे का नाम Child's Name <i>KAMALA</i> <i>GIRL</i> लड़का/लड़की Boy/Girl	
माँ का नाम Mother's Name <i>CHAMELI BAI</i>	व्यवसाय Occupation <i>WORKS ON OWN FARM</i>
पिता का नाम Father's Name <i>GOHAN LAL</i>	व्यवसाय Occupation <i>5 ACRES OF DRY LAND</i>
जन्म तिथि Date of Birth मास Month वर्ष Year <i>MARCH 1981</i>	जाति या कबीला Caste or Community <i>YADAV</i>
गाँव का नाम Village <i>KOTANA</i>	घर का नम्बर House No. <i>MALARIA</i> <i>HOUSE NUMBER 32</i>

जन्म क्रमसं: Birth order	भाई/बहन का नाम Names of Brothers & Sisters	आयु Age	लिंग Sex	स्वास्थ्य State of Health
1	BABU	1974	M	
2	DEVI	1976	F	
3	GUDDI	1978	F	Died

2. Next make a calendar for the child on the card. The way to make the calendar is as follows:

- Find out the month and year in which the child was born. If the mother does not know the exact month her baby was born estimate the month of birth as correctly as you can. It may be easier for the mother to remember that her child was born
 - before or after a particular festival
 - before or after the harvest or sowing season
 - before or after some major event in her village.

It will be helpful for you to prepare your own calendar of local events.

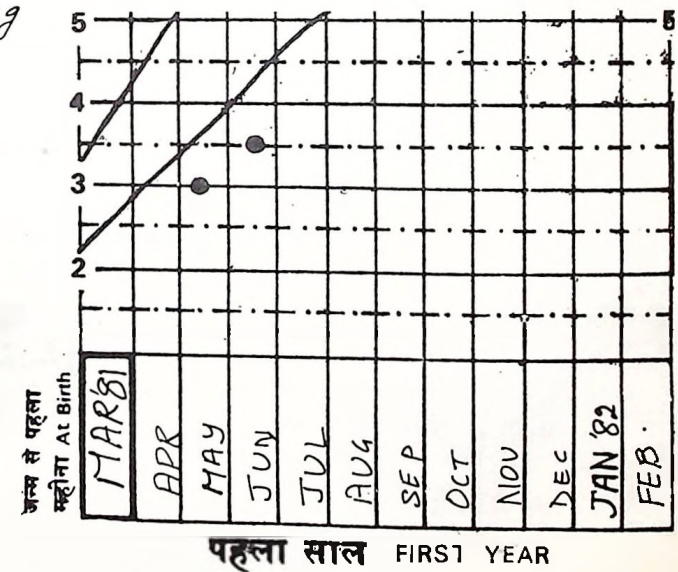
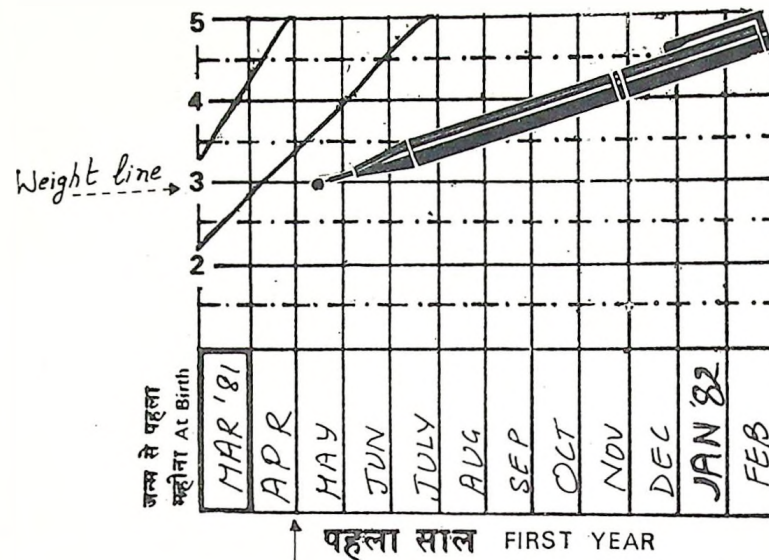
This is an example of a Local Events Calendar

अनुवा-अनुवा वित्तनिक के लिए बेसी कैलेंडर Indigenous Calendar for Mother and Child Clinics

Season	CALENDAR		Festival & Local Events	1978	1979	1980	1981
Crops W I N T E R	Hindi	Western	Amavasya अमावस्या	9 Jan	6 Jan
			Lohri लोहरी	13 Jan	13 Jan	13 Jan	13 Jan
			Guru Gobind Singh B'Day गुरु गोबिंद सिंह का जन्म दिन	15 Jan	4 Jan	25 Dec	12 Jan
			Republic Day गणतंत्र दिवस	26 Jan	26 Jan	26 Jan	26 Jan
			Purnima पूर्णिमा	24 Jan	13 Jan	2 Jan	20 Jan
			Amavasya अमावस्या	7 Feb	28 Jan	17 Jan	4 Feb
	JAN FEB	JAN FEB	Basant Panchami बसंत पंचमी	12 Feb	1 Feb	22 Jan	9 Feb
			Purnima पूर्णिमा	22 Feb	11 Feb	1 Feb	18 Feb
			Shiv Ratri शिव रात्रि	7 Mar	25 Feb	14 Feb	4 Mar
			Amavasya अमावस्या	9 Mar	26 Feb	26 Feb	6 Mar
			Holi (PUERNIMA) होली (पूर्णिमा)	24 Mar	13 Mar	1 Mar	20 Mar
			Dhulendi (HOLA) धुलेंडी	25 Mar	14 Mar	2 Mar	21 Mar
S P R I N G	MAR APR	MAR APR	Amavasya अमावस्या	7 Apr	28 Mar	16 Mar	4 Apr
			Good Friday गुरुद्वारा	24 Apr	13 Apr	4 Apr	17 Apr
			Ram Navami राम नवमी	16 Apr	5 Apr	24 Mar	12 Mar
			Mahavir Jayanti महावीर जयंती	21 Apr	10 Apr	29 Mar	17 Apr
			Purnima पूर्णिमा	23 Apr	12 Apr	31 Mar	19 Apr
			Baisakhi बैसाखी	13 Apr	14 Apr	13 Apr	13 Apr
Harvest S U M M E R	APR MAY	APR MAY	Amavasya अमावस्या	7 May	26 Apr	15 Apr	4 May
			Budh Purnima बुद्ध पूर्णिमा	22 May	12 May	30 Apr	18 May
			Amavasya अमावस्या	5 Jun	26 May	14 May	...
			Guru Arjan Dev's Shahid Din गुरु अर्जुन देव का शहीद दिन	10 Jun	30 May	18 May	...
			Nirjala Akadashi निर्जला एकादशी	17 Jun	6 Jun	25 May	...
			Purnima पूर्णिमा	20 Jun	10 Jun	29 May	...
JUNE	JUNE	JUNE	Amavasya अमावस्या	...	24 Jun	12 Jun	2 Jun
			Purnima पूर्णिमा	28 Jun	17 Jun

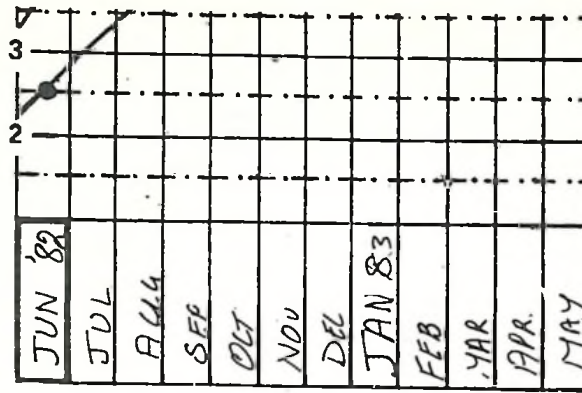
3. Weigh the child. Enter the weight by putting large dot with pen on the chart. The dot must be on the same level as the weight (the horizontal line). The dot must be directly above the month of weighing. For example, Kamala was first seen in May 1981

4. When the child comes next month weigh the child again. Enter the weight by putting another dot in the appropriate place on the card. Kamala was weighed again in June 1981. Her weight was 3.5 kg.



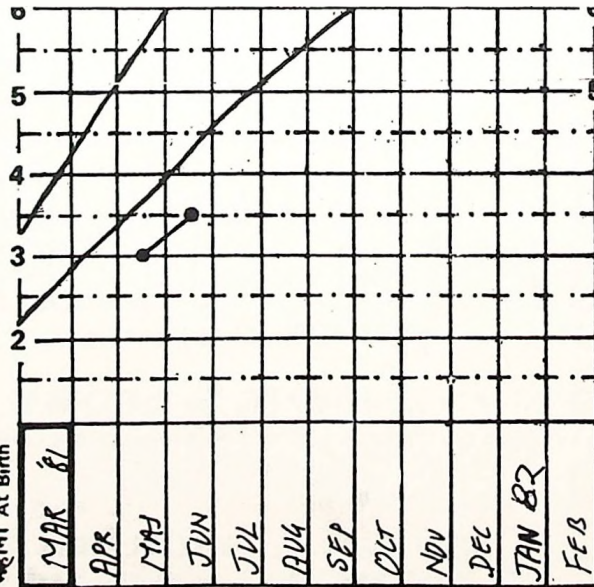
Note

If a child is weighed *At Birth* or a few days later, enter the weight in the first column. This child was born and also weighed for the first time in June 1982. Her weight was 2.5 kgs.

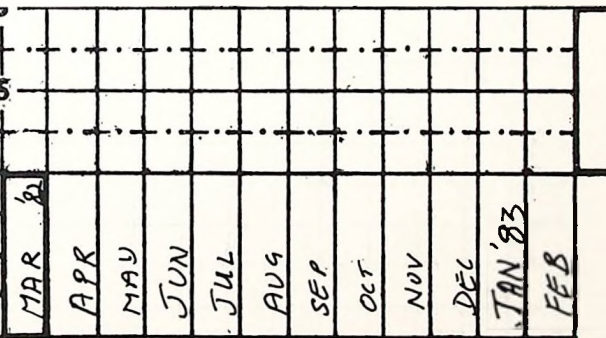


- Join the new dot to the previous dot.
- The line thus formed by joining the two dots is the growth line of the child.

जन्म से पहला
महीना At Birth



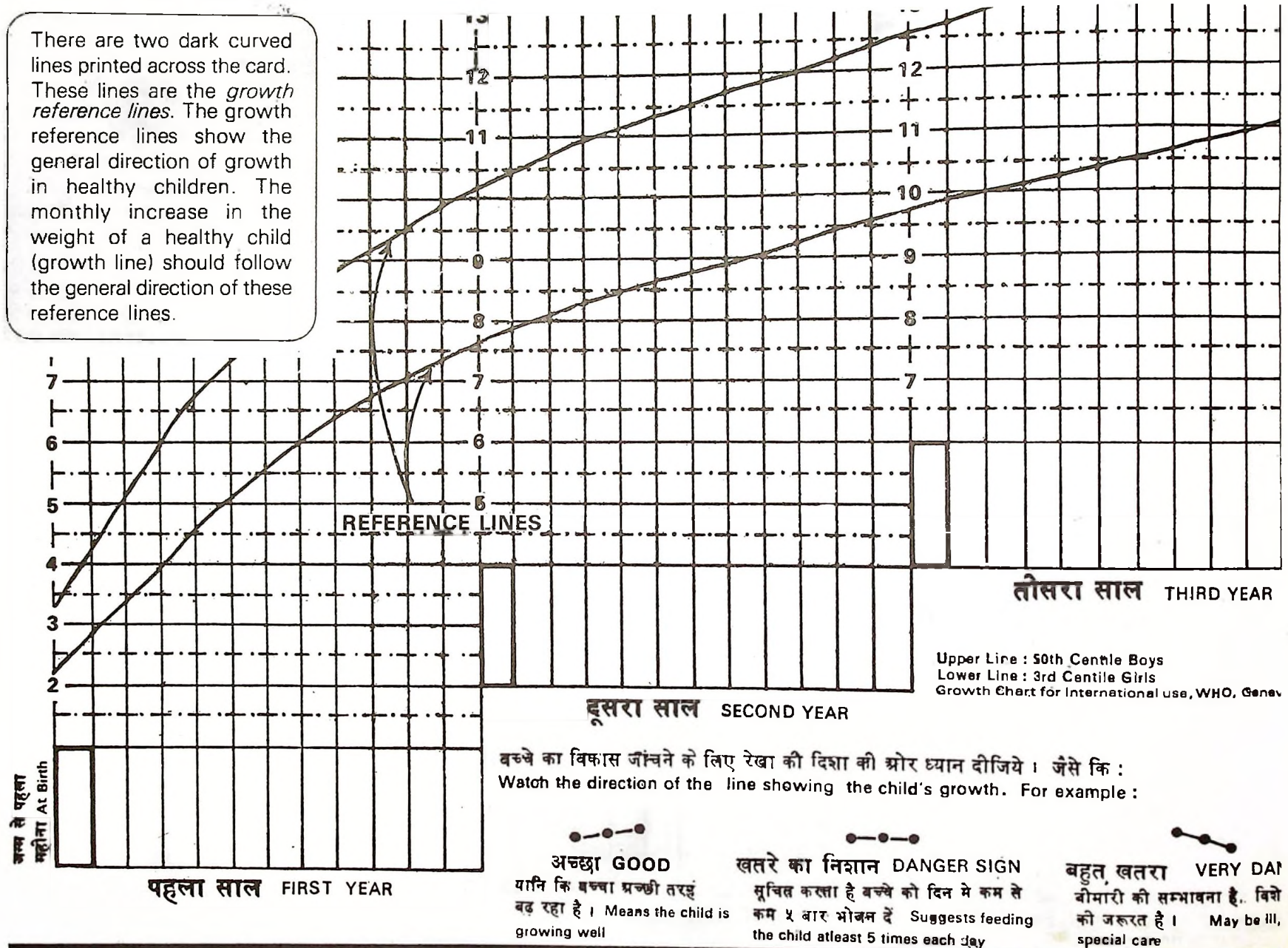
पहला साल FIRST YEAR



दूसरा साल SECOND YEAR

B. HOW TO USE THE CARD

There are two dark curved lines printed across the card. These lines are the *growth reference lines*. The growth reference lines show the general direction of growth in healthy children. The monthly increase in the weight of a healthy child (growth line) should follow the general direction of these reference lines.

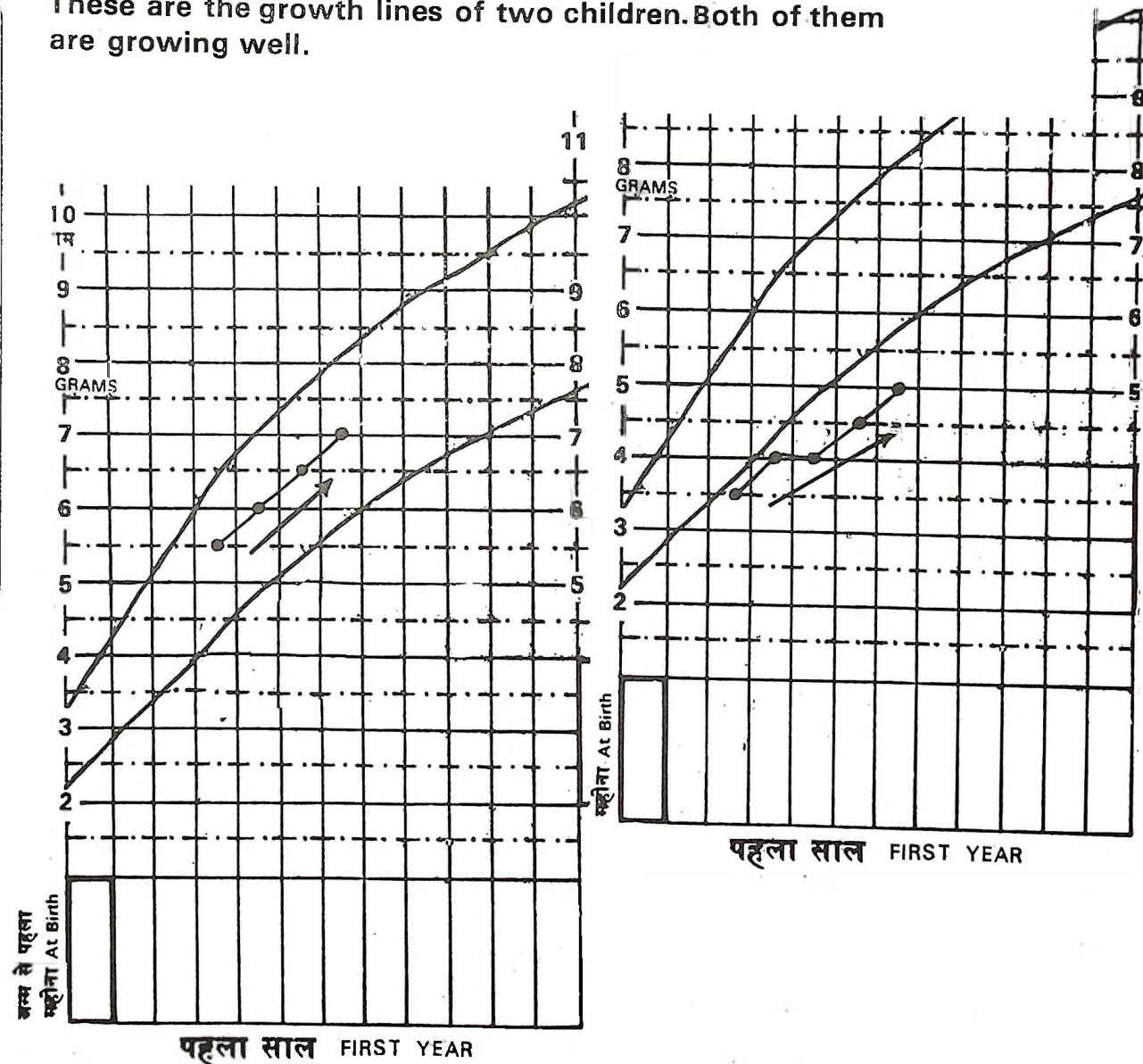


In your clinic the monthly increase in weight of many of the children will fall between these two reference lines. But there may be some children whose weights fall *below* the lower reference line. This does not mean that these children are under-nourished. It may be possible that these children are genetically smaller, but are growing well according to their genetic make up. It is more important to see whether the increase in weight of these children *follows the direction* of the growth reference line.

It does not matter if the growth line of a child falls above, between or below the reference line.

REMEMBER: It is important to take the weight of a child for at least 2 consecutive months (one after the other) to decide whether the child is growing well or not. A single weight is not enough.

These are the growth lines of two children. Both of them are growing well.



1. The growth line for a healthy child should go up like this.

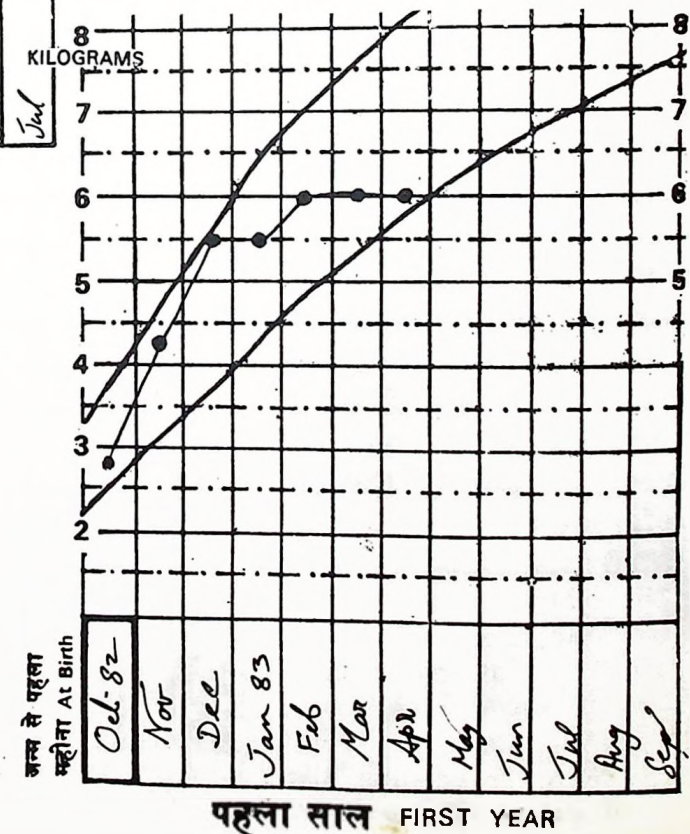
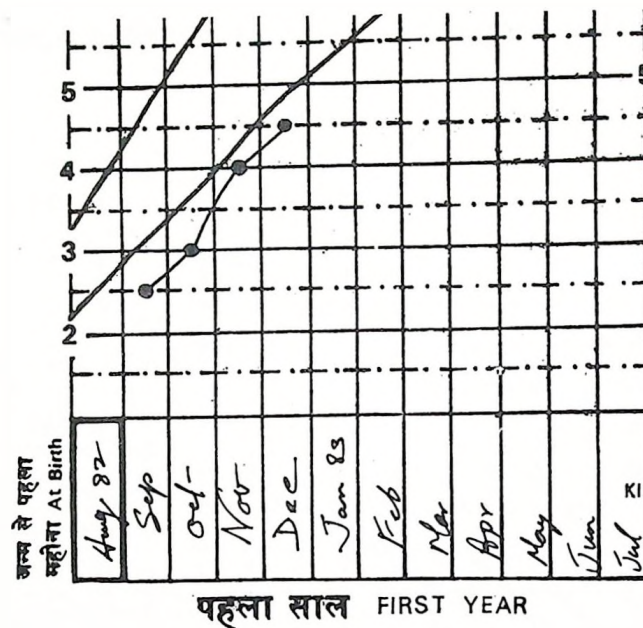
Complement the mother on her child's growth and ask her to continue giving the same care.

2. If the child's growth line is flat, this means the child is not gaining weight. THIS IS A DANGER SIGNAL. You should find out from the mother if the child is:

- eating well
- active or not
- has any symptoms of illness eg. cold, cough, fever

Examine the child. The flat growth line may indicate one of the following diseases:

- Tuberculosis
- Whooping cough
- Chronic urinary infection

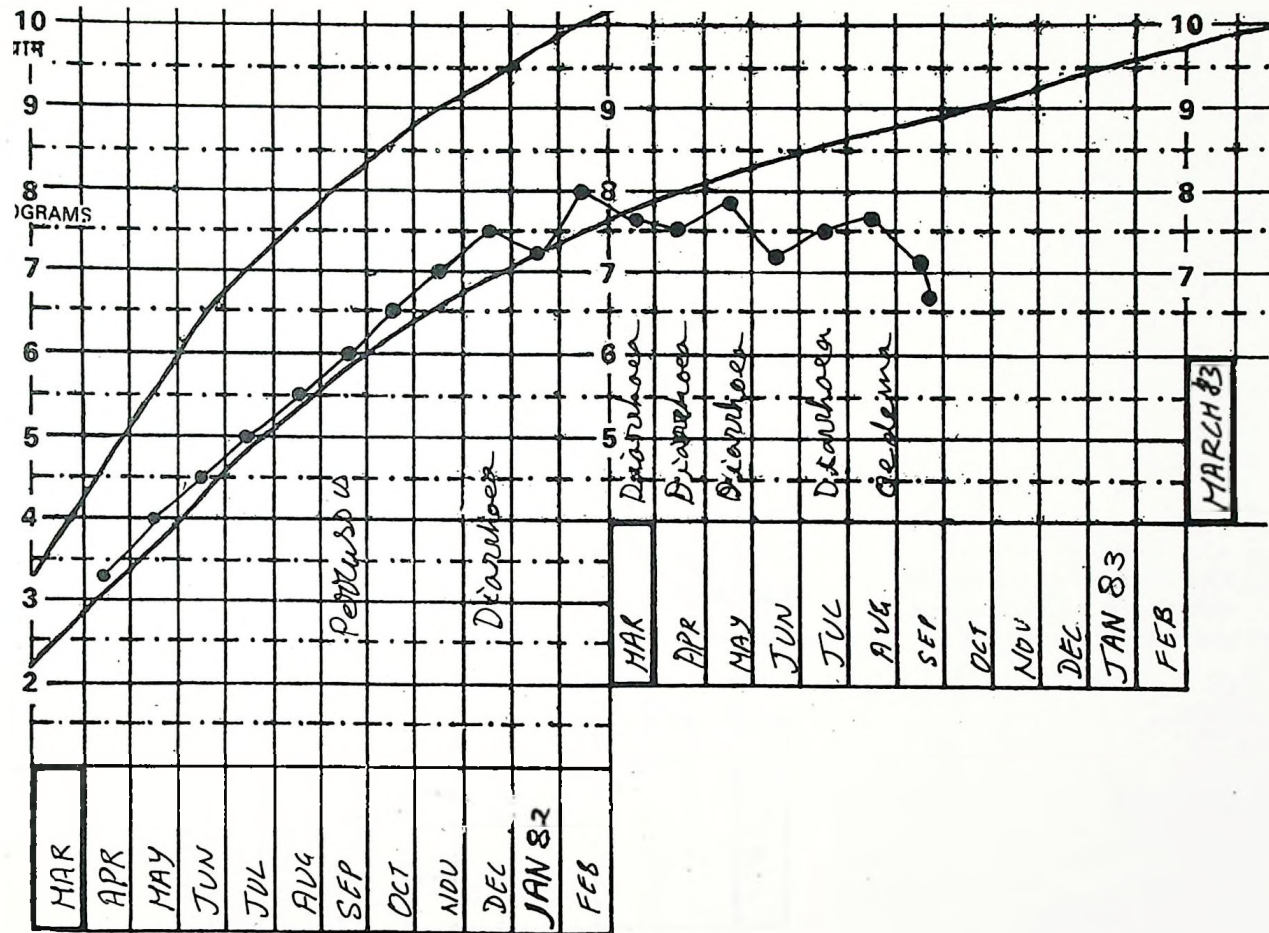


3. If the child's growth line goes down, this means the child is losing weight. This is very dangerous, even if the child's growth line is within the two reference lines of the chart. This child is ill. Find out from the mother the reasons for the loss of weight. It could be that the child had an illness the previous month or is ill at present. Examine the child and give appropriate treatment. Record the diagnosis on the chart.

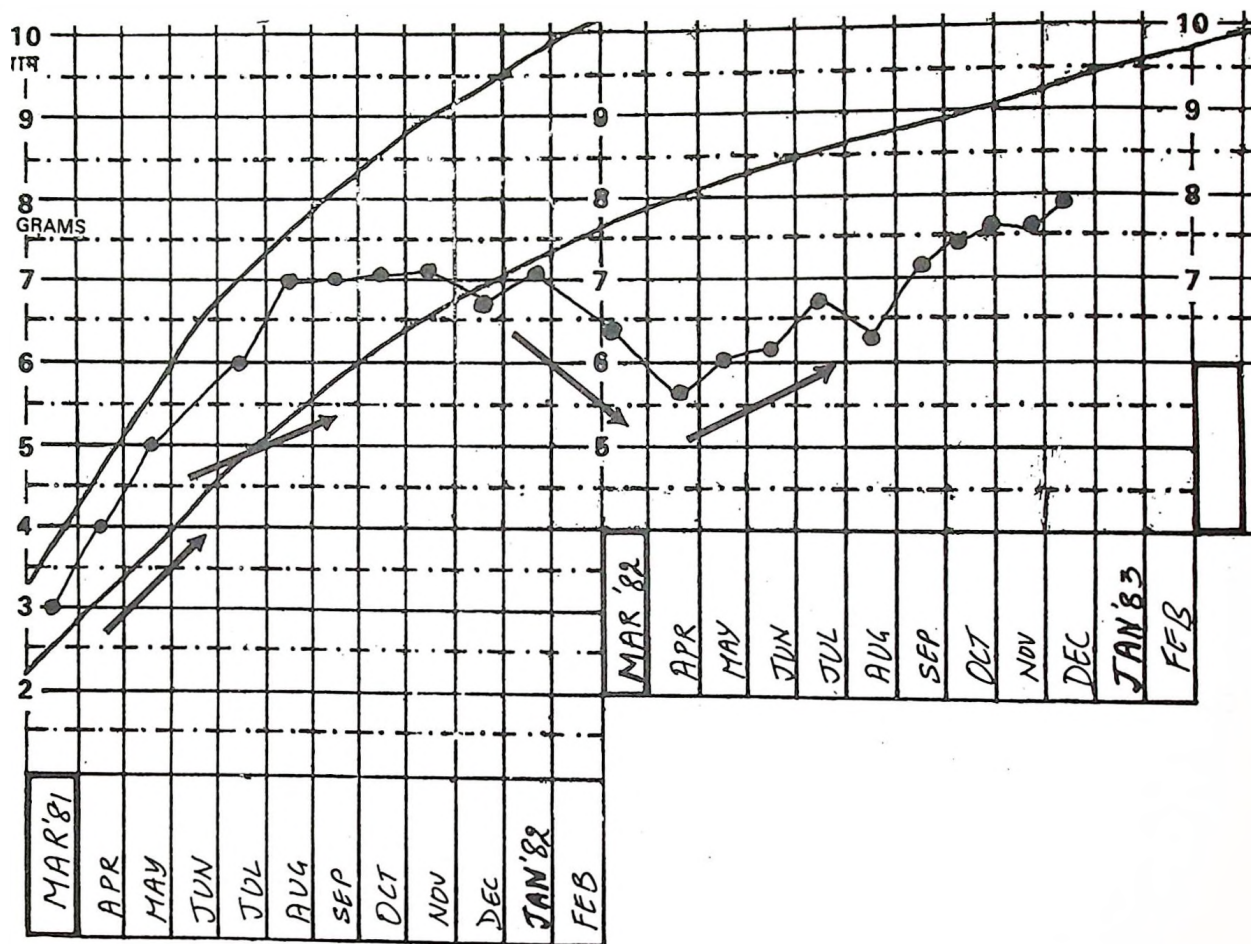
A downward growth line indicates an acute illness, for example:

- Acute Diarrhoea
- Respiratory infection
- Measles
- Tuberculosis

Tell the mother to give the child special care and feed the child well. You should also make it a point to give this child special attention.



This card shows the possible direction in which a child's growth line may move.



C. OTHER IMPORTANT USES OF THE CARD

Reasons for Special Care

In any village, there are some children who will have greater chances of becoming undernourished. These are the "at risk" children. The reasons could be social, economic or cultural.

The following are some of the "at risk" factors or reasons for giving special attention to a child;

- Mother undernourished
- Mother has TB
- Child was born with low birth weight
- Premature child
- Twins
- When mother is not able to breastfeed the baby
- Mother gets pregnant before the child is 2 yrs. old
- Infection in the child
- whooping cough
- measles
- chronic diarrhoea
- TB
- Too many children in family
- No spacing between the children
- Female child
- One parent dies
- Disturbance in the family

परिवार नियोजन
Family Planning
विटामिन ए
Vitamin A

ध्यान योग्य कारण Reasons for Special Care

- Fifth child
- Two elder siblings have died of diarrhoea
- Mother has tuberculosis.

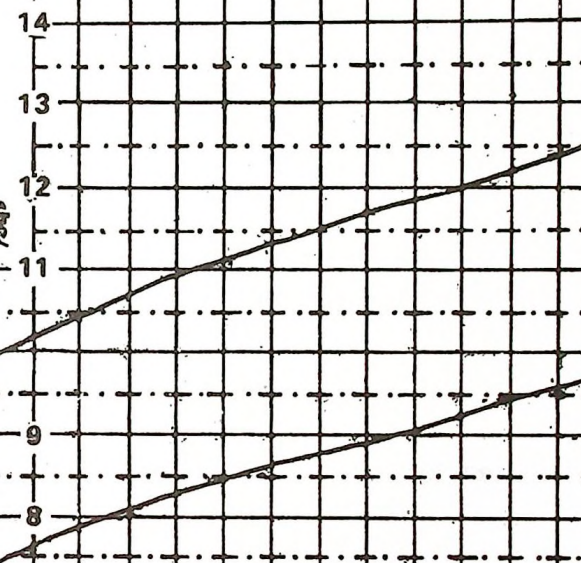


मां का दूध बच्चे के लिए सर्वोत्तम है

10
9
8
किलोग्राम
KILOGRAMS

- The child is under the care of an older child
- Deaths of more than one child in the family.
- Extreme poverty.

Identifying children at risk is the first step in preventing them from becoming undernourished. Children who are "at-risk" need to be given special attention.



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COMMUNITY HEALTH CELL

Patnagarh, 842 001

Health Education:

The mother should keep the under five card with her. Every time she comes to the under five clinic she should bring the card with her. You should explain the importance of the card to the mother. When you record the monthly weight of her child you must discuss the health status of her child with her. Important nutritional messages are given on the card. Remember to discuss these also, with the mother.

याद रखिये REMEMBER

- बच्चे का वजन हर महीने लेना चाहिये
Weigh the child every month
- स्वस्थ बच्चे का वजन हर महीने बढ़ेगा
A healthy child's weight will increase every month
- माँ को यह रिकार्ड अपने पास रखना चाहिये
This card must be kept with the mother

बच्चे का आहार

माँ के दूध के साथ-साथ दिन में चार या पांच बार बच्चे को यह भी दें :

4 महीने की आयु से सूजी, दलिया, केला या आलू खिलाता शुरू कीजिये।

6 महीने की आयु से इसी खाने की अधिक मात्रा बच्चे को खिलाइये।

10 महीने की आयु से बच्चे को बिना मिर्च वाली दाल, हरे पत्तों वाली सब्जी और रोटी या चावल खिलाइये।

एक साल के बच्चे को एक दिन में इतने खाने की जरूरत है : दो कटोरी चावल, दो छोटी रोटियाँ एक कटोरी दाल, आधी कटोरी हरे पत्तों वाली सब्जी, कुछ दूध, कुछ गुड़ या चीनी। (चावल के बदले आप बच्चे को रोटी खिला सकते हैं। आधी कटोरी पके चावल एक रोटी के बराबर हैं।)

जब तक हो सके बच्चे को माँ का दूध भी पिलाइये।



How to weigh the child

- Always use SALTER scale to weigh the under five children. Model No, 235 T is available in India. This can be used to weigh children upto 20 kgs in weight.
- A cloth trouser with a hanging strap is attached to the bottom hook.
- The sack is hung from a branch of a tree or a beam in the roof.
- After the scale is hung check to see if the needle is on zero. If not, this can be corrected by turning the screws present on the scale.
- The dial of the scale should be at the eye level of the person taking the weight.
- The child should be weighed without the clothes on.
- The child's feet should not touch the ground
- Wait for the child to stop struggling before taking the weight.
- The child should not be held or touched while it is being weighed.

The other weighing scales are usually not accurate for weighing children.



परिवार नियोजन
Family Planning
विटामिन ए
Vitamin A

ध्यान योग्य कारण Reasons for Special Care



माँ का दूध बच्चे के लिए सर्वोत्तम है

किलोग्राम

KILOGRAMS

बच्चे से पहला
महीना At Birth

पहला साल FIRST YEAR

दूसरा साल SECOND YEAR

तीसरा साल THIRD YEAR

Upper Line : 50th Centile Boys
Lower Line : 3rd Centile Girls
Growth Chart for International use, WHO, Geneva.

बच्चे का विकास जानने के लिए रेखा की दिशा की ओर ध्यान दीजिये। जैसे कि :
Watch the direction of the line showing the child's growth. For example :



अच्छा GOOD

यानि कि बच्चा अच्छी तरह
बढ़ रहा है। Means the child is
growing well



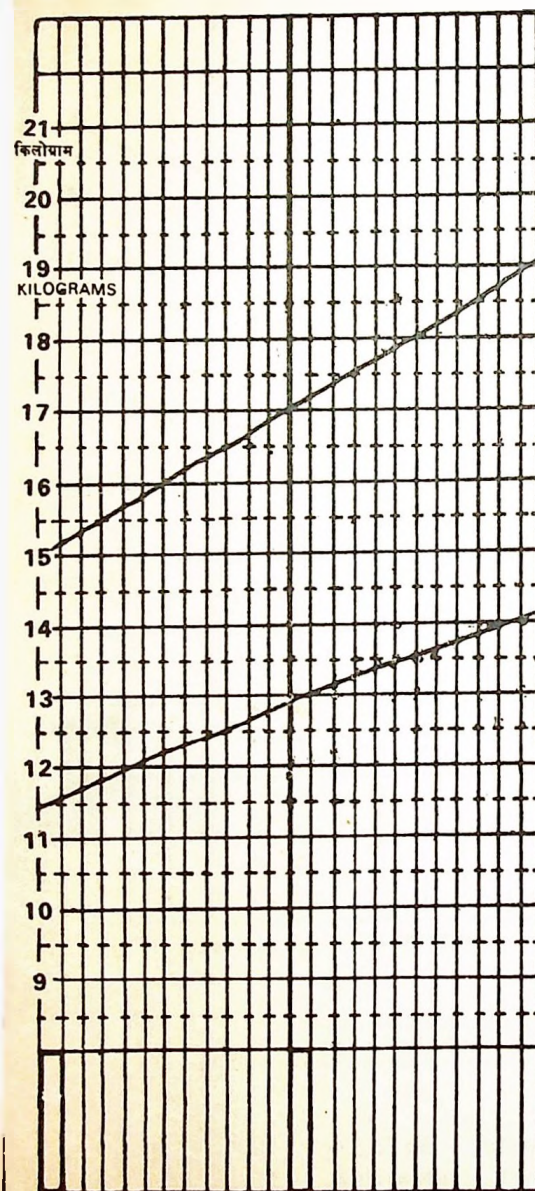
खतरे का निशान DANGER SIGN

सूचित करता है बच्चे को दिन में कम से
कम ५ बार भोजन दे Suggests feeding
the child atleast 5 times each day



बहुत खतरा VERY DANGEROUS

बीमारी की सम्भावना है, विशेष देखभाल
की जरूरत है। May be ill, needs
special care



चौथा साल
FOURTH YEAR

पाँचवा साल
FIFTH YEAR

Voluntary Health Association of India
C-14, Community Centre, S. D. A.,
New Delhi-110016.

बच्चों का स्वास्थ्य रिकार्ड

जन्म से 5 साल तक
CHILD HEALTH RECORD
Birth to Five Years

सेन्टर Clinic	बच्चे का नम्बर Child's Number
बच्चे का नाम Child's Name	
लड़का/लड़की Boy/Girl	
माँ का नाम Mother's Name	व्यवसाय Occupation
पिता का नाम Father's Name	व्यवसाय Occupation
जन्म तिथि Date of Birth मास Month वर्ष Year	जाति या कबीला Caste or Community
गाँव का नाम Village	घर का नम्बर House No.

जन्म क्रमसः Birth order	भाई/बहन के नाम Names of Brothers & Sisters	आयु Age	लिंग Sex	स्वास्थ्य State of Health

दी गई तारीख लिखो Write date given	1	2	3	4	5
तपेदिक का टीका BCG against T B					
प्रघरंग (पोलियो) Polio					
गला घोट, काली खासी, Triple (D P T)					
टाइफाइड Typhoid					
अन्य Other					
अन्य Other					

याद रखिये REMEMBER

- बच्चे का वजन हर महीने लेना चाहिये
Weigh the child every month
- स्वस्थ बच्चे का वजन हर महीने बढ़ेगा
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This card must be kept with the mother

बच्चे का आहार

माँ के दूध के साथ-साथ दिन में चार या पांच बार बच्चे को यह भी दें :

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10 महीने की आयु से बच्चे को बिना मिर्च वाली दाल, हरे पत्तों वाली सब्जी और रोटी या चावल खिलाइये।

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जब तक हो सके बच्चे को माँ का दूध भी पिलाइये।