



# Planning Handbook: Caring for Newborns and Children in the Community

# Background

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- Progress in reduction of under five mortality but progress is uneven
- Coverage of key interventions low
- Limited access to quality care
- WHO/UNICEF state of the art packages for ***Caring for Newborns and Children in the community***

***Caring for Newborns at Home***

***Caring for the Child's Healthy Growth and Development***

***Caring for the Sick Child***

## Evidence shows that:

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- Home visits by CHWs during pregnancy and in the first week after birth can make a significant difference in reducing neonatal mortality.
- CHWs can play a key role in helping caregivers implement appropriate home care practices for healthy growth and development of their offspring.
- Community-based treatment of diarrhoea, pneumonia and malaria can significantly reduce childhood mortality

# WHO/UNICEF Joint statements

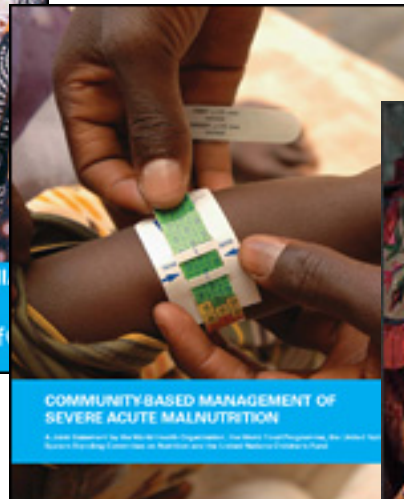
## Diarrhoea



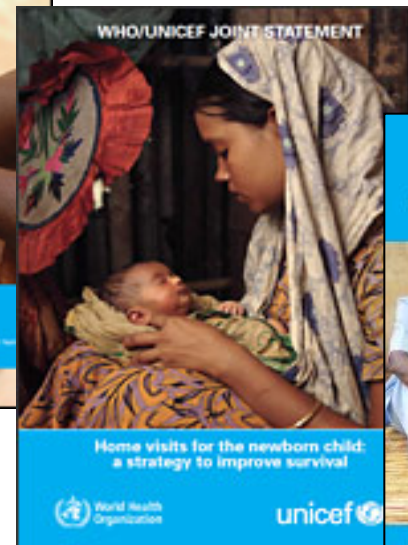
## Pneumonia



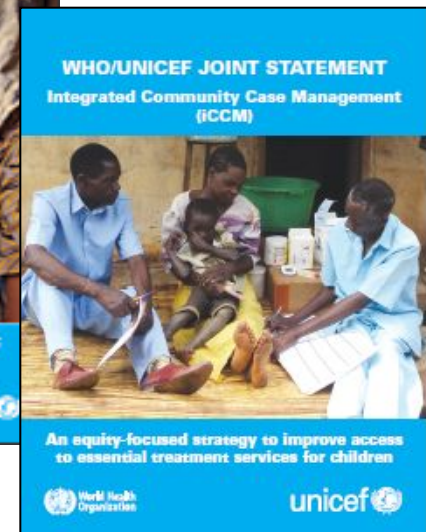
## Severe acute malnutrition



## Home visits for newborn care



## Integrated community case management





# WHO/UNICEF Packages for Caring for Newborns and Children in the Community

## Caring for the newborn at home

- Promotion of ANC and skilled care at birth
- Care in first week of life
- Recognition and referral of newborns with danger signs
- Special care for low-birth-weight babies

**MOTHER AND BABY CARD**  
After Birth

Name of the baby/mother: \_\_\_\_\_  
Date of birth: \_\_\_\_\_ Place of birth: \_\_\_\_\_

CHW home visits: Visit 1 made on Day \_\_\_\_\_  
Visit 2 made on Day \_\_\_\_\_  
Visit 3 made on Day \_\_\_\_\_

Date of first postnatal visit at a facility: \_\_\_\_\_

**BIRTH WEIGHT**  
In kg: \_\_\_\_\_ Choose zone on scale: Red Yellow Green  
Pounds, record for the second visit below:  
In lb: \_\_\_\_\_ Choose zone on scale: Red Yellow Green

**FOLLOW UP VISITS**  
For a small baby: First follow up visit on day \_\_\_\_\_  
Second follow up visit on day \_\_\_\_\_  
For danger signs: On day \_\_\_\_\_

**Go to the health facility immediately if**

**Mothers:**  
Heavy bleeding Severe abdominal pain Fever

**Baby:**  
Fits Severe headache Fast or difficult breathing  
Stops breastfeeding Has difficulty or fast breathing Feels hot or unusually cold  
Seems too active Whole body becomes yellow

## Caring for the sick child in the community

- Referral of children with danger signs and severe acute malnutrition
- Treatment in the community
  - Diarrhoea
  - Fever (malaria)
  - Pneumonia

**Sick Child Recording Form**  
(The community-based treatment of sick age 2 months up to 5 years)

Date: \_\_\_\_\_ Day / Month / Year \_\_\_\_\_ Child's name: First \_\_\_\_\_ Family \_\_\_\_\_ Age: \_\_\_\_\_ Years \_\_\_\_\_ Months \_\_\_\_\_ Day / Night \_\_\_\_\_  
Companion's name: \_\_\_\_\_ Relationship: Mother / Father / Other \_\_\_\_\_  
Address: \_\_\_\_\_ Community: \_\_\_\_\_

**1. Severity of problem**

ASSESS AND LOG	Any DANGER SIGN or other problem to refer?	SOCK but NO Danger Sign?
<b>TABLE:</b> What are the child's problems? If not reported, then ask to be sure. 1. <input type="checkbox"/> No problem at all 2. <input type="checkbox"/> Diarrhoea 2 or more loose stools in 24 hrs (10 with, 10 without) _____ days 3. <input type="checkbox"/> Diarrhoea 3 or more loose stools in 24 hrs (10 with, 10 without) _____ days 4. <input type="checkbox"/> Diarrhoea 4 or more loose stools in 24 hrs (10 with, 10 without) _____ days 5. <input type="checkbox"/> Diarrhoea 5 or more loose stools in 24 hrs (10 with, 10 without) _____ days 6. <input type="checkbox"/> Diarrhoea 6 or more loose stools in 24 hrs (10 with, 10 without) _____ days 7. <input type="checkbox"/> Diarrhoea 7 or more loose stools in 24 hrs (10 with, 10 without) _____ days 8. <input type="checkbox"/> Diarrhoea 8 or more loose stools in 24 hrs (10 with, 10 without) _____ days 9. <input type="checkbox"/> Diarrhoea 9 or more loose stools in 24 hrs (10 with, 10 without) _____ days 10. <input type="checkbox"/> Diarrhoea 10 or more loose stools in 24 hrs (10 with, 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## Caring for the child's healthy growth and development

- Care-giving skills and support for child development
- Infant and young child feeding
- Prevention of illness
- Family response to child's illness

**RECOMMENDATIONS FOR FEEDING YOUR CHILD**

**Newborns (up to 1 week)**

- Breastfeed on demand, put your baby to the breast. Give your baby the first milk (colostrum).
- Breastfeed day and night, as often as your baby wants, at least 8 times in 24 hours. Frequent feeding promotes breast milk.
- If your baby is too lethargic, feed every 2-3 hours. Watch for signs of dehydration. If your baby does not wake well, make sure your baby is wet and attached to the breast and is suckling.
- Do not give other fluids or foods.

**1 week up to 6 months**

- Breastfeed on demand, put your baby to the breast. Give your baby the first milk (colostrum).
- Breastfeed day and night, as often as your baby wants, at least 8 times in 24 hours. Frequent feeding promotes breast milk.
- If your baby is too lethargic, feed every 2-3 hours. Watch for signs of dehydration. If your baby does not wake well, make sure your baby is wet and attached to the breast and is suckling.
- Do not give other fluids or foods.

**6 months up to 12 months**

- Breastfeed on demand, put your baby to the breast. Give your baby the first milk (colostrum).
- Breastfeed day and night, as often as your baby wants, at least 8 times in 24 hours. Frequent feeding promotes breast milk.
- If your baby is too lethargic, feed every 2-3 hours. Watch for signs of dehydration. If your baby does not wake well, make sure your baby is wet and attached to the breast and is suckling.
- Do not give other fluids or foods.

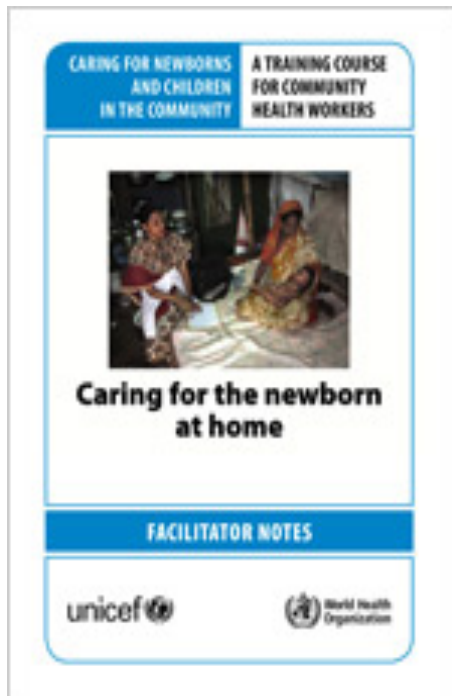
**12 months up to 2 years**

- Breastfeed on demand, put your baby to the breast. Give your baby the first milk (colostrum).
- Breastfeed day and night, as often as your baby wants, at least 8 times in 24 hours. Frequent feeding promotes breast milk.
- If your baby is too lethargic, feed every 2-3 hours. Watch for signs of dehydration. If your baby does not wake well, make sure your baby is wet and attached to the breast and is suckling.
- Do not give other fluids or foods.

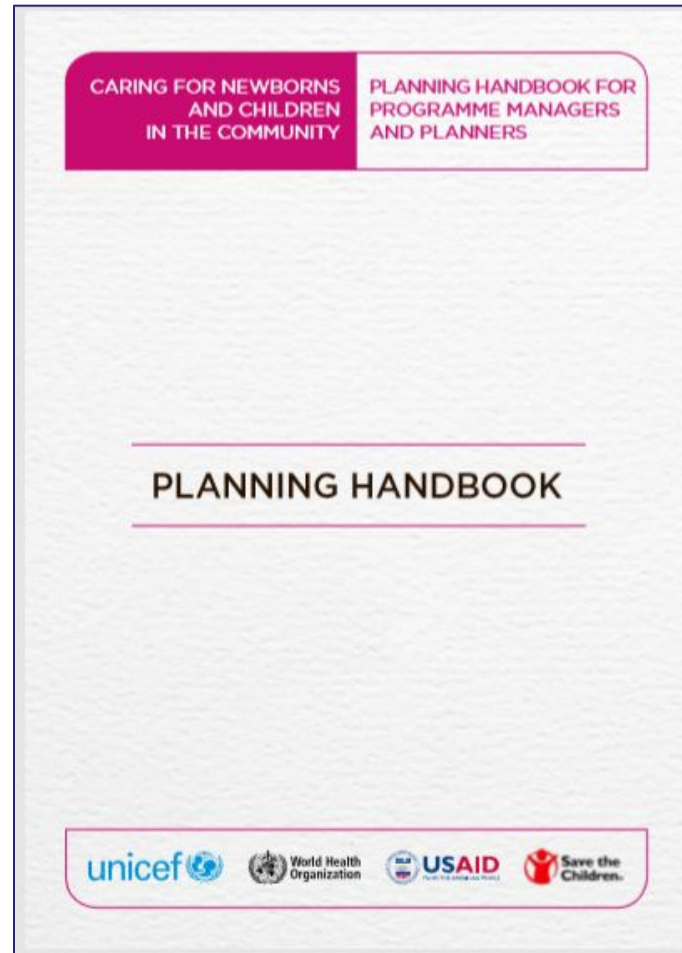
**2 years and older**

- Breastfeed on demand, put your baby to the breast. Give your baby the first milk (colostrum).
- Breastfeed day and night, as often as your baby wants, at least 8 times in 24 hours. Frequent feeding promotes breast milk.
- If your baby is too lethargic, feed every 2-3 hours. Watch for signs of dehydration. If your baby does not wake well, make sure your baby is wet and attached to the breast and is suckling.
- Do not give other fluids or foods.

# Packages for Caring for Newborns and Children in the Community



# Planning Handbook



# Planning Handbook

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- Developed by WHO and UNICEF in collaboration with USAID, Save the Children and many others
- For national and district managers and planners of programmes for maternal and child health involved in planning and implementing packages to improve community-based care.



# Purpose

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- **Inform** managers and planners about the three community-based packages, their benefits and requirements
- Guide managers in **selecting** the best mix of community-based interventions and packages to expand or add in their country
- **Guide** managers through key issues and decisions in planning and implementing the packages in the context of current country activities

# Contents (1)

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- Detailed descriptions of the three (generic) recommended packages -CHW tasks, benefits, required medicines, equipment, supplies
- Describes a process for reviewing maternal, newborn and child health situation in the country
- Describes a process for selecting the community-based packages to implement that will help to improve newborn and child survival and health

## Contents (2)

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- Provides a framework for developing and managing an implementation plan built around key health system components
  - Organization, coordination and policy setting
  - Human resources
  - Supply chain management, service delivery and referral
  - Advocacy, sensitization, community mobilization
  - Supervision and quality assurance
  - Monitoring, evaluation and research
  - Costing, financing and budgeting

# Methodology

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- Workshop based
- Led by facilitators knowledgeable on all three WHO/UNICEF standard packages for Caring for Newborns and children in the community with programme experience
- Requires good preparation to summarize current maternal and child health status and implementation efforts in the country
- Workshop includes plenary presentations and facilitated group work using standard template



# Bonus



# Thank you



Department of Maternal, Newborn,  
Child and Adolescent Health



World Health  
Organization