### Household Handbook

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<table>
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<tbody>
<tr>
<td><strong>Mother's Name</strong></td>
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<td><strong>Partner’s Name:</strong></td>
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<tr>
<td><strong>House Number:</strong></td>
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<td><strong>Name of ttC -HV</strong></td>
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Visit 1 – Antenatal Care

- Antenatal visits
- HIV testing
- TB testing

Visit 1 – Home Care for the Pregnant Woman

- Handwashing
- Iodized salt
- Saving money/birth plan
Visit 1 – Home Care for the Pregnant Woman

Eat more than usual

Eat a balanced diet

Avoid alcohol and tobacco

Sleep under an insecticide treated bednet

Take Iron and folic acid daily

Rest and family support
Danger Signs in Pregnancy – all visits

- Severe headache
- Breathless
- Swelling of hands, face or feet
- Painful urination
- Fever
- Fits/fainting
- Lower abdominal pain
- Bleeding
- Refer to the clinic immediately

(Images of pregnant women in different positions and situations)
Refer immediately
Use condoms to prevent reinfections
Medicine adherence
Early testing for HIV
Use condoms to prevent reinfections
Antenatal care, nutrition and rest
Skilled delivery assistance
Early and exclusive breastfeeding
Visit 2 – HIV and TB
Visit 3 – Birth Plan and Family Planning

Birth plan

Emergency transport

Clean birthing kit

Visit clinic

Discuss Family Planning options

Choose appropriate method
Keep baby warm, skin to skin. Do not put the baby in water for at least a full day

Clear airways, wrap and dry but don’t wash for 24 hours

Visit 4 – Immediate Newborn Care Page

Keep baby warm, skin to skin. Do not put the baby in water for at least a full day

Clear airways to help baby breathe

Early initiation of breastfeeding

Hand washing

Umbilical cord care

Immunization
Visit 4 – Danger Signs in Newborns

- Unconscious or lethargic
- Fits, convulsions
- Unable to breastfeed
- Fast or difficulty breathing
- Chest in-drawing
- Fever
- Small baby
- Refer to clinic immediately
Visit 4 – Danger Signs in Labor and Delivery

- **Fever**
- **No fetal movements for 24 hours**
- **Convulsions**
- **Bleeding during labour**
- **Ruptured waters with no labour**
- **Prolonged labour**
- **Severe headache**

Refer to the clinic immediately if:
- No fetal movements for 24 hours
- Fever
- Convulsions
- Severe headache
Visit 5 – Newborn – First week of life

- Exclusive breastfeeding, No prelacteal feeds
  - Exclusive breastfeeding: ✓
  - No prelacteal feeds: ✓

- Day and night on demand feeding
  - Day and night feeding: ✓
  - On demand feeding: ✓

- Play and communication
  - Play and communication: ✓

- Early immunization
  - Early immunization: ✓

- Regular growth monitoring
  - Regular growth monitoring: ✓

- Birth registration
  - Birth registration: ✓
Visit 5 – Maternal Care – First week of life

- Mother and baby sleep under bednet
- Take iron and folic acid tablets
- Postnatal consultation
- Mother rests well
- Maternal hygiene
- Continue to eat well during breastfeeding
Visit 5 – Maternal Care – Post partum danger signs

Abdominal pain

Difficulty breastfeeding, breasts and nipples swollen red or painful

Bleeding

Fever/ chills

Refer mother and baby immediately
Visits 5: Danger Signs in the Newborn

- Fever
- Unable to breastfeed
- Lethargic/unconscious
- Fits or spasms convolution
- Chest indrawing
- Fast or difficult breathing
- Jaundice
- Skin pustules
- Eye infection
- Redness, pus or swelling of cord stump

Refer immediately
Visit 6: Routine Facility Visit

- Immunization
- Regular growth monitoring
- Choose appropriate family planning method

Visit 6 – HIV Positive Mother

- Early detection of HIV positive child
- Cotrimoxazole for the HIV-exposed child

Choose appropriate family planning method
Visit 6 – Technical: Vaccine Preventable Diseases

Measles

Diphtheria

Pertussis

Polio

Tetanus

Pneumonia
**Visit 6 – Danger Signs in Young Children**

- Vomits everything ingested
- Unable to drink or breastfeed
- Fits/convulsions
- Lethargic/unconscious
- Diarrhoea
- Bloody diarrhoea
- Sunken eyes
- Lethargic/unconscious
- Lethargic/unconscious
- Skin rash
- Chest indrawing
- Cough with difficult breathing
- Fever
- Sunken eyes
Visit 7. Sixth Month – Complementary feeding

- **Dietary diversity/3 food groups**: [X] [✓]
- **Continued breastfeeding**: [X] [✓]
- **Iron rich foods**: [X] [✓]
- **Dietary diversity/3 food groups**: [X] [✓]
- **From 6th month, 2-3 small meals per day**: [X] [✓]
- **Give clean water to drink (boiled/purified)**: [X] [✓]
- **Diarrhoea 3 watery stools in one day**: [X] [✓]
- **Handwashing and hygiene**: [X] [✓]
- **Regular growth monitoring**: [X] [✓]
- **Family planning**: [X] [✓]
Visit 8 – Complementary Feeding: Ninth Month

- Continued breastfeeding
  - Correct
  - Incorrect

- Vitamin A rich food
  - Correct
  - Incorrect

- Vitamin A from 6 months
  - Correct
  - Incorrect

- Meal frequency 3-4 meals per day
  - Correct
  - Incorrect

- Growth monitoring
  - Correct
  - Incorrect

- Play and communication
  - Correct
  - Incorrect

- Continued breastfeeding
  - Correct
  - Incorrect
Visit 9 – The One Year Old Child

Meal frequency

Iron rich foods

Immunization

- Vitamin A supplement at 12 months
- Regular growth monitoring
- Play and stimulation

Deworming from 12 months

Iron rich foods
Visit 10 – Eighteen Month

Meal frequency

Iron rich foods

Vitamin A & deworming

Child should sleep under a mat

Practice birth spacing

Play and communication