

Practice 11

Always wash your hands with clean water and soap before preparing/serving/eating meals, before feeding children, after using the latrine/toilet and after disposal of faeces, including children's

Practice 12

Promote mental and social development during early childhood (0-8 years) through responsive and stimulating care by talking, playing, showing affection and providing a stimulating learning and safe environment

Practice 13

Monitor growth and recognise children's developmental challenges and disabilities for timely intervention and management

Practice 14

Protect and respond to neglect and abuse of children and women including harmful social norms such as Female Genital Mutilation/ Cutting, rape, defilement and child marriage

Practice 15

Enroll and keep your children in school until the age of 18

Practice 16

Ensure wellness and proper development of adolescents by supporting and encouraging them to use adolescent and youth friendly services including getting information about Sexually Transmitted Infections (STIs)/Sexually Transmitted Diseases (STDs), HIV/AIDS and contraception

Practice 17

Protect children from teenage pregnancy (including abortions) and other risks by supporting and talking to them to delay sexual relations, avoid smoking, drinking alcohol and taking drugs

Practice 18

Recognize when a child, adolescent and pregnant woman need psychosocial support and seek timely medical and appropriate care

Practice 19

Give children and pregnant women appropriate home treatment during sickness and recovery

Practice 20

Follow the health worker's advice about taking medication, the treatment, follow-up visits and referral

Practice 21

Continue to feed and offer more fluids, including breast milk, to a child when the child is sick

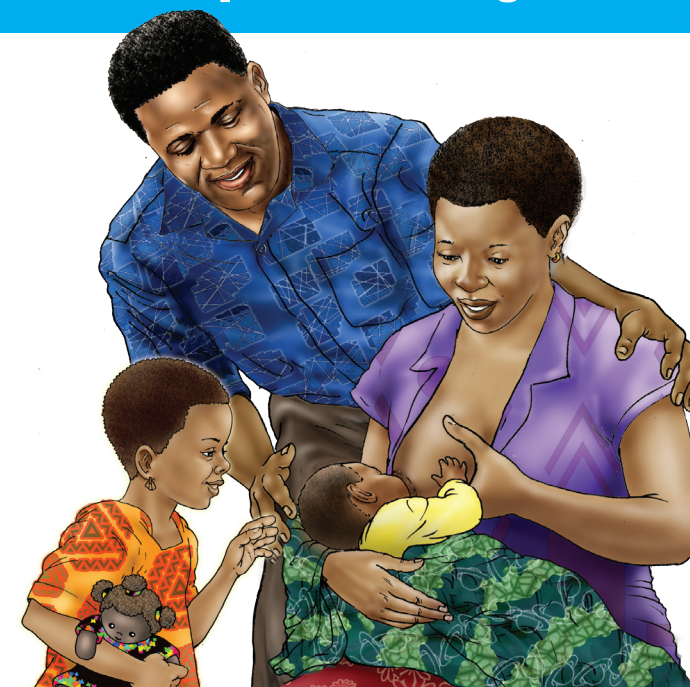
Practice 22

Take appropriate actions to prevent and manage child injuries and accidents at home and in the community



The Republic of Uganda
MINISTRY OF HEALTH

Key family care practices for improving well being of children, adolescents and women of reproductive reproductive age



WHAT YOU NEED TO KNOW

For further information
please call the toll-free line on:
0800 10006



FOR EVERY CHILD
#BestStartInLife



World Health Organization



for every child

Introduction

Improving family and community practices is one of the components of the Reproductive Maternal Newborn Child and Adolescent Health (RMNCAH) sharpened plan which is promoted by WHO and UNICEF since 1992. The three components are as below:

1. Improvements in the case management skills of health workers through the provision of locally adapted guidelines on IMCI and through activities to promote their use
2. Improvements in the health system that are required for the effective management of childhood illnesses
3. Improvements in family and community practices, i.e. Key Family Care Practices

The household and community IMCI (C-IMCI) is the third component of the Integrated Management of Childhood illnesses strategy (IMCI). It aims to reach families and communities where they live.

What are the Key Family Care Practices?

The Key Family Care Practices (KFCPs) are commonly practiced behaviours at household and community level that impact on child survival, growth and development or on the causes of morbidity (illness/disease) and mortality (death) in children. They are grouped into 4 categories:

1. Child feeding, growth and development
2. Disease/illness prevention
3. Appropriate home care
4. Care seeking and compliance/response to illnesses

There were originally 16 in number but currently there are now 22 KFCPs. The new additions include: New Born Care, Adolescence, Early Childhood Development (ECD) and others based on new evidence.

Why should we focus on the home?

1. Healthy life styles start at home
2. Home is where treatment of sick children starts, using locally purchased medicine
3. A large segment of the population in developing countries does not have access to health facilities
4. Most children die at home without seeking any health care outside the home, even when there is reasonable access to a health facility

The 22 Key Family Care Practices:

Practice 1

Ensure that every pregnant woman goes for eight (8) antenatal care (ANC) visits from an appropriate health care provider. The mother also needs support from her family and community in seeking care during pregnancy, at the time of delivery, after delivery and during the lactation period.

Practice 2

Ensure that pregnant women and children sleep under insecticide treated nets (ITNs) every night and accept to have their houses sprayed by authorities

Practice 3

Ensure that men are involved in the process of offering care to women during pregnancy, childbirth, after birth and when accessing family planning

Practice 4

Avoid unplanned pregnancies and ensure appropriate interval/spacing of your children by using appropriate contraceptive methods.

Practice 5

Notify the birth of your child for registration as soon as possible after birth and obtain a birth certificate

Practice 6

Keep the newborn warm, umbilical cord and skin clean and dry and recognize low weight (small), sick babies and those at risk of HIV infection and seek appropriate care

Practice 7

Take children 5 times before their 1st birthday to complete a full course of immunisation (BCG, DPT, OPV/IPV, PCV, Rota, Pneumonia, and Measles) and adolescent girls to receive the HPV vaccine against cancer of the cervix at the age of 10 years

Practice 8

Breastfeed all babies exclusively until the age of six months

Practice 9

Starting at six months of age, feed babies freshly prepared energy and nutrient rich complementary foods, while continuing to breastfeed the baby up to two years of age and longer

Practice 10

Give children, adolescents and women adequate amounts of micro-nutrients and de-worm them