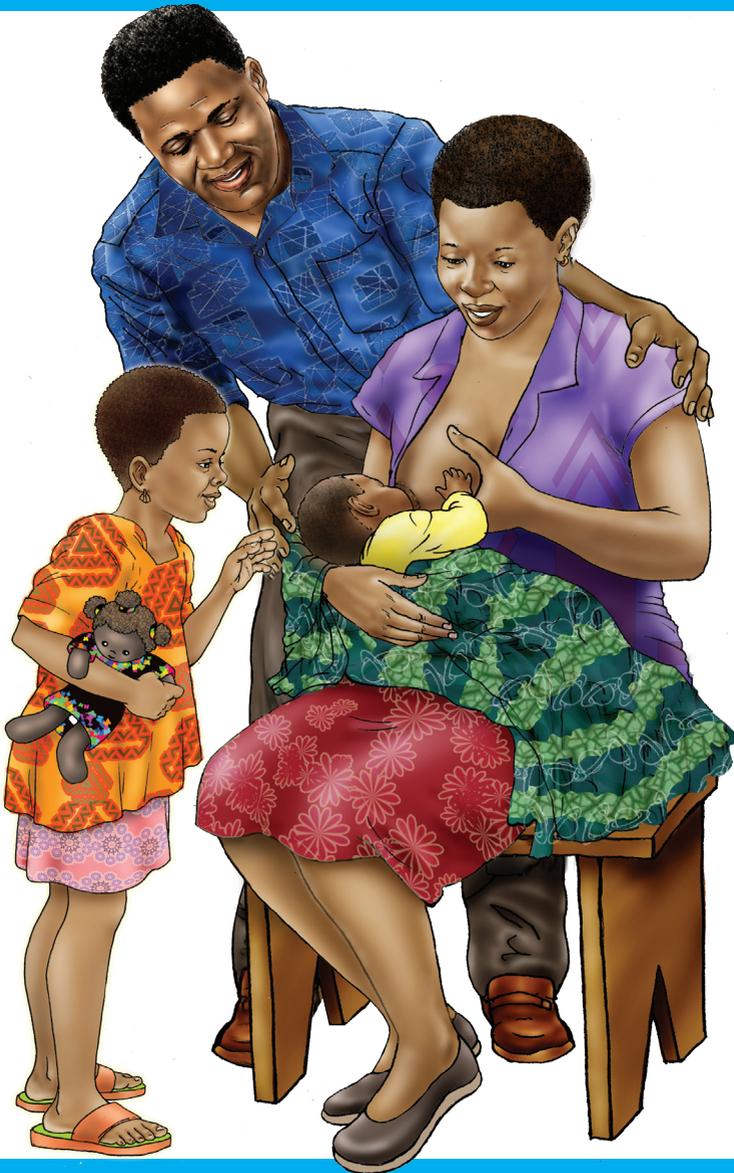




LIST OF 22 KEY FAMILY CARE PRACTICES



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1. Ensure that every pregnant woman goes for eight 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
2. Ensure that pregnant women and children sleep under insecticide treated nets (ITNs) every night and accept to have their houses sprayed by authorities
3. Ensure that men are involved in the process of offering care to women during pregnancy, childbirth, and after birth, when accessing family planning
4. Avoid unplanned pregnancies pregnancy and ensure appropriate interval/spacing of your children by using appropriate contraceptive methods
5. Notify the birth of your child for registration as soon as possible after birth and obtain a birth certificate
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
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
8. Breastfeed all babies exclusively until the age of six months
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
10. Give children, adolescents and women adequate amounts of micro-nutrients and deworm them
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
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
13. Monitor physical growth and recognize children's developmental challenges and disabilities for timely intervention and management
14. Protect and respond to neglect and abuse of children and women including harmful social norms such as Female Genital Mutilation/Cutting (FGM/C), rape, defilement and child marriage
15. Enroll and keep your children in school until the age of 18
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
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
18. Recognize when a child, adolescent and pregnant woman need psychosocial support and seek timely medical and appropriate care
19. Give children and pregnant women appropriate home treatment during sickness and recovery
20. Follow the health worker's advice about taking medication, the treatment, follow-up visits and referral
21. Continue to feed and offer more fluids, including breast milk, to a child when the child is sick
22. Take appropriate actions to prevent and manage child injuries and accidents at home and in the community.

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



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