

# Mother and Child Care : Promoting Health, Preventing Disabilities

**Guidebook-1**



Department of Human Development and Childhood Studies  
Institute of Home Economics, (University of Delhi)  
Hauz Khas Enclave, New Delhi-110016

By  
**Dr. Geeta Chopra**  
Associate Professor

## CONTENTS

Chapter No	Name of Chapter	Page No.
<b>Chapter 1</b>	<b>Introduction</b>	<b>1-2</b>
<b>Chapter 2</b>	<b>Mother Care</b>	<b>3-13</b>
2.1	Antenatal Care of the Mother	3
2.1.1	Do's and Don'ts During Pregnancy	3
2.1.2	Messages for Pregnant Women	6
2.1.3	Warning Signs to be Watched	7
2.2	Care During Delivery and at birth	8
<b>Chapter 3</b>	<b>Care during Infancy and Early Childhood</b>	<b>14-29</b>
3.1	At Birth	14
3.2	Immunization	14
3.3	Infant Feeding	17
3.4	Energy Protein Malnutrition	21
3.5	Maintaining hygienic conditions	24
3.6	Respiratory Infections	25
3.7	Prevention and Management of Diarrhoea	25
3.8	Keeping a Watch on Development During the First Six Years	29

## Messages for Pregnant Women

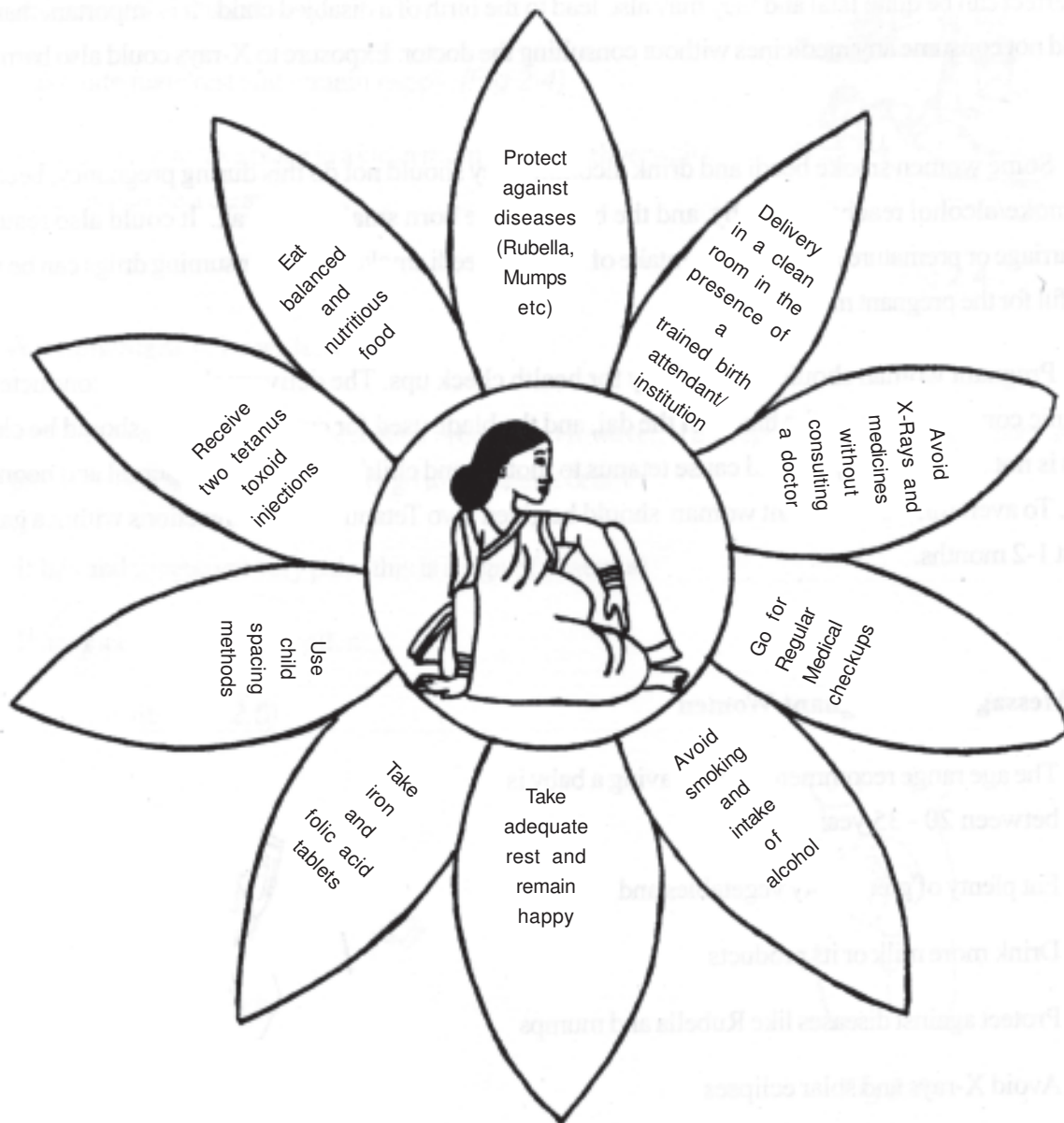


Fig 2.2

5. Once the child begins to get better, give extra food.
6. While suffering from diarrhoea, make sure that the baby drinks lots of fluids.

### **Warning signs to be watched in diarrhoea**

If the infants shows one or more of the following, refer immediately to the health centre:

- Sunken eyes
- Sunken fontanelle
- Reduced skin elasticity
- Breathlessness
- Fainting/Convulsion
- Dry tongue and lips
- No tears
- No urination for 6 hours
- Vomitting
- Swelling of feet and face.

### **Important Messages**

- Diarrhoea is a dangerous disease
- Diarrhoea is caused by infection and not due to eating too much
- It is not caused due to evil eye
- Continue to breast feed during diarrhoea
- A child with diarrhoea needs food
- Make the child drink lot of fluids
- In most cases of diarrhoea, drugs/medicines are not required
- Diarrhoea can be prevented by breast feeding, keeping food and water clean, by washing hands before eating food
- Dehydration caused due to diarrhoea can even lead to death of the infant

### Exercise 3:

**Comment whether the following are correct or not**

1. *Diarrhoea is caused due to overeating. When a child has diarrhoea, she should not be given any thing to eat (False).*
2. *Diarrhoea can best be managed by giving lots of fluids to the child (True)*
3. *When the child has diarrhoea, baby loses water which contains salt. These, if not replaced soon, can result in dehydration even death. Best way to prevent dehydration is by giving lots of fluids to the child (True).*

**Discuss these questions with local women and find the correct answer to them**

**Q 1.** *Shanti has been giving extra fluids to her baby because the baby had diarrhoea. But the baby has become weaker. Should she continue to give the extra fluid to drink to her baby?*

**Ans.** Yes, she should continue giving the fluids.

**Q 2.** *Lakshmi's baby had diarrhoea for two days. Can she obtain an ORS packet from the AWW? Suppose the ORS packet is not available, what can she do?*

**Ans.** She can get ORS from the AWW. She can even prepare ORS at home as explained earlier.

**Q 3.** *Will an ill, exhausted, dehydrated baby drink ORS?*

**Ans.** Yes, babies will drink it if they are fed properly with spoon and cup.

**Q 4.** *Does ORS stop diarrhoea?*

**Ans.** No, it does not stop diarrhoea. ORS replaces the essential fluids and salts. Diarrhoea eventually ends on its own.

**Q 5.** *Make a list of things which the mother should do while the child has diarrhoea.*

1. -----
2. -----
3. -----
4. -----
5. -----

**FOR THE FURTHER INFORMATION PLEASE  
CONTACT.....**

**Associate Professor (Office) Department of Human  
Development and Childhood Studies  
Institute of home Economics  
(University of Delhi)  
Haus Khas Enclave  
New Delhi-110016  
India  
Ph.no. 011-40554665  
( Residence) House no. 17, Pocket-1,  
Jasola,  
New Delhi-110025  
India  
Ph.no. 26532402  
Email: drgeeta\_chopra@yahoo.com**