

Child Health and Wellbeing

Introduction to the Road to Health Book



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CSS would like to acknowledge:

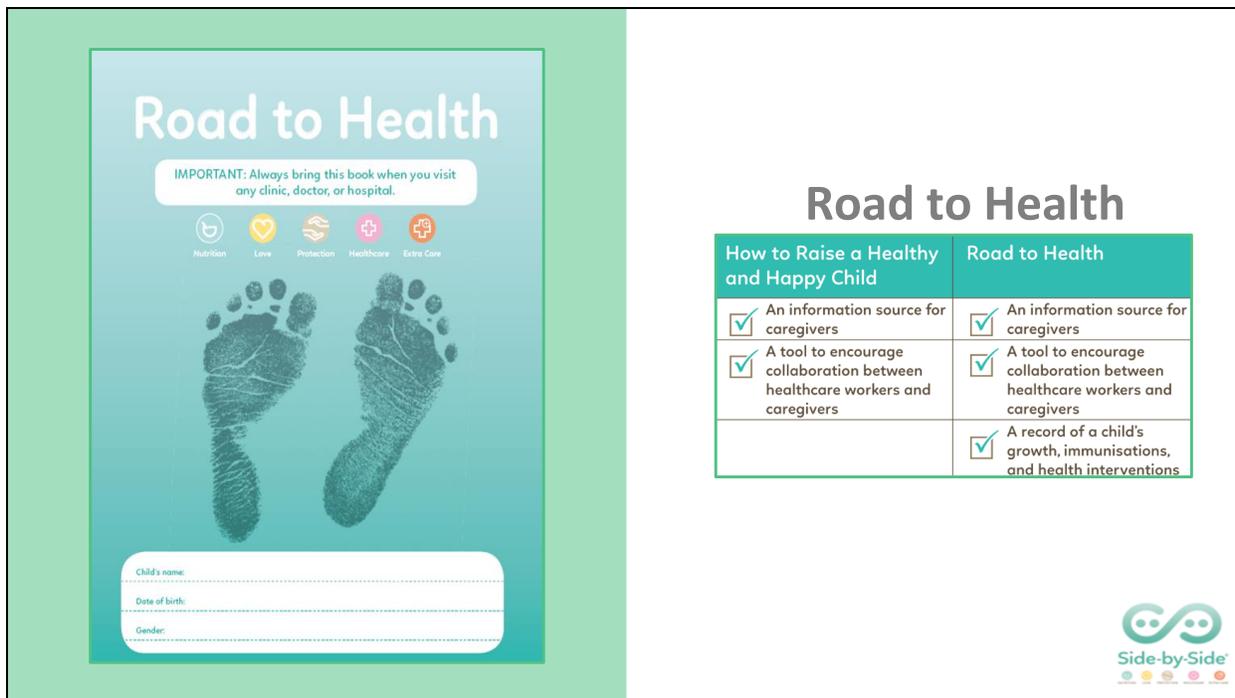
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Child Health & Wellbeing:

Introduction to the Road to Health book

Working with or raising children is no easy task, the Road to Health booklet and this training were created to help you keep children healthy. Because health is affected by many things, we will learn about the different ways you can help children be the best they can be. We will learn about preventing diseases, food and nutrition, how to detect warning signs of illnesses, important stages of development and many other beneficial information. With this training, we hope to give you a basic introduction to important tools to help with child health and wellbeing.

NOTES:



One of the most important tools to use and be aware of, is the Road to Health Book. This guide will help you understand the booklet and teach you how to use the booklet to better assist the children in your care whether you are a parent or if you work with children.

REMEMBER the Road to Health booklet may be updated every few years so the page numbers used in the training guide may change, and new information may be added. Please always check if you have the latest booklet.

Working with children, being a child caregiver or being a parent is the most challenging yet rewarding job there is. Children rely on you to do what is best for them. The Road to Health Booklet was made to be a tool to help you create a happy and healthy environment for children to grow in. The booklet is given to women who give birth at state facilities and will be used by health workers to monitor the health of children. The booklet is meant to be a record of a child's health and development.

It is the role of parents and caregivers to read and engage with the booklet by asking questions and looking out for danger signs so that healthcare workers can provide the best care for children and identify children who need extra care. Early childhood development practitioners can also encourage parents to use the booklet.

The training material is aimed at people who work with children such as ECD practitioners, aftercare staff as well as parents. Sometimes a point in the training material may speak to a parent and other points may be more relevant to ECD practitioners but everyone should find the information useful.

NOTES:

Walking the Road to Health Side-by-Side



There is a campaign called the Side-by-Side campaign. This campaign helps us understand that it takes many of us to develop healthy children and it reminds us of the importance of working together. You should work side by side with health care workers to ensure that children live happy and healthy lives.

The Road to Health booklet (RTHB) was made with the goal of detecting and treating disease at its early stages but it helps you prevent many health challenges. It also assists parents and caregivers in providing the care that children need to thrive such as the importance of nutrition, love, protection and play. This goal can only be achieved if you, as ECD practitioners, encourage parents to use the booklet.

Parents should make sure that health workers fill in the booklet at important points such as immunisation dates, weight, height of the child, Vitamin A and deworming return dates, etc. Remember, it is the Health professional who should fill in the health and development information on your child, in the RTHB. **Parents must take this booklet to every clinic, hospital or doctors visit. The book must also be kept in a safe place.**

This booklet allows you to give children a better, healthier future by making sure that they are healthy now.

NOTES:

THEME	MESSAGE	ICON
Nutrition	Your child needs to eat the right foods to be healthy and grow well. It starts with breastfeeding.	
Love	Ordinary loving things that you do such as holding, talking, playing and reading to your child are what helps them grow and develop.	
Protection	Your child can be protected from childhood disease and injury by getting immunized and by taking precautions at home.	
Healthcare	Your child needs care when they are sick or injured to help them get better.	
Extra Care	You or your child may need special care or support. Knowing what to do or where to go will help both of you.	

The Road to Health booklet is split into five themes: Nutrition, Love, Protection, Healthcare, and Extra Care. Each theme is labelled with the following icons (pictures) and colors. These five pillars are very important in a child’s development. By learning more about them, you can help each child grow, love, and play in a healthy environment.

NOTES:



NUTRITION

The first pages of the Road to Health Booklet focus on nutrition. Good nutrition is about eating healthy food. Children need the right food to be healthy and grow well. Nutritious foods help our bodies work properly. This means we will have healthy bones, skin, and brain development. This is important because having healthy bodies will help protect children from injury and disease.

As an ECD, child caregiver or parent, it is important you make sure each child is eating healthy meals. Strong, healthy children can focus in school, run and play, and grow. While fast food is convenient and cheap it is not nutritious and will not help your child grow and be healthy. Food gardens are much more affordable and allow you to grow healthy foods for you and your children.

Access to nutritious food starts even before birth. During pregnancy, mothers are physically connected to their babies. A mother needs to eat healthy because what she puts into her body is what will feed her child. Because of this, mothers should not drink alcohol or use drugs as this can harm the baby.

This section also discusses growth charts which helps to track a child's growth such as height and weight and also assist in detecting any development and nutritional challenges so that children can be helped as soon as possible.

The next few pages will help you understand the different diets for children at each stage of growth and what helps a child stay healthy.

NOTES:

0 – 6 MONTHS



- Only breast milk for the first 6 months of life
- No other food or drink
- No traditional or home remedies
- Only medication that was prescribed by clinic or hospital (health care professional)

For the first six months of life, a mother's breast milk is the best food for children. Breast milk has all the vitamins and nutrients that a baby will need for their first six months. Breast milk also has enough water to make sure a baby isn't thirsty, even in hot weather. It is important to encourage mothers to breastfeed their children for at least the first six months. Babies have very sensitive stomachs when they are this young, so they are not ready for any other foods, water or other liquids.

Some babies are born with conditions that they will need to take medications for. These medications must be from the hospital or clinic so that they are safe for the baby. Do not give your children any traditional or home remedies at this stage.

Mothers who are HIV positive can still breastfeed their children. In order to make their milk safe for their children, they must take their HIV or antiretroviral treatment. This is very important.

Mothers who are breastfeeding should eat healthy food and avoid drinking alcohol, smoking, and other harmful drugs because what they put into their bodies is what will be passed on to their babies in their breast milk. You would not want your baby to have anything harmful or other foods during this time, they may get diarrhea/ diarrhoea, constipation, infections and allergies. Their bodies are too fragile to handle these illnesses, so it is best to keep them safe from the risk by not giving them anything but breastmilk for the first six months.

NOTES:



Place your thumb on the top part of where the dark ring around your nipple meets your breast. Place your remaining fingers below where the dark ring around your nipple meets your breast. To express milk, press your pointing finger and thumb together. Make sure that your hand is pushing your breast towards, and not away, from your body.

How to express milk

- Expressed breastmilk is a good way for children up to a year old to receive all the nutrients from breastmilk while away from their mothers at an ECD center.

How long to store expressed breastmilk?

Temperature	Duration
Room temperature	Up to 8 hours
Fridge	Up to 6 days
Ice box freezer in fridge	3 months
Deep freezer (-18°C)	3-6 months

Page 4

Mothers can make sure their babies are getting all the good nutrients found in breastmilk even when they are apart by preparing expressed milk for childcare givers. If you work at or own an ECD with children still able to be breastfed, you should encourage mothers to bring expressed milk for you to feed their children with. You will need to have a system at your ECD to help you to do this. This page includes instructions on how to express breastmilk as well as a table telling you how long expressed breastmilk can be stored under given conditions. Expressed milk is free and the best source of nutrients, especially for young children. Breastmilk should not be shared between children. Here are some tips caregivers can use when feeding children expressed milk:

- Use a clean cup instead of a bottle because bottles are difficult to clean and may have germs that can make the baby sick.
- Expressed breastmilk can be stored in a clean cup with a lid for the times and conditions listed in the chart.
- Defrost expressed milk in a fridge or at room temperature for over 12 hours or by standing in water.
- Do not boil or microwave expressed milk because this can cause germs to grow.

NOTES:

6 - 8 MONTHS



- Continue breastfeeding on demand
- Iron-rich foods
- Starches
- Mash, cooked vegetables
- Soft fruit without pips
- Clean and safe drinking water from a cup



- 1 – 2 teaspoons, twice a day
- Gradually increase amount and frequency of feeds

Growing children can begin to eat solids, like fruits and vegetables, which are full of good nutrients. From 6 months to 8 months of age, children can still breastfeed, but you should start to give them solid foods too. As you grow, you start to need more and more nutrients to stay healthy, solid foods can give children the extra nutrition they need.

The first foods a baby eats should be very high in iron. Iron is important because it allows children to have healthy muscles and brain development. If a child were to be deficient in iron, they can become anemic. Anemia is a health condition that causes tiredness, dizziness, and overall weakness. If anemia is not treated, it can cause damage to the body's organs. Giving children foods high in iron can prevent this. The Road to Health booklet recommends dried beans, egg, minced meat, boneless fish, chicken or chicken livers, and ground mopane worms as good sources of iron. These foods must be cooked and mashed to make them soft and easy for babies to swallow.

Other food groups that should be introduced include starches (such as fortified maize meal porridge, mashed sweet potatoes or mashed potatoes), mashed cooked vegetables (such as pumpkin, butternut, carrots), and soft fruit without pips (such as avocado, bananas, paw-paw, and cooked apples). The Road to Health booklet recommends that children this age have one to two teaspoons of food twice a day. Babies should also regularly have safe, clean drinking water from a cup (such as boiled water that has been cooled).

NOTES:

9 – 11 MONTHS



- Continue breastfeeding on demand
- Iron rich foods
- Increase the amount and different kinds of foods
- Small pieces of food they can hold
- Avoid small hard foods that can cause choking
- Clean and safe drinking water from a cup



- *¼ cup, then increase to ½ cup by 12 months*
- *5 small meals a day*

As the child grows, they begin to eat bigger portions. Children this age can still be breastfed when they ask for it, but you should make sure that they are eating enough solid foods.

They should continue to have iron rich foods like dried beans, egg, minced meat, boneless fish, chicken, and ground mopane worms, so that their bodies stay healthy. Food doesn't have to be as smooth as in the past months because babies this age can chew better.

You should still avoid giving children small hard foods that may cause choking, like peanuts. You should also give children small pieces of food, like bananas, bread, and cooked carrots, to hold. This allows them to develop new skills, coordination, and independence but make sure you watch them as they eat.

The Road to Health booklet recommends children this age eat a quarter cup of food per meal five times a day. This amount should be increased to half a cup a meal by 12 months. As always, children should continue to regularly drink safe, clean water from a cup (such as boiled water that has been cooled).

NOTES:

12+ MONTHS



- Give different kinds of foods (iron rich, starches, vegetables, fruits)
- Foods rich in vitamin A
- Foods rich in vitamin C
- You can introduce pasteurized full cream cow's milk/maas or yoghurt
- Clean and safe drinking water from a cup



- 1 full cup
- 5 small meals a day

At this age, you should give children solid food before they breastfeed. As children get bigger their bodies need more and more nutrients to stay healthy. You can continue to give children breast milk as often as they want. Children 12 months to 5 years old should have different kinds of foods like starches, vegetables, fruits, and iron rich foods. Giving children a variety, or different kinds, of foods makes sure that they are getting all the nutrients they need.

You should give children foods rich in vitamin A like liver, spinach, pumpkin, yellow sweet potatoes, ripe mango, paw-paw, full cream milk, and maas. Vitamin A is important because it helps children's bones and vision. It also helps protect the body from infections that can harm your baby.

Making sure your children's bodies are developing in a healthy way allows for them to safely interact with the world around them. You should also give children this age, foods rich in vitamin C such as oranges, naartjies, guavas, and tomatoes. Vitamin C helps cuts and wounds heal, boosts the immune system, and helps keep children's gums healthy. A healthy immune system can fight harmful infections that your child encounters as they grow.

Food should be cut up in small pieces so that the child can eat on their own. You should stay next to the child and encourage them to eat. Making sure your child eats, means that they are getting the most out of every meal. Children who no longer drink breast milk can start drinking pasteurized full cream cow's milk/maas or yoghurt. As always, continue giving children safe drinking water from a cup every day (such as boiled water that has been cooled).

Adults and children over the age of 5 should enjoy a lot of different kinds of foods. They should eat plenty of vegetables and fruits, eat dry beans, split peas, lentils, and some soya. Fish, chicken, lean meat or a small portion of eggs, can be eaten daily. Pasteurized milk, maas, or yogurt can be eaten every day or often. Salt, fat, and sugar should not be eaten frequently because it is not good for the body. Eating a lot of sugar, fat, and salt can cause people to develop health problems, like diabetes and obesity.

Remember, you need to be healthy, to help others stay healthy. Children learn a lot from what they see. This means you as parents, caregivers and ECD staff, should try to show them how to live healthy lives, by being an example.



NUTRITION

Remember...

- From the age of 6 months, give babies clean, safe-to-drink water from a cup during the day. Boil the water and cool before you give it to the child.
- Always stay next to children when they are eating
- Keep food and cooking utensils very clean to prevent diarrhea.
- **Always wash your hands properly** and the child's hands with soap and water before preparing food, before eating, and after using the toilet and changing nappies.

Now that we have gone over how the Road to Health booklet recommends feeding children at different ages, let's review some of the important points.

- The Road to Health Booklet reminds parents, caregivers and ECDs to give children 6 months and older clean drinking water from a cup during the day.
- To make sure that the water is safe, you can boil the water and cool it, before giving it to the child.
- Keeping food and cooking utensils clean will prevent diarrhoea. More than half of all illness and death among young children is caused by germs which get into the child's mouth via food and water. This can happen when people don't wash their hands or do not wash their hands properly, so make sure to always wash your hands. Encourage children to wash their hands with soap and water.
- The Road to Health booklet advises us to avoid giving children Rooibos tea, coffee, creamers, condensed milk, flour water, sugar water, and cold drinks as they don't have any nutrients and will not help children grow.
- Avoid giving children unhealthy foods like chips, sweets, and fizzy drinks.
- Don't use formula milk unless necessary. Formula milk makes it more likely that the child develops infections, diarrhea/ diarrhoea, allergies, and breathing problems. Again, it is best to only breastfeed children for the first six months and with other foods until they are 2 years old and beyond.
- Mothers who are HIV positive can still breastfeed their children. In order to make their milk safe for their children, they must take their HIV or antiretroviral treatment. This is very important.

NOTES:

Why Should We Monitor a Child's Growth?

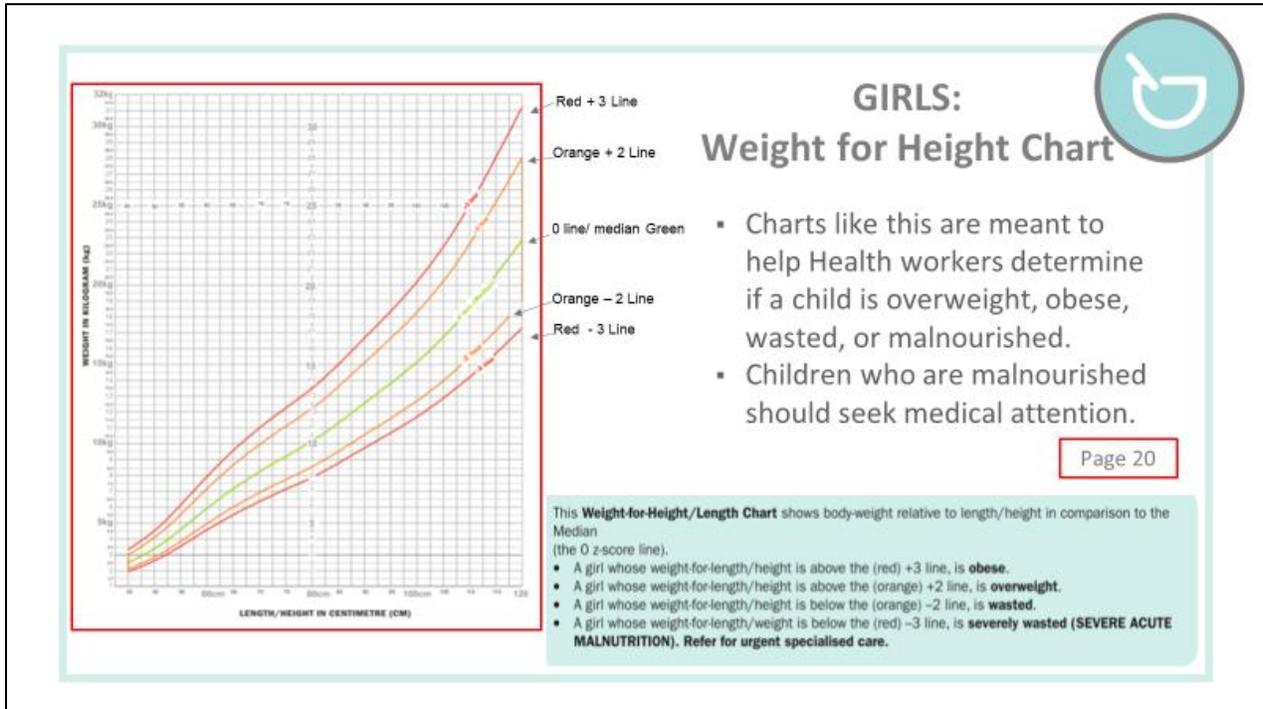
Now that we have learned why good nutrition is important, let's talk about ways that health professionals can monitor if a child is getting all the food they need to grow. Growth charts are used to see a child's nutritional status. Using growth charts will let health professionals determine if a child is not growing well and then action can be taken to help the child as soon as possible. Growth monitoring can help identify obesity and malnutrition. Children from birth to five years grow very fast, this makes them vulnerable to factors like illness and insufficient nutrition, which might slow or stop growth.

They can also show if a child is experiencing stunting. Stunting refers to children who are short for their age because they have not gotten enough food over a long period of time. Stunting is often overlooked because it doesn't have the same noticeable symptoms as obesity and malnutrition, but it has the same negative impact on children. For example, stunting can have a negative impact a child's immune system and their brain development which can have long term effects on the child.

Malnutrition refers to a child whose weight is very low for their height and age due to not eating enough nutritional food over a long period of time. Malnourished children often look very thin and wasted and in some cases is called wasting. Obese children weigh more than they should, based on their age and height.

The following pages will help you understand a child's growth charts. There are charts for boys and girls. Girls and boys have different charts because they grow differently.

NOTES:



The Road to Health booklet contains diagrams from page 10 to 21 that allow health care workers to track a child’s development based on their height, weight, age, and gender. Girls and boys have different charts because they grow differently.

The *weight-for-height* charts, look at the child’s body weight and height. The green line is called the Median. This green line is meant to show the average weight of children of a given height.

The *weight for age* chart measures the child’s weight at different ages. This chart is printed over 3 pages in the RTHB.

Then the *height-for-age charts* measures height at different ages.

The charts show lines called z-score lines. Health professionals will use these lines to help them track whether the child is growing well. A child is considered to be growing well if the measurement or recording is somewhere on or around this green line. These charts are used by health-care workers to determine if a child is obese, overweight, wasted, or malnourished.

When you take a child to the clinic for check-ups, health care workers will make marks on these pages to show how your baby is growing. You can ask the health care worker to explain this growth, based on the charts. This is just one way the Road to Health booklet lets you become part of a child’s health journey.

Malnutrition refers to a child whose weight is very low for their height and age, due to not eating enough food over a long period of time. Malnourished children often look very thin and wasted. Obese children weigh more than they should, based on their age and height.

NOTES:

Love, play, and talk for healthy development



Children need a safe environment and loving caregivers who can help them explore the world around them.

- Be there for the child
- Bond with the child
- Be responsive
- Children learn through playing, exploring and interacting with others
- Tell stories and read to the child



All children want to feel safe, loved, and cared for. As parents and caregivers there are things you can do to make sure that they feel that way. You can be there for the child by making sure you spend time with them. As a parent or caregiver, you are the most important person in your child's life. Bond with the child. Childcare staff also spend many hours with children and play a major role in shaping a child's life. ECD staff can also encourage parents to use the tips below.

Parents should be made aware of the following:

Keep your baby close to you as much as possible in the first weeks of life. This will help to calm them and help them to sleep, grow and feed well.

As parents and caregivers, you should pay attention to the child's interests, emotions and their likes and dislikes and respond to them – this will help you to understand them better and to best meet the child's needs. You can also bond with children by telling them stories and reading to them. This is very important. Make sure to talk about the pictures, let them ask questions, allow them to tell you a story or what happened in the storybook as you go along.

Children learn through playing, exploring and interacting with others. Give children the chance to explore and play in a safe space and to play with clean household objects or toys. ECDs are an environment where children socialize with caregivers but also with other children. As a caregiver, you should encourage children to also play with other children in a friendly and respectful manner.

NOTES:

Developmental Screening

- At every clinic visit, the Health worker will ask if you have any specific concerns about your child's development
- Parents should feel open to share any concerns you may have. This will assist your child in getting the help they need soon
- ECDs and Childcare workers can also highlight any developmental challenges to the parent. Be sensitive to the parent and child, when communicating the above.

Developmental screening

	Hearing/communication	Vision and adaptive	Cognitive/behaviour	Motor skills	Caregiver concerns
6 weeks					
10 weeks					
14 weeks	<input type="checkbox"/> Startles to loud sounds	<input type="checkbox"/> Follows face or close objects with eyes	<input type="checkbox"/> Smiles at people	<input type="checkbox"/> Holds head upright when held against shoulder	
Date .../.../...					
Sign: _____				<input type="checkbox"/> Hands are open most of the time	
6 months	<input type="checkbox"/> Moves eyes or head in direction of sounds	<input type="checkbox"/> Eyes move well together (no squint)	<input type="checkbox"/> Laughs aloud	<input type="checkbox"/> Grasps toy in each hand	
Date .../.../...					
Sign: _____	<input type="checkbox"/> Responds by making sounds when talked to	<input type="checkbox"/> Recognises familiar faces	<input type="checkbox"/> Uses different cries or sounds to show hunger, tiredness, discomfort	<input type="checkbox"/> Lifts head when lying on tummy	
	<input type="checkbox"/> Looks at own hands				
9 months	<input type="checkbox"/> Babbles (mama, dada)	<input type="checkbox"/> Eyes focus on far objects	<input type="checkbox"/> Throws, bangs toys/objects	<input type="checkbox"/> Sits without support	
Date .../.../...					
Sign: _____	<input type="checkbox"/> Turns when called	<input type="checkbox"/> Reacts when caregiver leaves, returns when she/he returns	<input type="checkbox"/> Moves objects from hand to hand		
12 months	<input type="checkbox"/> Uses simple gestures (e.g. lifts arms to be picked up)	<input type="checkbox"/> Looks for toys/objects that disappear	<input type="checkbox"/> Imitates gestures (e.g. clapping hands)	<input type="checkbox"/> Stands with support	
Date .../.../...					
Sign: _____	<input type="checkbox"/> Has one meaningful word (dada, mama) although sounds may not be clear	<input type="checkbox"/> Looks closely at toys/objects and pictures	<input type="checkbox"/> Understands "no"	<input type="checkbox"/> Picks up small objects with thumb and index finger	
	<input type="checkbox"/> Imitates different speech sounds				

Pages 23 and 24

Pages 23 and 24 in the Road to Health Booklet includes a chart for tracking child development through different milestones that they reach at different ages. Milestones are important events that mark development.

Health care workers will talk to parents at each visit to the clinic and check off all the goals that the child has reached. Keeping track of milestones is important because it allows health care workers to see if a child is developing like they should. Children who have a cross (X) against any of the tasks assessed for their age may be experiencing developmental problems and should be referred for a developmental assessment.

ECD practitioners should refer to a doctor, physiotherapist, occupational therapist, or speech therapist if you notice any developmental problems. We will discuss how to make referrals on a later page. We have also developed an example of a referral form for ECDs and childcare projects.

Detecting slow development early on means the child gets the help they need sooner rather than later. As parents, caregivers and childcare workers, you can make sure that a child's development is being tracked properly in the Road to Health Booklet so that children get the care they need as soon as possible.

Children with developmental challenges need extra care to make sure that they continue to grow happy and healthy. It is important to note that all children develop and grow differently. Remember, not meeting every milestone doesn't necessarily mean that they have developmental problems, consult a health care worker for guidance.

Development should be very closely monitored for children who are at a higher risk of developmental difficulties, this includes children who fit any of the following descriptions:

- Born premature or low birth weight
- Birth defect
- HIV
- Severe or moderate acute malnutrition or stunted growth
- Iron deficiency anemia
- Recurrent illnesses or frequent hospitalization

IMMUNISATIONS

- Immunisations are free. They are meant to protect babies from common childhood illnesses and disease.



Page 27

Child's Name				Child's Date of Birth	
Age	Vaccine	Route & Site	Batch no.	Date given	Signature
Birth	BCG	Intradermal Right arm			
	OPV0	Oral			
6 weeks	OPV1	Oral			
	Rotavirus 1	Oral			
	PCV1	IM Right thigh			
10 weeks	Hexavalent (DTaP-IPV-Hib-HBV)1	IM Left thigh			
	Rotavirus 2	Oral			
14 weeks	PCV2	IM Right thigh			
	Hexavalent (DTaP-IPV-Hib-HBV)3	IM Left thigh			
6 months	Measles 1	S/C Right thigh			
9 months	PCV 3	IM Right Thigh			
12 months	Measles 2	S/C Right arm			
18 months	Hexavalent (DTaP-IPV-Hib-HBV)4	IM Left arm			
6 years	Td	IM Left arm			
12 years	Td	Left arm			
Additional Vaccinations					
9 years and older	HPV1	IM Non-dominant arm			
	HPV2				

One way to protect children is by having them vaccinated. Immunisations/ Vaccinations are free. They protect children from common childhood illnesses and disease.

As a parent or childcare worker, you should make sure the children in your care have received all their immunisations. Page 27 of the Road to Health booklet shows the Expanded Programme of Immunization Schedule. This schedule shows which vaccines a child should be getting at a given age. If your child happens to miss a vaccine you should take them to the clinic to get it immediately to make sure that they are properly protected. Children must receive all the vaccines listed in order to become immune, this means you cannot skip any.

As childcare providers and ECD workers you should collect a copy of this page for each child and make sure that all the children in your care, are up to date with their vaccines. By making sure each child is up to date on their vaccines, you are not only protecting them but all the children they meet.

Some children have adverse reactions after receiving an immunisation. If this is expected, please take the child to the clinic as soon as possible. Examples include swelling, redness or pain at the injection site that lasts longer than 3 days, site abscesses, fever of 39°C or more within 48 hours

All children between 6 months and five years should receive Vitamin A and deworming medicines every six months. Deworming gets rid of infections caused by parasites, called worms, such as ringworms, roundworms, and hookworms. Worms steal the nutrients children get from the food they eat, they can cause diarrhea/ diarrhoea, and internal bleeding which can lead to iron deficiency anemia.

NOTES:

What are these vaccines/ immunisations for?

BCG (bacillus Calmette-Guerin)	Used to prevent tuberculosis.
OPV (oral polio vaccine)	Used to prevent polio.
Rotavirus vaccines	Protects against rotavirus, which causes diarrhea.
PCV (pneumococcal conjugate vaccine)	Used to prevent pneumonia and strep throat.
Hexavalent	It is meant to protect against many diseases.
Measles	Measles is an infection that causes breathing problems and intense rashes.
Td	Used to protect against tetanus, diphtheria, and whooping cough.
HPV	Used to protect against a virus that most commonly causes cervical cancer.



Vaccines are very important! Immunisations/ Vaccines are safe, free, and are the best way to prevent disease. Vaccination is the best way to protect children from serious infectious diseases. Getting a vaccine against a certain virus means you are immune. This page includes a table of the required vaccines included in the Road to Health Booklet and what they protect from.

- Tuberculosis is a disease that mainly affects the lungs, but can also affect the brain, bones, and other organs. South Africa has one of the worst TB epidemics in the world. The TB vaccine is given at birth but if a child misses the vaccine at birth, it can be given up to one year of age.
- Diphtheria, tetanus, and pertussis are bacterial infections that cause severe disease and death, especially in younger children. The vaccine is scheduled to be given to young children, but if missed it can be caught up at any time.
- Some vaccines are given in doses, like PCV, Rotavirus, and the hexavalent vaccine because your child cannot be fully protected with only one round of vaccines. In order to get immunity and be fully protected, children must complete the full schedule.

Remember to urgently notify your EPI coordinator (or health worker) of any cases of Acute Flaccid Paralysis (AFP) or suspected cases of measles. Possible symptoms of AFP include paralysis, falling very often, cannot walk. (EPI=Expanded Programme of Immunisation).

NOTES:

Vitamin A and deworming doses

	Vitamin A	Date	Signature	Mebendazole	Date	Signature
6 months	100 000IU					
12 months	200 000IU			100mg bd for 3 days		
18 months	200 000IU			100mg bd for 3 days		

Starting from 24 months, every child should receive Vitamin A and mebendazole every six months (up to 5 years of age).
Record when these doses are given, and the return date below.

Vitamin A (200 000IU)			Mebendazole (500 mg stat)		
Date	Signature	Return date	Date	Signature	Return date

Vitamin A **Deworming**

Page 28

- All children between 6 months and 5 years old should receive Vitamin A and deworming medicines every six months
- Take note of return dates

Page 28 of the Road to Health Booklet includes a table used by healthcare workers to track that children have been given the necessary Vitamin A and deworming doses.

All children between 6 months and 5 years old should be given Vitamin A and deworming medicine every six months. Children should receive deworming because worms steal the nutrients from children, which can lead to malnutrition if not treated.

Vitamin A is important for healthy vision, strong bones, and can help protect the body from infections. Many children suffer from vitamin A deficiency, so giving them Vitamin A doses is important to make sure that children’s bodies have the support to grow and fight infections. Making sure children get all the medical care they need to be healthy, means children can focus on learning and playing.

Parents and caregivers should take note of the return date that is given. ECD practitioners should also be aware if a child is receiving their vitamin A and deworming medicines.

NOTES:

Referrals

- These forms can be used to encourage parents to seek medical care for their children
- They can also used to keep records for clinics to use when treating the child
- This Referral page in the booklet is to be used by HEALTHCARE WORKERS

Completed by referring HCW			Completed at place of referral		
Date	Reason for referral	Referred to:	Date	Feedback to referring health worker (include follow-up that is required)	Signature and name



Page 36

The following pages in the Road to Health booklet include spaces for health care workers to fill out every time a sick child visits the clinic or hospital.

As we talked about before, record keeping is very important for continuity of care. Continuity of care means that every medical professional that treats your child has all the information they need about your child’s past medical history to make informed choices.

Sometimes one healthcare worker will decide to refer a child to another healthcare worker with a specific specialty. Referral sheets allow healthcare workers, as well as parents, caregivers and child care workers, to keep track of these referrals.

The Road to Health Booklet has a referral sheet on page 36 that allows healthcare workers to write down the reason they are referring your child as well as a section for feedback. This referral form is for Health workers to complete.

NOTES:

Referrals

- An ECD can make their own referral form.
- **Here is an example of a form that you can use.**
- This will help the clinic with important information on the child's symptoms
- It is important that you get feedback from the clinic or parent on the child's condition



Referral Form	
Completed by Referring Person e.g. ECD practitioner	
Child's Name	
Date	
Observations	
Referred to: e.g. Clinic	
Referred by	NAME:
	SIGNATURE:
Completed at place of referral e.g. by health worker at clinic	
Date	
Feedback (include follow-up that is required)	
Signature and name	NAME:
	SIGNATURE:
Notes: _____ _____ _____	

ECDs and afterschool programs should also use their own referral forms. ECD workers can fill out a referral form for sick children listing all the danger signs/symptoms the child has shown. In many cases, the childcare worker spends a lot of time with children whilst parents are at work. The childcare worker may notice certain symptoms and illnesses that the child is presenting. ECDs should use their own referral form to provide information to the parent and clinic or the like.

The childcare worker or parent can take this form when they take the child to the clinic. This will help the healthcare worker understand what has happened and can provide better care for the child. Referral forms can be used to keep records on a child's illnesses.

NOTES:

Page 38

What is an APGAR score?
 The Apgar Score is a way to quickly summarize the health of newborn children based on Appearance, Pulse, Grimace, Activity, and Respiration. A score of 7 or above is considered healthy.

Place of Birth		Length at Birth	
Birth Weight	Head Circumference at birth	Gestational Age (weeks)	
Breastfeeding Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown <input type="checkbox"/>	HIV exposure Yes <input type="checkbox"/> No <input type="checkbox"/>	Prenatal ARVs Duration	Infant prophylaxis Duration
APGARS 1 min 5 min			
Antenatal History			
RPR result	Rhesus	Blood Group (if available)	
Antenatal (Maternal history)		Intrapartum history (including mode of delivery)	
Are risk factors present?			
Low birthweight (less than 2.5kg) <input type="checkbox"/>	Mother has died or is ill <input type="checkbox"/>		
Known congenital or neurological problem <input type="checkbox"/>	Infant not exclusively breastfed <input type="checkbox"/>		
Social risk <input type="checkbox"/>	Teenage caregiver <input type="checkbox"/>		
Other		Follow-up required	
List newborn problems (list if resolved or on-going)			
Preterm <input type="checkbox"/>			
Low birthweight (< 2.5kg) <input type="checkbox"/>			
ICU admission <input type="checkbox"/>			
Birth defects <input type="checkbox"/>			
Hypoxic brain injury <input type="checkbox"/>			
Convulsions/fits <input type="checkbox"/>			
Jaundice <input type="checkbox"/>			

What is a PCR test?
 A PCR test is used to see if a child is HIV positive.

Why are risk factors important?
 Risk factors can cause health problems as the child grows. It is important to keep track of them.

Page 39



Page 38 is an antenatal, birth and newborn history. This page gives information related to the birth of the child. An APGAR score is a way to quickly summarize the health of newborn children based on their appearance, pulse, grimace, activity, and respiration. This is done at birth. A score of 7 or above is considered healthy.

A PCR test is used to see if a child is HIV positive.

Risk factors can cause health problems as the child grows. Children who have risk factors present may need a little extra care to make sure they stay healthy and happy. This section of the booklet allows health care workers to take note of any risk factors present, such as low birthweight, social risk, and birth defects.

Page 39 of the Road to Health Booklet is a section for health care workers to keep track of the results of screenings that they give. It is important to make sure that this section gets filled out whenever your child is tested and screened.

Keeping track of records is very important because it makes sure that when your child sees a new doctor or nurse, they will know everything they need to know to decide the best treatment for your child.

NOTES:

Special care for children who need a little more help

HIV – If the child has a parent who is HIV positive, make sure they stay healthy by getting the proper treatment.

TB – TB is common. Make sure parents take their children to the clinic if they have a cough that lasts longer than two weeks, weight loss or night sweats, or if there is someone around them with TB. If so, the child should receive medicine to prevent TB for six months.

Serious Injuries – Many serious injuries can be prevented if you look after the child carefully and keep their environment safe.

Supervision – Children should not be left alone, unattended or unsupervised. Make sure that there is always a responsible adult taking care of the child and that you know where all your children are at all times.

Disability – Children with mental and physical disabilities need extra care. It is good to join a support group so you can share your experiences.



This page discusses some of the main conditions a child may have that would mean they need a little extra care.

Children whose parents are HIV positive can stay healthy by getting the proper treatment. Encourage parents to make sure that their children get this treatment.

Tuberculosis is very common. If a child has a cough that lasts longer than two weeks, weight loss, or night sweats, you should take them to the clinic. If someone around the child has tuberculosis, the child should go to the clinic to make sure they get medicine to protect them against TB.

Children are more likely to get serious injuries. This can be prevented with a little more supervision. Children should not be left alone.

You should make sure that there is always a responsible adult taking care of the child. Children love to play and interact with the world around them. You should make sure that their environments are safe. For example, make sure sharp objects are out of reach of children to prevent serious injuries and accidents.

Children with mental and physical disabilities need extra care. There are many organizations dedicated to different disabilities that have good resources for childcare givers of children with disabilities. Parents can also join a support group which can be very helpful because you can share your experiences with people who understand. ECDs and parents can also learn more about differently abled children and learning abilities such as autism, ADHD by contacting relevant organisations. Examples of organisations include Autism Western Cape, Department of Social Development (Disability Desk), Deafsa etc

NOTES:

Social Risks

For health workers:
This table incorporates key social risks for children. Complete this table at the 6 or 14 week visit.

Are social risk factors present?	Notes (include details of risk, referral and/or extra care provided)
Child has a birth certificate <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown	
Mother has died or is ill <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown	
Teenage parent or caregiver <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown	
Child receives a child support grant <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown	
Child receives a care dependency grant <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown	
Child receives a foster care grant <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Unknown	



There are many things which can impact a child. The health worker will ask questions to try to understand the situation that the child is living in, so that the parent and caregiver can also get support.

Notes:

Risks to a Child's Wellbeing

If you are experiencing any of the following circumstances, tell your community health worker, nurse or doctor and they will give you advice and refer you to the right support-provider.

- If you are a teen mother or a grandparent looking after a young child
- If you are exposed to violence or abuse in your home
- If you or your partner, use drugs or alcohol, this is a risk to your baby
- If you are feeling that you are not coping, you are stressed or have been sad for a long period of time (depressed)



Page 42

There are some home circumstances that create a risk to the health and wellbeing of your child. This is because it may limit what you can do for your child and your ability to protect your child. As a parent or caregiver, you want to make sure that your child is growing up in a safe environment.

If you are experiencing any of the circumstances shown above, tell your community health worker, nurse or doctor and they will give you advice and refer you to the right support-provider.

You do not have to feel like you are alone. There are services which can help. Speak to the health professional and they can refer you to the services you may need.

Childcare workers and ECD staff can also let parents know that there are services which can help them in providing care for their children and also care for themselves.

Notes:

Important things to do and remember

- Encourage parents to **register** their children's birth before they turn one month old.
- They will need to bring their ID and their baby's father's ID book to the hospital where they will give birth.
- If you qualify, there are also **support and care grants** which can help
 - Child support grant
 - Disability grant
 - Care dependency grant
 - Foster care grant



Page 43



Registering a child's birth is very important. Parents should register their child before they turn one month old.

They can do this by bringing their ID and the baby's father's ID book to the hospital where the baby was born. Registering a baby is one more way that parents can protect their children. Birth registration gives a baby legal rights and protection.

You can also register your child at the Department of Home Affairs and their offices in various hospitals and health facilities.

Support and care grants are also available **if you qualify**

- If you are unemployed or do not earn enough money to buy food, clothing or transport for your child, you may qualify for the Child Support Grant (CSG).
- Disability Grant
- Care Dependency Grant for your baby to help cover the costs of the additional care that is required.
- Foster Care Grant

Childcare workers and ECD staff can also let parents know of the importance of registering their child as well as the grants that are available.

NOTES:
