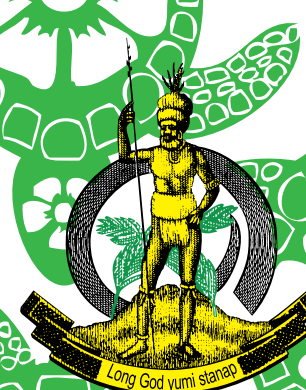


PIKININI HELT BUK

Third Edition

BEBI BLONG
NEM BLONG BEBI



Ministri blong Helt



Nem blong pikinini :.....
.....

(Boe / Gel)

Det we pikinini i bon : / / 20 (: AM/PM)

Adres:
.....
.....

Namba blong Telefon:

Aelan :

Nem blong mama :

Nem blong papa:

Man/Woman we i lukaotem bebi :
.....

Hospital / Health Centre / Dispensari

Zone Namba	Hospital Namba
REJISTRESEN NAMBA blong pikinini taem hemi bon	

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I. Rekod blong helt

A. Ditel infomesen blong niubon bebi

Namba blong wik blong pregnensi	Wik
Weit	gr
Longfala	cm
Hed	cm
Jest	cm
Ples we pikinini i bon	Hospital / Helt Senta / Dispensari / Haos Nem
Man/Woman/nas we i helpem mama mo bebi	Nem
Hao bebi i bon	☐ Bonem gud nomo ☐ Operesen ☐ Foseps / Vacuum

Sko blong APGAR	1 minit () 10 minit ()
	☐ Krae long sem taem ☐ Krae afta smol taem ☐ No krae
Kondisen blong mama stret afta bebi bon Komen	☐ HELTI ☐ SIK

B. Fulumap jeklist bifo mama mo bebi i kamaot long hospital.

	Risal
Klas (tempereja) i nomol (36-37 °C)	☐
Hemi pispis mo sitsit finis	☐
Hemi karem medesin we i nidim Vitamin K Medesin blong ae (TEO)	☐ ☐
Hemi kasem ol stik meresin we i nidim Hepatitis B BCG	☐ ☐
Hemi risivim ol infomesen long : Givim titi blong mama Ol stik meresin	☐ ☐
Hemi go tru mo/o risivim Birth Setifket	☐

C. Rekod blong stik meresin

SKEDIUL BLONG BEBI

STIK MERESIN	DEIT		SIGNEJA
	< 24 h	> 24 h	
HEP B			
BCG			
POLIO			
Namba 1 dos			
Namba 2 dos			
Namba 3 dos			
IPV 1 dos			
PENTAVALENT			
Namba 1 dos			
Namba 2 dos			
Namba 3 dos			
MISEL / RUBELLA			
Namba 1 dos			

SKEDIUL BLONG SKUL

STIK MERESIN	DEIT	SIGNEJA
TD (Tetanus Diphtheria)	KLAS 1	
POLIO		
TD (Tetanus Diphtheria)	KLAS 6	
POLIO		

OL NARAFALA STIK MERESIN

STIK MERESIN	DEIT	SIGNEJA

D. Rekod blong saplimentesen tablet blong vitamin A mo wom

Yia	Deit blong visit	Vitamin A	Albendazole	Signeja
6 manis				
12 manis				
18 manis				
24 manis				
30 manis				
36 manis				
42 manis				
48 manis				
54 manis				
60 manis				

*Givim Vitamin A mo Albendazole everi 6 manis

E. Rekod blong tablet blong Iron

Deit blong visit	Iron	Signeja

*Givim Iron saplimen everidei blong 3 manis

F. Helt Rekod mo Konsaltesen

Growth Monitoring Schedule		Indicator	MUAC cut-off
0 - 3 months:	every 2 weeks	Severe Acute Malnutrition	< 11.5 cm
3 months - 2 years:	every month	Moderate Acute Malnutrition	11.5 cm – 12.5 cm
2-5 years:	every 3 months	Normal	>12.5 cm

DEIT	YIA	WEIT	HAIT	MUAC	Siknes / Problem / Aksen / Riferel / Fidbak
Ol Signeja: Nekis Apoinmen					
DEIT	YIA	WEIT	HAIT	MUAC	Siknes / Problem / Aksen / Riferel / Fidbak
Ol Signeja: Nekis Apoinmen					
DEIT	YIA	WEIT	HAIT	MUAC	Siknes / Problem / Aksen / Riferel / Fidbak
Ol Signeja: Nekis Apoinmen					

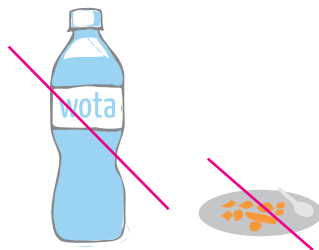
II. Seksen blong infomesen

A. Titi blong mama



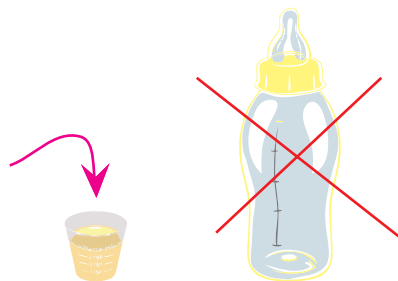
Yumi sut kipim ol niubon bebi **klosap** long mama blong olgeta blong oli stat titi insaed long **wan haoa afta** we bebi i bon.

Impoten poen:
Titi blong mama hemwan nomo hemi kakae o drink we bebi hemi nidim long **fes 6 manis**. Yumi no nidim eni narafala kakae o drink olsem wota tu long period ia.



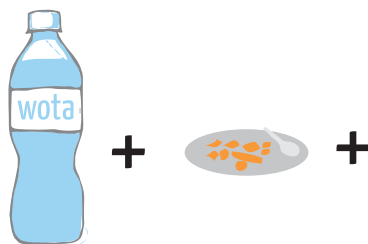
Taem mama i givim titi evritaem, titi i fulap gud. Klosap evri mama i save givim gud titi. Titi blong mama hemi help blong **protektem** ol bebi mo ol yang bebi **long ol den-jeres siknes**. Hemi krietem tu wan spesel **Lav** bitwin mama mo pikinini.

Titi botel i save kosem siknes mo ded. Sapos wan mama i no save givim titi long bebi blong hem, mama i save skwisim titi i go long wan kap o givim wan breast-milk substitute long wan smol **klin kap**.



Taem bebi i gat 6 manis, hemi nidim ol narafala **diferen kakae** be mama i mas **gohed blong givim titi** long 2 yia mo ova.

Taem bebi i gat 6 manis



Wan woman we i wok long wan ples aotsaed long haos, i save gohed blong givim titi evri taem we bebi i nid blong kakae. Emploemen Akt blong 2006, No. 36 (3) "Wan employa i sut letem wan woman we i wok mo i gat wan bebi wan haf haoa tu taem lon dei long taem blong wok blong hem blong fidim bebi. Ol taem ia oli kaontem olsem ol taem blong wok mo oli gat pay long olgeta."

Hao we mama i givim titi

mo how bebi i pulum titi i impotan
tumas. Taem mama i holem bebi
long gudfala posisen, i isi blong bebi i
tekem titi long maot blong hem mo i
stat pulum.



Ol saen we i soem se pikinini i stap
long gufala posisen oli olsem :

Ful bodi blong bebi i fesem mama.

Bebi i stap klosap long ol mama.

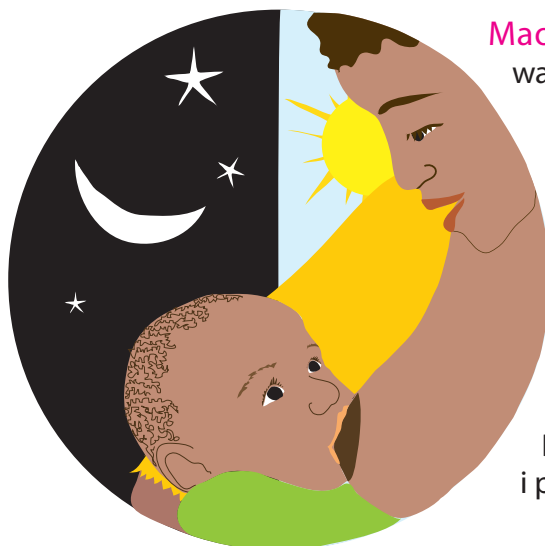
Bebi hemi relax mo i hapi.

Taem mama hemi no holem
gud bebi long gudfala posisen,
i save gat ol problem olsem :

Ae blong titi i save gat so.
Bebi i no pulum titi gud.
Bebi bae i no wantem titi.



Ol saen we i soem se bebi i no titi gud :



Maot blong pikinini i open-big
wan.

Tjin blong bebi i tatjem
titi blong mama.

Bigfala blak pat raonem
ae blong titi i stap antap
long maot blong bebi
be i no andanit.

Bebi i tekem **longtaem**, mo
i pulum gud titi.

Mama i **no filim eni pain** long ae
blong titi.

**Klosap evri mama oli save
prodiusum inaf melek :**

Mama hemi mas givim titi plante taem.
Bebi i stap long gudfala posisen mo titi i stap
gud long maot blong hem.
Bebi i titi evritaem we hemi wantem iven
long naet taem.

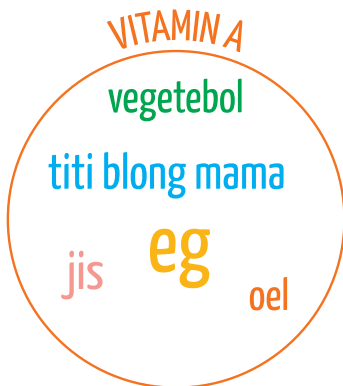
B . Fasin blong kakae blong pikinini

Impoten poen:

Wan yang pikinini i sud gro mo weit blong hem i sut go antap kwik taem stat long taem we hemi bon kasem taem we hemi g at 2 yia ; pikinini i sut **go long skel evri manis.**

Spos weit blong pikinini i no g o antap g ud, i minim se wan samting i rong . sapos wan bebi ino kasem stret minimam standed blong haet blong hem, hemia I save minim se fisikol mo mental developmen blong bebi I afekted (luk long peij 54-59)

Stat long **6 manis kasem 2 yia**, pikinini i sut **kakae 2-5** taem long wan dei, hemi gohed tu long titi long mama.



Ol pikinini oli nidim **Vitamin A** blong faetem ol sik mo blong blokem ol sik blong ae. Yumi save faenem Vitamin A long fulap frut mo vejetebol, oel, eg , kakae wetem melek blong buluk olsem jis, titi blong mama o saplimen blong vitamin A.

Ol pikinini oli nidim ol kakae we i gat **aeyan** blong protektem fisikol mo mentol ability blong olgeta. Kakae we aeyan i kam long hem hemi liva, mit we i nogat gris, s, eg mo iron-forti ed foods o saplimen blong aeyan.

Long taem blong sik, ol pikinini i nid blong gohed blong kakae olsem oltaem, ol pikinini oli nidim wan ekstra mil evri dei o sapos no wan wik.



SAM TINGITNG BLONG OL KAKAE

Pamkin we i boel mo oli graonem. Popo mo banana we oli graonem. Adem ol vejetebol olsem pamkin o aelan kabij we oli graonem. Streinem gud long ol aelan kakae olsem kumala o taro.

Adem fis we i tan.

Pis we oli graonem. Graonem eg we yu boelem.

Sapos bebi I tatjem toti o sitsit blong hem mo putum han blong hem long maot hemi save swolem daon jems mo infektem stomak (beli) blong hem. Wei ia I priventem bebi blong absobem ol gudfala kakai we I ko insaed long beli blong hem. Fasin ia I save stopem gro mo haet blong bebi, mo afektem mental mo fisikel developmen blong hem'

Advaes blong fidim bebi

Pikinini i stat kakae sopsop kakae taem hemi gat 6 manis.

Taem pikinini i stap gro, hamas hemi kakae mo amaon blong kakae i nid blong go antap. Stat wetem ol kakae we i sopsop gud.

Yia	Sopsop o strong kakae	Hamas taem	Amaon
0-6 manis	Titi blong mama nomo	Givim Givim titi blong mama evri taem bebi i wantem kakae.	
6 manis	Sopsop. Oli graonem gud.	2 mil long wan dei. Gohed blong givim titi blong mama.	2-3 tebol spun
7-8 manis	Oli graonem.	2-3 mil long wan dei. Gohed blong givim titi blong mama. 1-2 laet mil sapos pikini- ni i hangre betwin ol mil mo ol aem blong titi.	Haf blong wan sel blong kokonas long wan mil.
9-11 manis	Oli katem smol-smol o graonem gud blong bebi i save pikimap.	3-4 mil long wan dei. Gohed blong givim titi blong mama. 1-2 laet mil sapos pikini- ni i hangre betwin ol mil mo ol taem blong titi.	Haf blong wan sel blong kokonas longwan mil.
12-24 manis	Oli katem smol-smol. Graonem gud sapos i nid.	3-4 mil long wan dei. Gohed blong givim titi blong mama. 1-2 laet mil sapos pikini- ni i hangre betwin ol mil mo ol taem blong titi.	Haf blong wan sel blong kokonas longwan mil.

0-6 manis: han blong mama/papa mo bebi I mas klin-wasem wetem sop

6 manis: wasem/klinim ol plei-plei blong bebi wetem sop

7-8 manis: boelem wota mo kipim kakai blong bebi I sef long ol jems

9-11 manis: lukaotem kud bebi blong no kakai eni toti olsem tast o sitsit

Kakae we oli g raonem i no mas wota tumas. i no sut foldaon long spun. Yumi mekem sua se yumi g raonem gud ol mit, ol nat mo ol sid.

Helti kakae

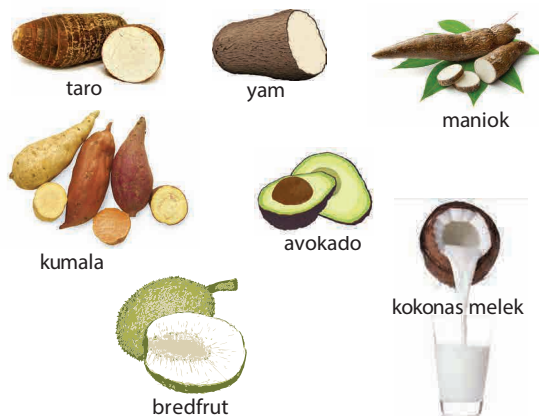
Kakae we yu givim long pikinini blong yu i mas helti mo i mas gat ol nutrisen we hemi nidim. Evri dei yu givim sam kakae long **trifala grup ia** long pikinini blong yu:

Grin lif, yelo mo oranj kakae blong protektem olgeta long sik.

Ol mit, pis, nat mo sid blong helpem olgeta i gro.



Aelan kakae blong oli strong.



kakae we i no gud:



Vitamin A

Ol pikinini we oli gat **6 manis o ova**, oli nid blong karem **vitamin A** long ol kakae o saplimen.

Sapos pikinini i faenem i had blong lukluk long stat blong tudak mo long naet, ating pikinini i nidim mo vitamin A.



Taem ol pikinini oli no gat inaf vitamin A, oli gat risk blong oli no save lukluk.



Yumi rekomendem se ol pikinini we oli gat **6 manis kasem 5 yia** oli tekem saplimen tablet blong Vitamin A wan taem o tu taem long wan yia.

Manis o Yia	Dos blong Vitamin A	Wetaem ?
6-11 manis	100.000 IU	Eni taem, taem yu visitim wan helt klinik o helt woka.
12-59 manis	200.000 IU	Taem pikinini i tekem stik meresin blong misel o long taem blong ol visit blong pikinini.

*No givim wan dos stret afta long fes dos blong saplimen blong vitamin A — minimem taem bitwin ol dos hemi 6 manis (taem ia i save kam daon nomo sapos i gat klinikal VAD).

Tablet blong wom

Yumi rekomendem se ol pikinini we oli gat ova 12 manis oli tekem tablet blong wom wan o tu taem long wan yia blong faetem ol helt-mo nu trisenel impak blong soil-transmitted helminthes (o wom)
Meresin we oli rekomendem (Albendazole 400 mg mo Mebendazole 500 mg) oli wok gud, oli jip mo hemi isi blong pikinini tekem.

blong faetem ol wom :



C. Stik meresin blong pikinini

Skediul blong Stik Meresin



Impoten poen :

Stik meresin hemi mas tekem ples kwik taem. Everi pikinini i nidim wan grup blong stik meresin long taem **blong fes yia blong laef** blong hem. Stik meresin i protektem pikinini long fulap **denjeres sik**. Wan pikinini we i no kasem ol stik meresin blong hem i save kasem ol sik, i save kam andikap long ful laef blong hem o i no save kakae gud mo ded.

Hemi **sef** blong givim stik meresin long wan pikinini we i gat smol sik, hemi andikap o i no kakae gud.

Yumi mas iusum wan **niu nidil** mo sirinj long wanwan man we i kasem wan stik meresin mo ol man/woman oli sut insist long hemia.

Stik meresin mo ol stret sik

Stik meresin blong BCG

Sik : Tuberculosis

Tuberculosis (TB) i afektem ol lang, be i save afektem tu ol pat blong bodi, inkludim ol bon, ol joen, mo brein.

Stik meresin blong Hepatitis B (Hep B)

Sik : Hepatitis B

Hepatitis B hemi wan siries sik we wan vaeres we i atakem liva. Vaeres ia we nem blong hem hemi hepatitis B (HBV), i save kosem wan infeksi long laef taem, kansa long liva, liva i stop blong wok, mo ded.



Stik meresin blong Penta - 1, 2, 3

Sik : Hepatitis B, Haemophilus Influenzae type B (HiB), Difteria, Pertusis, mo Tetanos

Hepatitis B olsem wanem we i stap antap.

Plante series sik i kosem Haemophilus influenza type B (HiB), menli pneumonia mo meningitis mo ded blong ol yang pikinini. Long yia 2000, klosap 2 o 3 milion man oli kasem ol series siknes menli pneumonia mo meningitis we H.influenzae type b (Hib) i kosem mo 450 000 ded oli ol yang pikinini.

Difteria i kosem infeksi long trot mo samtaem infeksi blong ol tonselwe i save kosem ded.

Pertussis o whooping cough, hemi wan sik blong system blong pulum win. Wan bebet we i stap long maot, nos, mo trot nao i kosem sik ia. Fulap pikinini we i kasem pertussis oli gat ol-longlongfala kof we i save goged long 4 kasem 8 wik. Sik ia hemi wan sik we i denjeres mo long ol pikinini. Lo 2000 oli estimetem 39 million kes & 297.000 ded oli tekem ples long wold we Pertusis i kosem.



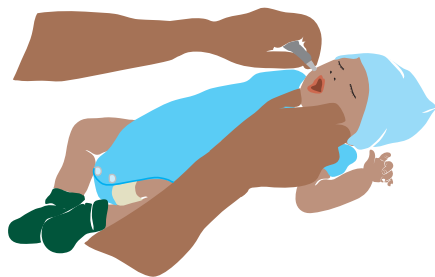
Tetanos i kam tru taem wan so i ekspos long ol bebet blong hem we oli stap fulap taem long graon. Bebet i infektem bodi tru long ol so we i toti o tru long umbilicus taem oli iusum ol tul we oli no sterelaesem taem bebi i jaes bon. Evri man i save kasem tetanus. Be sik ia i afektem bigwan ol niubon bebi. Yumi kolem neonatal tetanos. Fulap pikinini we i kasem sik ia oli ded. Neonatal tetanos i stap plante nao long ol rurol eria from fulap pikinini i bon long haos mo yumi iusum ol tul we yumi no sterelaesem. Long yia 2000, WHO i estimetem se tetanus long taem we pikinini i bon i kilim klosap 200 000 bebi.

Stik meresin blong Oral Polio (OPV) - 1, 2, 3 IPV 1

Sik : Poliomyelitis

Poliomyelitis, o polio nomo, hemi wan i save kripolem wan pikinini. Tri-fala vaeres i kosem sik ia: poliovirus taep 1, 2 or 3.

Stat long taem blong lonjing blong wan globol tingting blong aotem polio, namba blong ol kes blong polio we oli ripotem i ridius long 350 000 long 1998 i go down long 483 wetem wael vaeres blong polio long 2001.

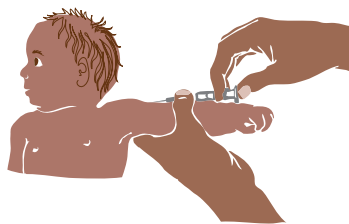


Stik meresin blong Misel mo Rubela - 1 taem bebi i kasem 1 yia

Sik: Misel mo Rubela

Misel hemi wan sik we i save pas long wan man i go long narafala man. Wan vaeres i kosem sik ia ol saen blong hem hemi plante fiva mo sikras long bodi. Misel i kilim mo pikinini bitim ol narafala sik we oli gat wan stik meresin.

Misel hemi save kam wan epidemi from hemi save spred kwik taem mo i save mekem se plante pkinini we oli no kakae gud oli ded.



Rubela hem i wan nomol sik blong pikinini be sik ia i save kosem siries problem taem mama i gat bel - olsem sora blong bebi i no wok gud o bebi i handikap.

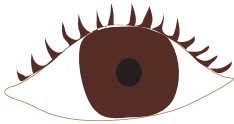
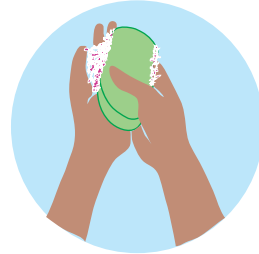
D . Haejin

Impoten Poen.



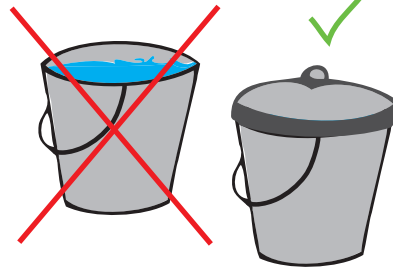
Evri **sitsit** i mas go long hol blong **toilet** o **insaed** long **graon**.

Evri memba blong famili inkludim ol pikinini oli nid blong **wasem gud han wetem sop mo wota o asis blong faea** we oli go long toilet o tajem **sitsit**, bifo oli tajem kakae o fidim pikinini.



Taem yumi wasem fes wetem sop mo wota evri dei hemi save help blong **blokem infksen blong ae**.

lusum wota **we i sef** mo i kam long wan klin ples mo tu wota ia I mas boel bifo bebi i yusum. Yumi nid blong **Kavremap ol wota kontena** blong kipim wota i klin.



Ol **toti blong haos** i mas go long **stret ples** blong blokem ol sik.

Pua haejin praktis i save kosem sitsit wota kwiktaem, be bae afta samtaem hemi save kosem infksen mo distebem stomach (beli) blong bebi blong kasem kud ol kud fala kakai . Fasin ia i afektem nomol gro blong bebi wetaot eni saen blong sitsit wota.

Wasem han

Hemi impoten tumas blong wasem han **afta long toilet** mo afta yu klinim as blong wan pikinini we i jes sitsit. Hemi impotan tul blong wasem han **afta we yumi tajem ol animol o kakae** we i ro.

Yumi mas wasem han **evri taem** we yumi wantem preperem, sevem kakae mo bifo yumi fidim ol pikinini.

Yumi mas **tijim ol pikinini** blong wasem tugeta han blong olgeta mo bifo oli kakae blong help blong protektem olgeta long sik.



1



2



3



4



5



protektem olketa long sik mo helpem ol bebi blong kro mo kasem ful fisikel mo mentel level blong ol.

Kipim pikinini i helti

Watjem gud hao pikinini blong yu i gro (wan taem long wan ma- nis), kasem pikinini hem i 5 Yia. Luk long **Tjat blong gro** (page 10, 11) . Mama/papa usum tjat blong gro blong folem mo save sapos bebi i stap develop kud (page 54-59).

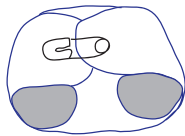


Visitim wan helt woka blong kasem stik meresin olsem we i stap long plan. Luk **Skediul blong stik meresin** (page 26)



Weta we i wetwet mo i hot i kosem swet mo **SIKRAS**. Hao blong blokem swet mo sikras :

Kipim as blong pikinini i klin **jenjem napkin** evri taem i wetwet.



Mekem pikinini i **dresap** i tik olsem ol bigbig- fala man.



Wasem pikinini evri dei wetem **sop**, rins mo draem gud.



Wasem hea blong pikinini 2 o 3 taem long wan wik.



E. Sitsit wota o daeria

Impoten poen

Sitsit wota i kilim ol pikinini kwik taem from
oli lusum plante wota long bodi.

Wan pikinini i stap long **denja** taem hemi
sitsit plante taem insaed long wan haoa o
sapos i gat blad long sitsit blong hem.

Yumi mas **askem help kwik taem** long wan
helt woka we hemi trein.



Givim titi blong mama blong hemi daonem sik.

Wan pikinini we i kasem sitsit wota i nid blong **gohed blong kakae**
evri taem. Taem pikinini i harem gud, hemi nid blong kakae wan
ekstra mil evri dei long 2 wik.

Sapos pikinini i lusum plante wota mo sik i gohed, yu mas faenem
help kwik taem long helt woka.

Blong blokem sitsit wota, ol sitsit oli mas go long bus toilet, toilet o
yum, i mas **berem** olgeta.

Praktis blong **wasem** hemi protektem yumi long sitsit wota.

Ol drink we yumi rekomendem ol pikinini we i kasem
sitsit wota :

BIFO 6 manis : Titi blong ol mama oli sud givim titi bitim evri taem + ORS

AFTA 6 manis :

Ol **sup.**

Wota blong raes.

Fres jus blong frut.

Wota we yu boelem mo letem hem i kam kolkol smol.

Wota blong kokonas.

Wota we i klin o i kam long wan ples we i sef. Sapos wota i no klin,
boelem mo filterem blong klinim.

"Oral rehydration salts" (ORS) olsem we yumi eksplenem i stap down.



Oral Rehydration Salts (ORS)

Wanem hemi ORS ?

ORS (Oral Rehydration Salts) hemi wan spesel kombinesen blong sol we taem yumi mixim gud wetem sef wota, i save helpem bodi i karem bak ol wota we hemi lusum long taem blong sitsit wota.

Yumi save karem ORS wea ?

Long Vanuatu, yumi save karem ORS long ol helt fasiliti inkludim ol Aid Post.

Blong mekem ORS drink:

Putum konten blong paket blong ORS long wan klin kontena. Jekem daereksen mo adem stret amaon blong klin wota. Sapos yumi no adem inaf wota, sitsit wota i save kam bigwan.

Adem wota nomo. **No adem ORS long melek, sup, frut jus o wan narafala jus. No putum suga.**

Tanem gud afta fidim pikinini long wan klin kap **No iusum botel.**

Yumi givim hamas ORS?

Enkarejen pikinini blong drink plante. Wan pikinini we i gat 0-1 yia, i nidim 500 ml evri dei. Wan pikinini we i gat 1 yia o mo i nidim 1l evri dei. Givim kap blong ORS afta evri taem we pikinini i sitsit.

Hao blong mekem ORS long haos ?

Blong 1 kap
klin wota
200-250 ml :



Adem smol sol
(haf ti spun)



+

2 ti spun suga

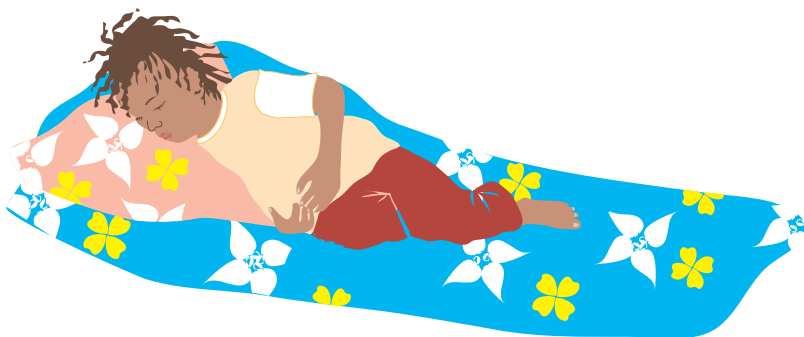


Mixim gud



Taem yu mixim ORS blong paket o blong haos, givim long sem dei. Yu no save kipim blong nekis dei !

Denjeres Saen



Ol peren oli mas **faenem help kwik taem** long
wan trein helt woka sapos pikinini i :

**Sitsit wota plante taem long wan o tu haoa Sitsit
blad
Traot evri taem
Gat fiva
Tosta gud
No wantem drink**

Sitsit wota i sud
stop long 3 o 4 dei



**Sapos hemi no stop
afta wan wik, faenem
help long wan trein
helt woka.**

Gro blong bebi akensem nomol gro tjat (peij 54-59) bae hemi save shoem
ol ifekt o risal blong ol denja saen.

F. Kof, Kol mo moa series siknes

Kof mo Kol

Impoten poen : Yumi sut kipim wan pikinini we i kof mo i kasem kol i **wom** mo enkarejem hem blong kakae mo drink evri taem. Sam-taem, kof mo kol tufala i soem saem blong wan series problem. Wan pikinini we i pulum win kwik kwik tumas o i gat prolem blong pulum win i maet gat **pneumonia**, wan infeksien blong ol lang. Hemia hemi wan bigfala risk long pikinini mo hemi nid blong go long wan helt fasiliti kwik taem. Ol famili oli save help blong bloken pneumonia. Oli mas mekem sua se ol bebi oli mas **titi long mama long 6 manis** a a we oli bon mo ol pikinini oli kakae gud mo kasem evri stik meresin blong olgeta.

Wan pikinini we i kof nogud i nidim medikol atensen kwik taem. Hemi save gat **tuberculosis**, wan infeksien long ol lang.

Ol pikinini mo ol mama we oli gat bel oli stap long risk taem oli ekspos long **smok blong tobako o smok blong faea.**



Tritmen blong kof mo kol long haos :

1. Kipim pikinini i wom.
2. Gohed blong givim titi.
3. Enkarejem pikinini blong kakae mo drink.
4. Kipim pikinini i stap longwei long smok blong faea. (Sigaret, faea, dast mo smok blong trak).

Taem yumi luksave ol saen blong
pneu- monia hemi save sevem laef
blong wan man → **Tekem hem i**
go long wan helt fasiliti kwik taem.

- Pikinini i pulum win kwik kwik tumas.
- Problem blong pulum win.
- No wantem titi .



Fiva

Hao blong tritim fiva long haos :

1. Tekemaot ol klos, tekemaot blanket.
2. Aplaem wom towel long hed mo bodi.
3. Givim wan medesin blong daonem fiva:
Paracetamol saposfiva i hae
4. Gohed blong givim titi evri taem
5. Fidim pikinini wetem mo drink : boel wota, wota blong yang kokonas.



Malaria / Dengue

Impoten poen :

Malaria mo Dengue oli pas tru long moskito.

Gudfala wei blong blokem ol baet blong moskito hemi blong silip andanit long wan **moskito net** we oli tritim.

Ol pikinini

we oli kasem malaria o Dengue oli mas go long wan helt fasiliti blong kasem tritmen kwik taem.

Mein saen blong Malaria mo Dengue hemi fiva.

Wetem fiva, ol pikinini i save traot, hed i raon, oli seksek mo oli pulum win hariap tumas.



Mo series siknes

Sapos pikinini blong yu i stap eksperiensem ol woning

saen ia, **oli sut go long wan helt fasiliti kwik taem:**

Pikinini i no wantem drink mo kakae.

Pikinini i no filim se hemi wantem kakae.

Ol han mo leg oli yelo.

Pikinini i wantem stap silip o hemi wik.

Pikinini i seksek.

I gat blad long sitsit o hemi sitsit wota evritaem.

I gat hae fiva

Pikinini i gat kolkol han mo leg taem hemi fiva.



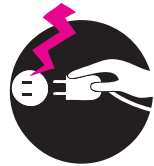
G. Privensen blong injuri

Impoten poen:

Yumi save preventem ol injuri sapos ol paren, yumi we yumi lu kaotem ol yang pikinini yumi watjem gud mo kipim enveronmen blong olgeta i **sef**.

Kipim ol pikinini i stap **longwe** long ol samting ia:

Ol objek we oli denjeres: faea, stov blong kuk, matjis mo ol elektrik stov, lamp, mases mo ol elektrikol aplaes!



Ol smol objek we pikinini i ting se hemi kaka.



Ol objek we oli sap: ol naef, ol sisis, ol objek we oli sap mo ol glas we oli brokbrok.



Ol posen, meresin, blij, asid mo ol fuel we oli likuid.

Neva

 lego pikinini hem wan :

Insaed o klosap long wota from ol pikinini oli save draon long 2 minit mo long smol wota nomo.



Klosap long rod.



Sapos i posibol, werem slipa o sus taem hemi go aot-saed.



H. Developmen mo eli Lening blong pikinini

Impoten poen:

Kea mo atensen we pikinini i karem long fes 8 yia blong laef blong hem, espesely long trifala fes yia, i impoten tumas mo i **benefitim hem long laef blong hem.**

Oi bebi oli lan kwik taem stat long taem we oli bon. Oli gro mo oli lan kwik, taem oli risivim afeksen, atensen mo stimulesen antap long long gudfala kakae mo stret helt



Taem yumi **enkarejem ol pikinini blong pleiplei** mo faenemaot ol niu samting, i helpem olgeta blong lan mo develop long saed blong sosel, imosenol, sikol mo long tingting.

Pikinini i lan blong bihev taem hemi **imitetem** fasin blong olgeta we oli klosap long hem.

Evri peren mo olgeta we oli lukao- tem ol pikinini oli sut save ol **woning saen** we i soem se pikinini i no gro gud.



3-12 manis

Yia	Wan bebi i save	Tikim (Det)	Kea blong ol tut
Long 3 manis 	Leftemap hed blong hem i stret taem hemi silip long bel blong hem. Smael i kambak long yu taem yu toktok mo smael long hem. Movum hed blong hem long lef mo raet. Toktok long sem taem o i iusum lanwis blong ol piki- nini.		Nogat tut. Jekem maot blong bebi, waepem tang mo gam blong hem wetem wan klos we i wetwet smol nomo.
Long 6 manis 	Imitetem ol saon. Rijim o kasem eni samting we i stap klosap long hem. Rol ova hem wan. Tanem hed blong hem folem wan nois. Holem wan pleiplei.		2-4 tut Waepem tang mo gam blong olgeta evri dei wetem wan klos we i wetwet smol nomo

Yia

Wan bebi i save Tikim
(Det)

Kea blong
ol tut

Long
9 manis



Sitaon hem wan.

Talem ma.ma. ma, da.
da. da

Enjoem pleiplei hem
wan mo klapem han.

Kakae kek/biskit long
han blong hem.

Lukaotem pleiplei we
hemi dropem.

Statem blong
brasem tut blong
pikinini blong yu
wetem wan smol tut
bras we i sopsop.

Long
12
manis



Imitetem ol simpol
toktok olsem papa,
mama.

Fraet long wan man
hemi no save.

Stanap mo wokbaot
taem hemi holem wan
samting.

Poentem wanem we
hemi wantem be hemi
no krae from.

Holem wan smol objek
we- tem 2 finga.

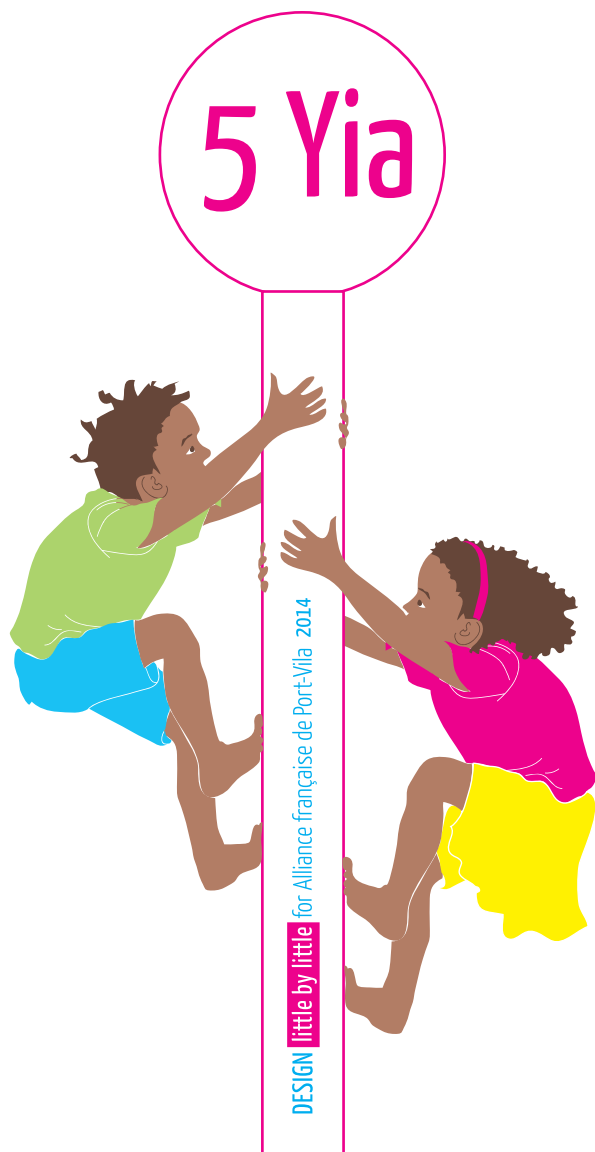
6-8 tut

Wan helt woka i
mas jekem ol tut ia
taem pikinini i gat
1 yia.

2-5 yia Enkarejem pleplei mo lening.

Yia	Pikinini i save	Tikim (Det)	Kea blong ol tut
Long 2 yia 	Poentem mo taleamaot nem blong ol pat blong bodi. Go antap long step mo ran. Imitetem ol wok blong haos olsem swipim o, mop. Raetem samting long pepa. Lanem blong kakae hem wan.		Brasem tut blong pikinini blong yu wetem wan smol tut bras we i sopsop.
Long 3 yia 	Stanap long wan leg be hemi no holem eni samting Yusum ol toktok we yumi save kasem. Luksave 2-4 kala. Kakae hem wan. Talem nem, yia mo ples we hemi stap long hem.		20 tut Tijim pikinini blong yu blong brasem tut blong hem. Smol amaon blong "fluoride tooth-paste".

Yia	Wan bebi i save	Tikim (Det)	Kea blong ol tut
Long 5 yia	Jam i go antap i go daon. Dro wan man wetem 3 pat (hed, bodi, han/leg). Talem ekspiriens blong hem. Pleiplei tugeta wetem ol nara- fala pikinini. Ansarem ol simpol kwest- en. Wasem mo draem ol han blong hem. Werem ol klos blong hem hem wan. Talemaot nem blong ol fren blong hem. Kaontem ol finga.		Rimemba ! Yu save tekem piki nini blong yu i go long wan helt woka blong i jekem ol tut blong pikinini blong yu enitaem.



Papa/mama oltaem yu mas jekem haet mo weit blong ol boe mo kel long gro tjat bong jekem se ol pikinini ol stap gro gud.
Taem gro blong pikinini hemi loa long 2 –SD (red laen) –hem ia shoem wan risk se bambae oli no rijim ful fisikel mo mental kapasiti blong ol.

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

DEIT	YIA	WEIT (kg)	HAIT (cm)	MUAC (cm)	

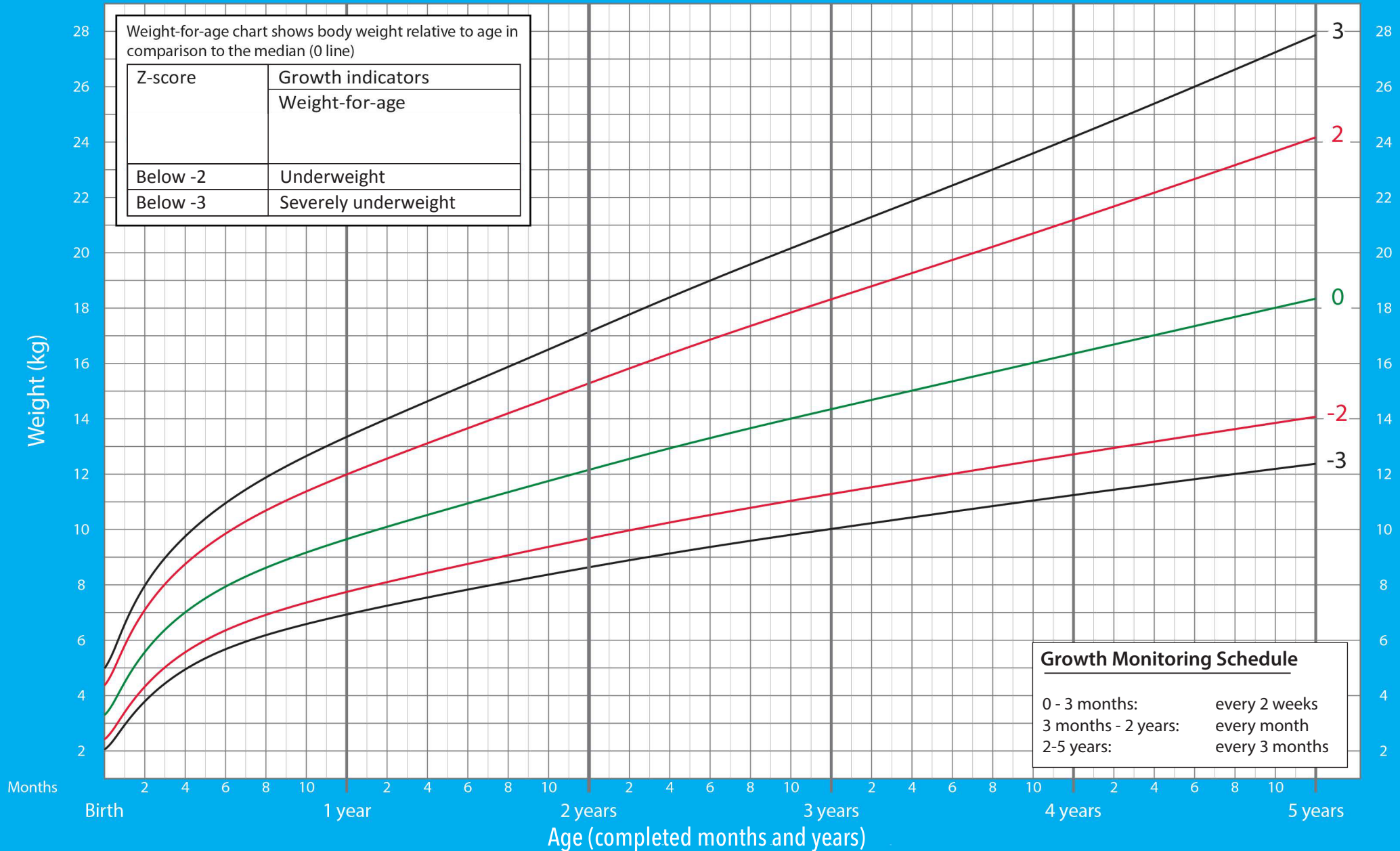
Tjat blong gro

Weit (kg) mo ejj blong OL BOE



Weight-for-age BOYS

Birth to 5 years (z-scores)



Tjat blong gro

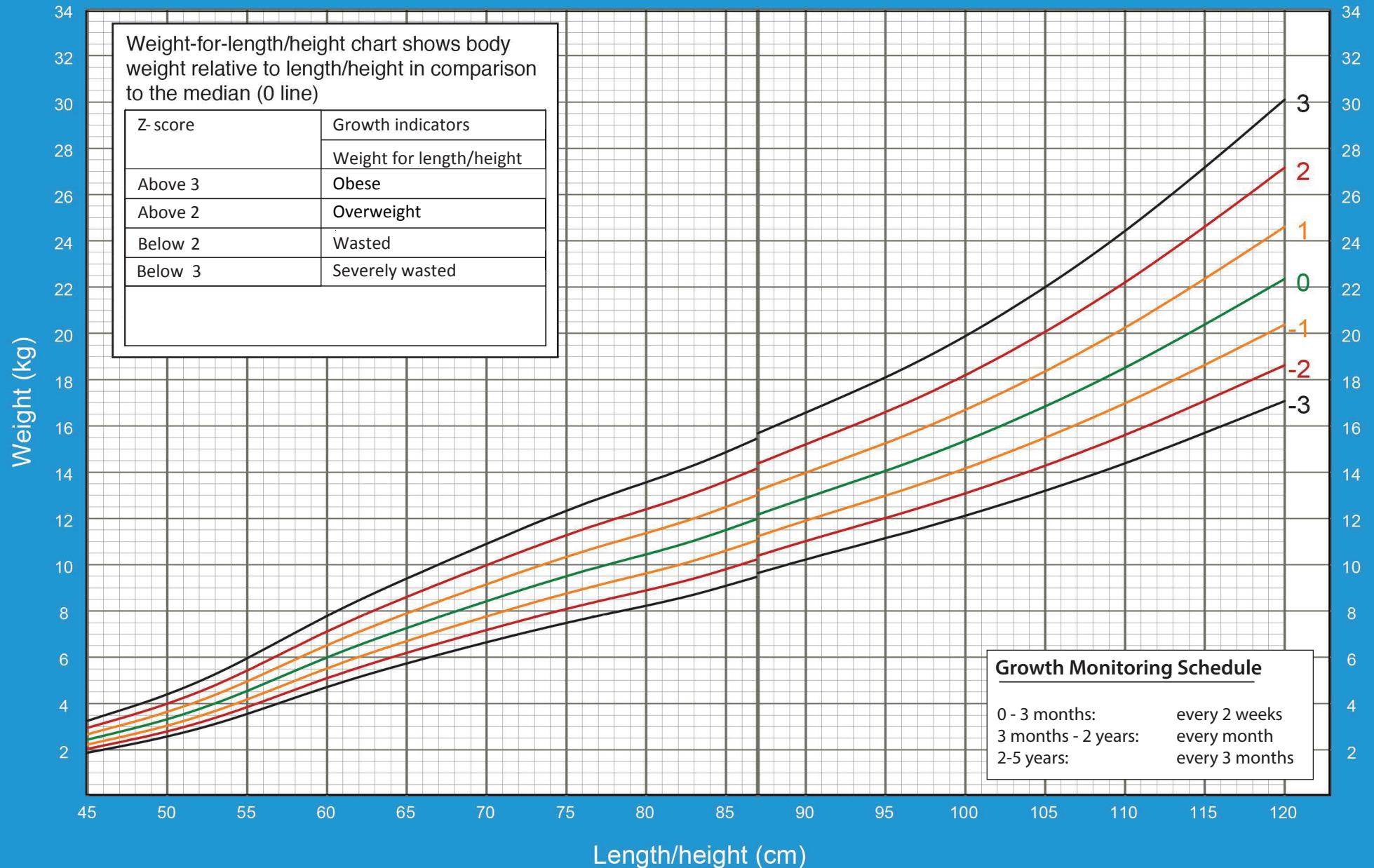
Weit (kg) mo Longfala/haet (cm) blong OL BOE



World Health
Organization

Weight-for-length/height BOYS

Birth to 5 years (z-scores)



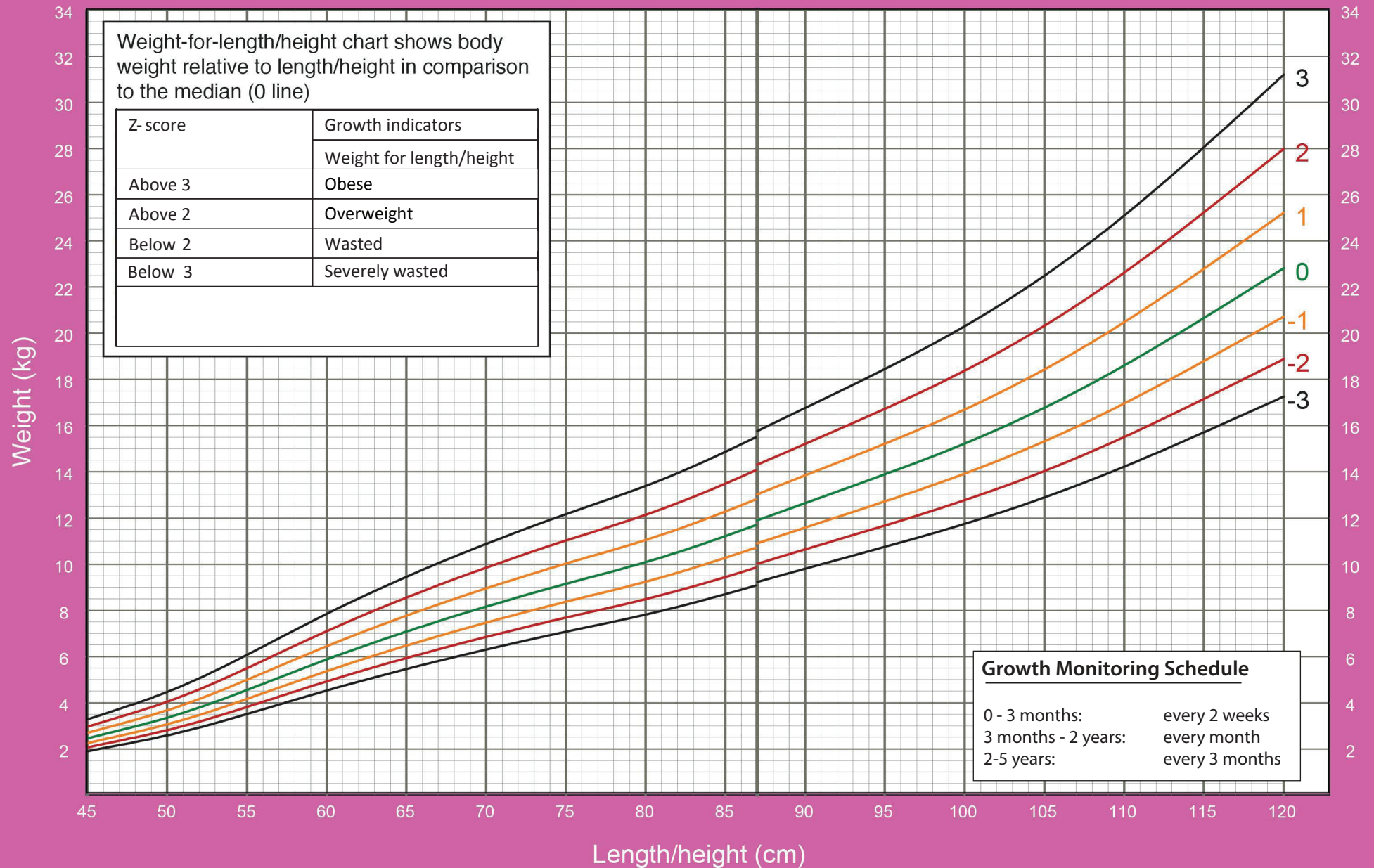
Tjat blong gro

Weit (kg) mo Longfala/haet (cm) blong OL GEL



Weight-for-length/height GIRLS

Birth to 5 years (z-scores)

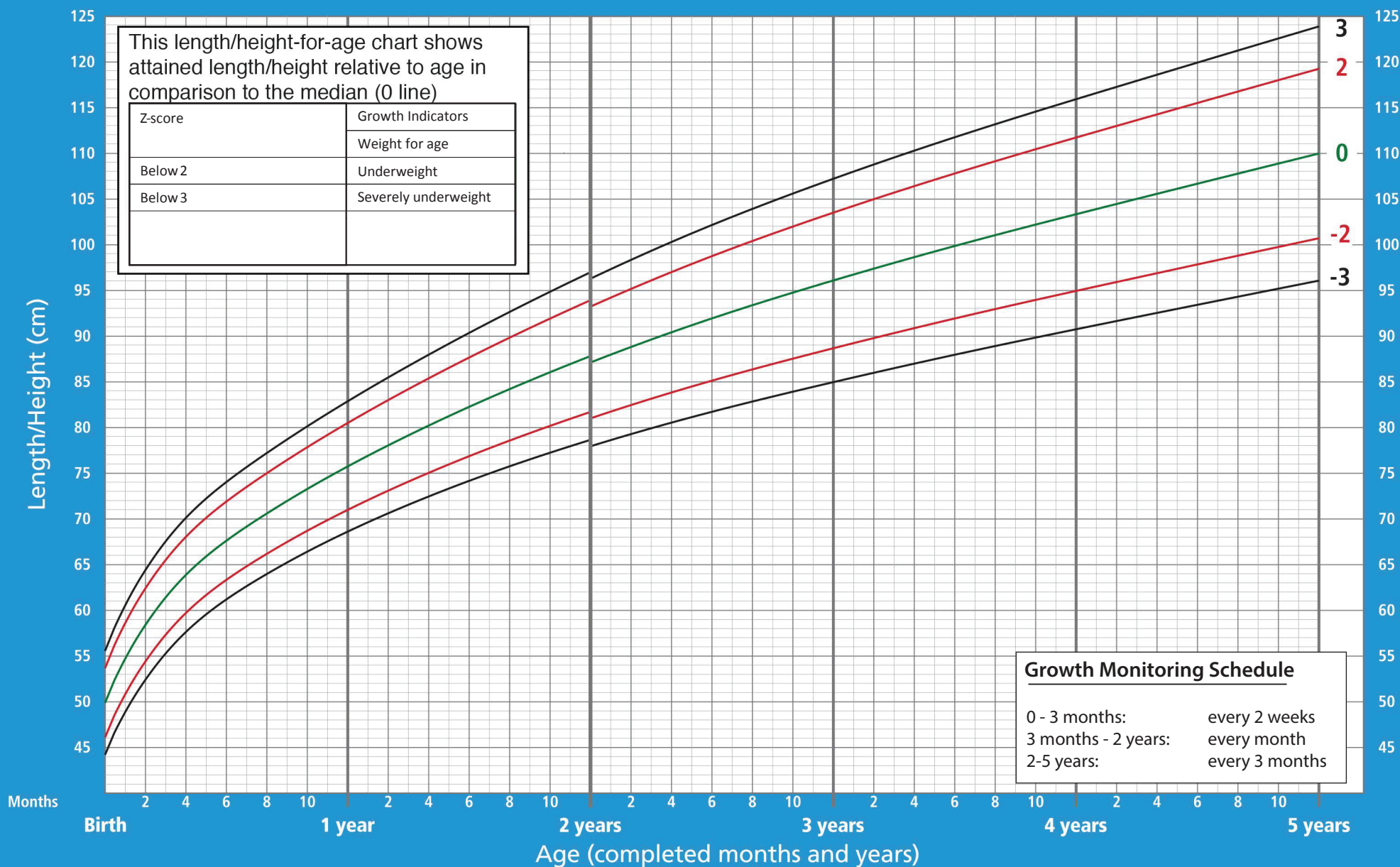




Tjat blong gro Longfala/haet (cm) mo ej blong OL BOE

Length/height-for-age BOYS

Birth to 5 years (z-scores)



Length/height-for-age GIRLS

This length/height-for-age chart shows attained length/height relative to age in comparison to the median (0 line)

Z-score	Growth Indicators
	Weight for age
Below 2	Underweight
Below 3	Severely underweight

Growth Monitoring Schedule

- 0 - 3 months: every 2 weeks
- 3 months - 2 years: every month
- 2-5 years: every 3 months

The chart displays growth curves for Z-scores of 3, 2, 0 (median), -2, and -3. The x-axis represents age in months and years, and the y-axis represents length/height in centimeters.

(c) Ministri blong Helt, Vanuatu - EPI Unit - Novemba 2014