

**IMPORTANT: Always bring this booklet when you visit any health clinic, doctor or hospital**

# ROAD TO HEALTH GIRLS

**Child's first name and surname:**

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**Date of Birth:**

DD/MM/YYYY

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This booklet must be issued at birth by the health services concerned.

If birth takes place at home, the first opportunity after delivery should be used to issue the booklet.

The booklet must be issued **FREE OF CHARGE**, irrespective of delivery taking place at a public or private health facility.



**health**

Department:  
Health  
REPUBLIC OF SOUTH AFRICA

## WELL CHILD VISITS – RECORDING SHEET FOR CHILDREN

Record the following information for each visit on the spaces that are not shaded. Refer to the page numbers given in this booklet and complete the relevant section.		Remember to check the following. Tick if done, and record details on the relevant page					Date of next visit			
Age	Date	Growth (IMCI) (page 14)	PMTCT/ HIV status (IMCI) (page 7&8)	TB status (IMCI)	Feeding (EBF/EFF/ mixed feeding for first 6 months)	Immunisations (page 6)	Vitamin A (page 9)	Deworming (page 9)	Development (page 13)	Oral Health (page 20)
3-6 days										
6 wks										
10 wks										
14 wks										
4 mths										
5 mths										
6 mths										
7 mths										
8 mths										
9 mths										
10 mths										

Age	Date	Growth (IMCI) (page 14)	PMTCT/ HIV status (IMCI) (page 7&8)	TB status (IMCI)	Feeding (EBF/IEFF/ mixed feeding for first 6 months)	Immunisations (page 6)	Vitamin A (page 9)	Deworming (page 9)	Development (page 13)	Oral Health (page 20)	Date of next visit
11mths											
12 mths											
14 mths											
16 mths											
18 mths											
20 mths											
22 mths											
24 mths											
30 mths											
36 mths											
42 mths											
48 mths											
54 mths											
60 mths											
72 mths											
12 yrs											



IMMUNISATIONS																							
Name and surname:			ID number:																				
			<table border="1"> <tr> <td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table>																				
Age group	Batch no.	Vaccine	Site	Date given dd/mm/yy	Signature																		
Birth		BCG	Right arm																				
		OPV0	Oral																				
6 weeks		OPV1	Oral																				
		RV1	Oral																				
		DTaP-IPV-Hib1	Left thigh																				
		Hep B1	Right thigh																				
		PCV 1	Right thigh																				
10 weeks		DTaP-IPV-Hib2	Left thigh																				
		Hep B2	Right thigh																				
14 weeks		DTaP-IPV-Hib3	Left thigh																				
		Hep B3	Right thigh																				
		PCV2	Right thigh																				
		RV2	Oral																				
9 months		Measles1	Left thigh																				
		PCV3	Right thigh																				
18 months		DTaP-IPV-Hib4	Left arm																				
		Measles2	Right arm																				
6 years		Td	Left arm																				
12 years		Td	Left arm																				

<u>HEAD CIRCUMFERENCE AT 14 WEEKS AND AT 12 MONTHS</u>	
<b>14 Weeks:</b> _____ (Range: 37 - 42 cm)	<b>12 Months:</b> _____ (Range: 42 - 47.5)
REFER if head circumference is outside range	

NEONATAL INFORMATION			
Birth weight:	Birth length:	Head circumference at birth:	
Gestational age (weeks)	Rh factor	Mother's RPR	
Antenatal (Maternal history):		Intrapartum (including mode of delivery)	
<b>APGAR</b>	1 min	5 min	
Neonatal problems: (identify high risk problems):			
Neonatal Feeding: <input type="checkbox"/> Exclusive breast <input type="checkbox"/> Exclusive formula			
Special care plan / input required (e.g. Kangaroo Mother Care)			
Specify:			
Post-discharge plan (if baby was admitted in a neonatal ward/premature):			

### PMTCT/HIV INFORMATION

Child's first name and surname:

Child's ID Number:

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Signature of consent: \_\_\_\_\_

Date:

#### Fill in this section on discharge from Midwife Obstetric Unit (MOU) or obstetric ward or at first subsequent visit if not yet done

Mother's latest HIV test result       Positive       Negative       To be done

When did mother have the test?     Before pregnancy     During pregnancy     At delivery

Is the mother on life-long ART?       Yes       No

If yes, duration of life-long ART at time of delivery     < 4 weeks     > 4 weeks     Before pregnancy

Document ARVs the mother received:

Did the mother receive infant feeding counseling?     Yes     No

Decision about infant feeding     Exclusive breast     Exclusive formula

Document Nevirapine given:

#### All HIV exposed infants should receive Nevirapine for a minimum of 6 weeks

Has the mother disclosed to anyone in the household?       Yes       No

Has the mother's partner been tested?       Yes       No

#### Remember to offer testing for all the mother's other children if not yet done

**Offer a mother with unknown HIV status a rapid HIV test.**

**If mother's HIV rapid test is positive, perform an HIV DNA PCR test on infant if  $\geq 6/52$**

Fill in this section if infant is HIV exposed	
<b>6 week visit</b>	
What feeds has the infant received? <input type="checkbox"/> Exclusive breast <input type="checkbox"/> Exclusive formula <input type="checkbox"/> Mixed feeding	
HIV PCR test done? Date:	<input type="checkbox"/> Yes <input type="checkbox"/> No
Cotrimoxazole started?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Infant feeding discussed?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Affix NHLS tracking barcoded sticker here	
Has the child received Nevirapine? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes: <input type="checkbox"/> Stop now <input type="checkbox"/> Continue
<b>Stop Nevirapine if the mother is on life-long ART or the child has stopped breastfeeding. If not, continue until breastfeeding stops</b>	
<b>10 week visit, or earlier if ill</b>	
PCR result	<input type="checkbox"/> Positive <input type="checkbox"/> Negative
Post test counseling done?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Referred for ART? <input type="checkbox"/> Yes <input type="checkbox"/> No	Stop Nevirapine if PCR is positive
Cotrimoxazole given?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has child received Nevirapine? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes: <input type="checkbox"/> Stop now <input type="checkbox"/> Continue
Encourage a mother whose baby is HIV positive to continue breastfeeding	
<b>Retest HIV negative children 6 weeks after cessation of breastfeeding, or if clinical suspicion. An HIV exposed child should be retested with a rapid HIV Antibody test at 18 months</b>	
Repeat PCR test <input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:	HIV antibody test <input type="checkbox"/> Positive <input type="checkbox"/> Negative Date:
Post test counseling done?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Referred for ART <input type="checkbox"/> Yes <input type="checkbox"/> No	Stop Nevirapine if PCR is positive
Cotrimoxazole given?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Has child received Nevirapine? <input type="checkbox"/> Yes <input type="checkbox"/> No	If yes: <input type="checkbox"/> Stop now <input type="checkbox"/> Continue
Tick if there is additional information on HIV status in clinical notes <input type="checkbox"/>	



VITAMIN A SUPPLEMENTATION							
	At age	Date given dd/mm/yy	Signature	At age	Date given dd/mm/yy	Signature	
100 000 IU	6 mths	/ /					
200 000 IU every 6 months	12 mths	/ /		42 mths	/ /		
	18 mths	/ /		48 mths	/ /		
	24 mths	/ /		54 mths	/ /		
	30 mths	/ /		60 mths	/ /		
	36 mths	/ /					
ADDITIONAL DOSES:							
<p>For conditions such as measles, severe malnutrition, xerophthalmia and persistent diarrhoea. Omit if dose has been given in last month.            Measles and xerophthalmia: Give one dose daily for two consecutive days. Record the reason and dose given below.</p>							
Date	Dose given	Reason	Signature	Date	Dose given	Reason	Signature
DEWORMING TREATMENT (Mebendazole or Albendazole)							
Dose	At age	Date given dd/mm/yy	Signature	At age	Date given dd/mm/yy	Signature	
	12 mths	/ /		18 mths	/ /		
	24 mths	/ /		48 mths	/ /		
	30 mths	/ /		54 mths	/ /		
	36 mths	/ /		60 mths	/ /		
	42 mths	/ /					

## HEALTH PROMOTION MESSAGES

### Up to 6 months

#### Feeding:

- Breastfeed exclusively (give infant only breast milk and no other liquids or solids, not even water, with exception of drops or syrup consisting of vitamins, mineral supplements or medication);
- Breastfeed as often as the child wants, day and night;
- Feed at least 8 to 12 times in 24 hours;
- When away from the child leave expressed breast milk to feed with a cup;
- Avoid using bottles or artificial teats (dummies) as this may interfere with suckling, be difficult to clean and may carry germs that can make your baby sick.



#### **Why is exclusive breastfeeding important?**

- Other foods or fluids may damage a young baby's gut and make it easy for infections (including HIV) to get into the baby's body;
- Decreases the risk of diarrhoea;
- It decreases risk of respiratory infections;
- It decreases risk of allergies;

**If you have chosen to formula feed your baby, discuss safe preparation and use of formula with the health care worker**

Play: Provide ways for your child to see, hear, feel, and move.  
Have colorful things to see and reach

Communicate: Look into your child's eyes and smile at him or her  
Talk to your child and get a conversation going with sounds or gestures.



## HEALTH PROMOTION MESSAGES

6 - 12 months

**Feeding:*****For all children start complementary foods at 6 months***

- ◆ Continue breastfeeding;
- ◆ Always breastfeed first before giving complementary foods;
- ◆ Start giving 2—3 teaspoons of mashed dried beans and/or locally available animal foods daily to supplement the iron in the breastmilk. Examples include egg (yolk), minced meat, fish, chicken/chicken livers, mopani worms. Give soft porridge, vegetables and then fruit;
- ◆ Gradually increase the amount and frequency of feeds.
- ◆ Children between 6—8 months should have two meals a day. By 12 months this should have increased to 5 small meals per day, whilst frequent breastfeeding continues;
- ◆ Offer your baby safe, clean water regularly;
- ◆ If the baby is not breastfed, give formula or at least 2 cups of full cream cow's milk (cow's milk can be given from 9 months of age)

**Play:** Give your child clean household things to handle, bang and drop.**Communicate:**

Respond to your child's sounds and interests. Tell your child the names of things and people.

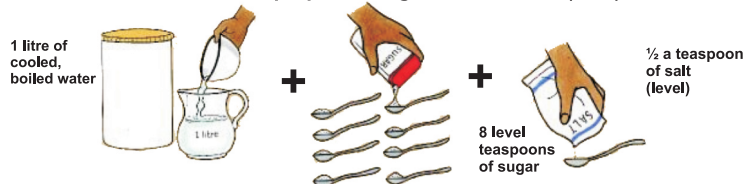
**Encourage feeding during illness**

Suggest an extra meal a day for a week after getting better

**Feeding recommendation for DIARRHOEA**

- ◆ Follow feeding recommendations for the child's age, but give small frequent meals (at least 6 times a day);
- ◆ Give a sugar-salt solution (SSS) in addition to feeds. Give SSS after each loose stool, using frequent small sips from a cup (half cup for children under 2 years and 1 cup for children 2—5 years). If the child vomits, wait for 10 minutes then continue, but more slowly

How to prepare a sugar-salt solution (SSS) at home



## HEALTH PROMOTION MESSAGES

### Feeding: 12 months up to 5 years

- If the child is breastfed, continue breastfeeding as often as the child wants until the child is 2 years and beyond;
- If not breastfeeding, give at least 2 cups of full cream milk, which could be maas, every day;
- Encourage children to eat a variety of foods;
- Feed your children five small meals a day;
- Make starchy foods the basis of a child's main meals;
- Children need plenty of vegetables and fruit every day;
- Children can eat chicken, fish, eggs, beans, soya or peanut butter every day;
- Give foods rich in iron and vitamins A and C;

**Iron-rich foods:** Liver, kidney, dark green leafy vegetables, egg yolk, dry beans, fortified cereal;

Remember that tea interferes with the absorption of iron. Iron is best absorbed in the presence of vitamin C;

**Vitamin A-rich foods:** Liver, dark green leafy vegetables, mango, paw paw, yellow sweet potato, full cream milk;

**Vitamin C-rich foods:** Citrus fruit (oranges, naartjies), guavas, tomatoes;

- If children have sweets, treats or drinks, offer small amounts with meals;
- Offer clean, safe water regularly;
- Encourage children to be active every day.



### Play and communicate: 12 months to 2 years

Play: Give your child things to stack up, and to put into containers and take out.



Communicate: Ask your child simple questions. Respond to your child's attempts to talk. Play games like "bye".






### Play and communicate: Above 2 years

Play: Help your child count, name, and compare things.

Make simple toys for your child.



Communicate: Encourage your child to talk and answer your child's questions. Teach your child stories, songs and games.

DEVELOPMENTAL SCREENING			
	VISION AND ADAPTIVE	HEARING AND COMMUNICATION	MOTOR DEVELOPMENT
ALWAYS ASK	Can your child see?	Can your child hear and communicate as other children?	Does your child do the same things as other children of the same age?
14 weeks	Baby follows close objects with eyes	Baby responds to sound by stopping sucking, blinking or turning	Child lifts head when held against shoulder 
6 months	Baby recognises familiar faces	Child turns head to look for sound	Child holds a toy in each hand 
9 months	Child's eyes focus on far objects  Eyes move well together (No squint)	Child turns when called	Child sits and plays without support 
18 months	Child looks at small things and pictures	Child points to 3 simple objects  Child uses at least 3 words other than names  Child understands simple commands	Child walks well   Child uses fingers to feed
3 years	Sees small shapes clearly at 6 metres	Child speaks in simple 3 word sentences	Child runs well and climbs on things
5-6 years: School readiness	No problem with vision, use a Snellen E chart to check	Speaks in full sentences and interact with children and adults	Hops on one foot   Able to draw a stick person
REFER	Refer the child to the next level of care if child has not achieved the developmental milestone. Refer motor problem to Occupational Therapist/Physiotherapist and hearing and speech problem to Speech therapist/Audiologist if you have the services at your facilities.		

# Girl's Weight-for-Age

**Write on the chart**

- Any illness e.g. diarrhoea, ARI, etc.
- Admission to hospital.
- Solids introduced.
- Breastfeeding stopped.
- Birth of next child, etc.

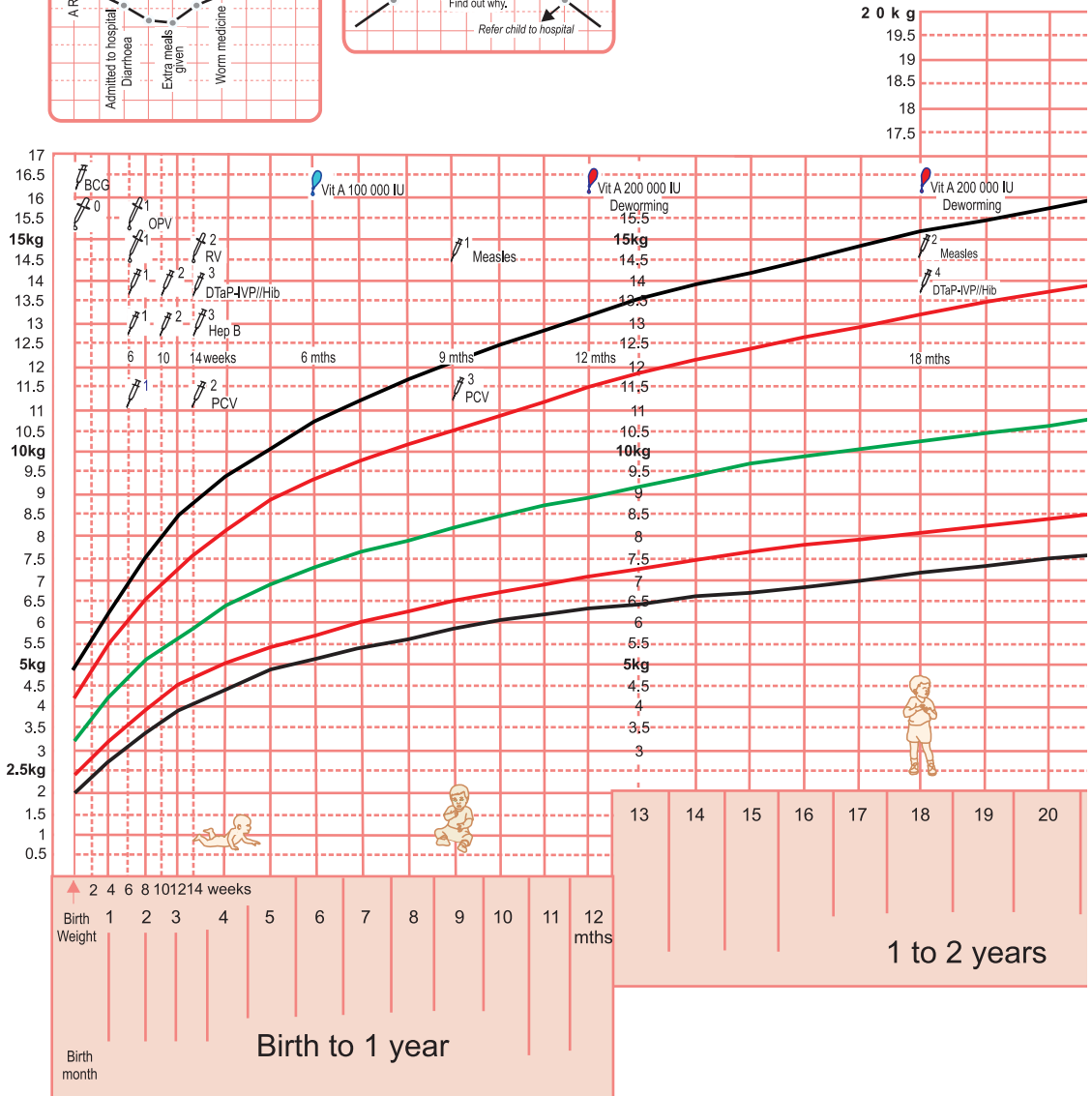
like this:

**Watch the direction of the curve showing the child's growth:**

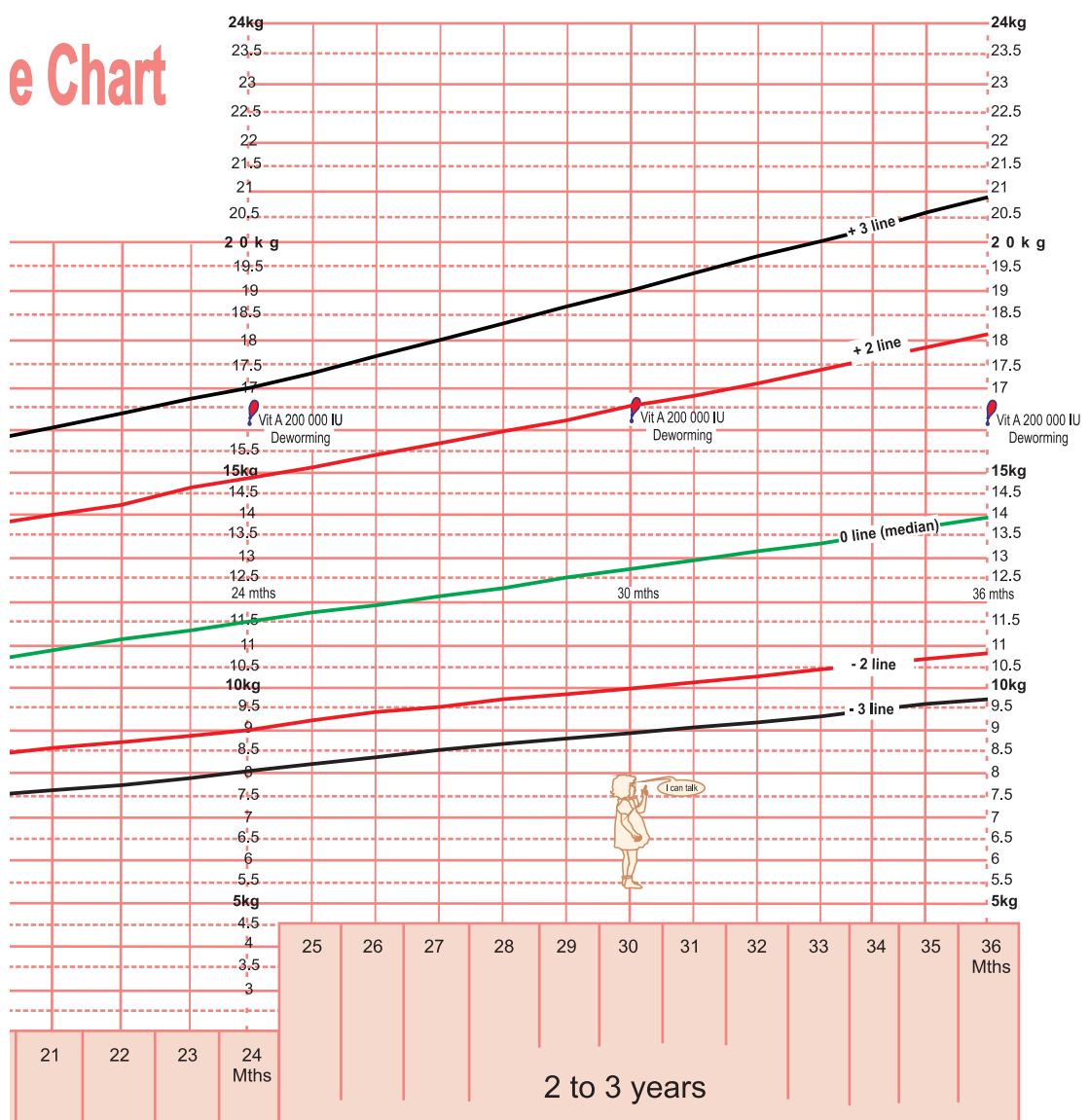
**GOOD**  
Means the child is growing well.

**VERY DANGEROUS**  
Child may be ill, needs extra care.

**DANGER SIGN**  
Not gaining weight. Find out why. Refer child to hospital



# e Chart



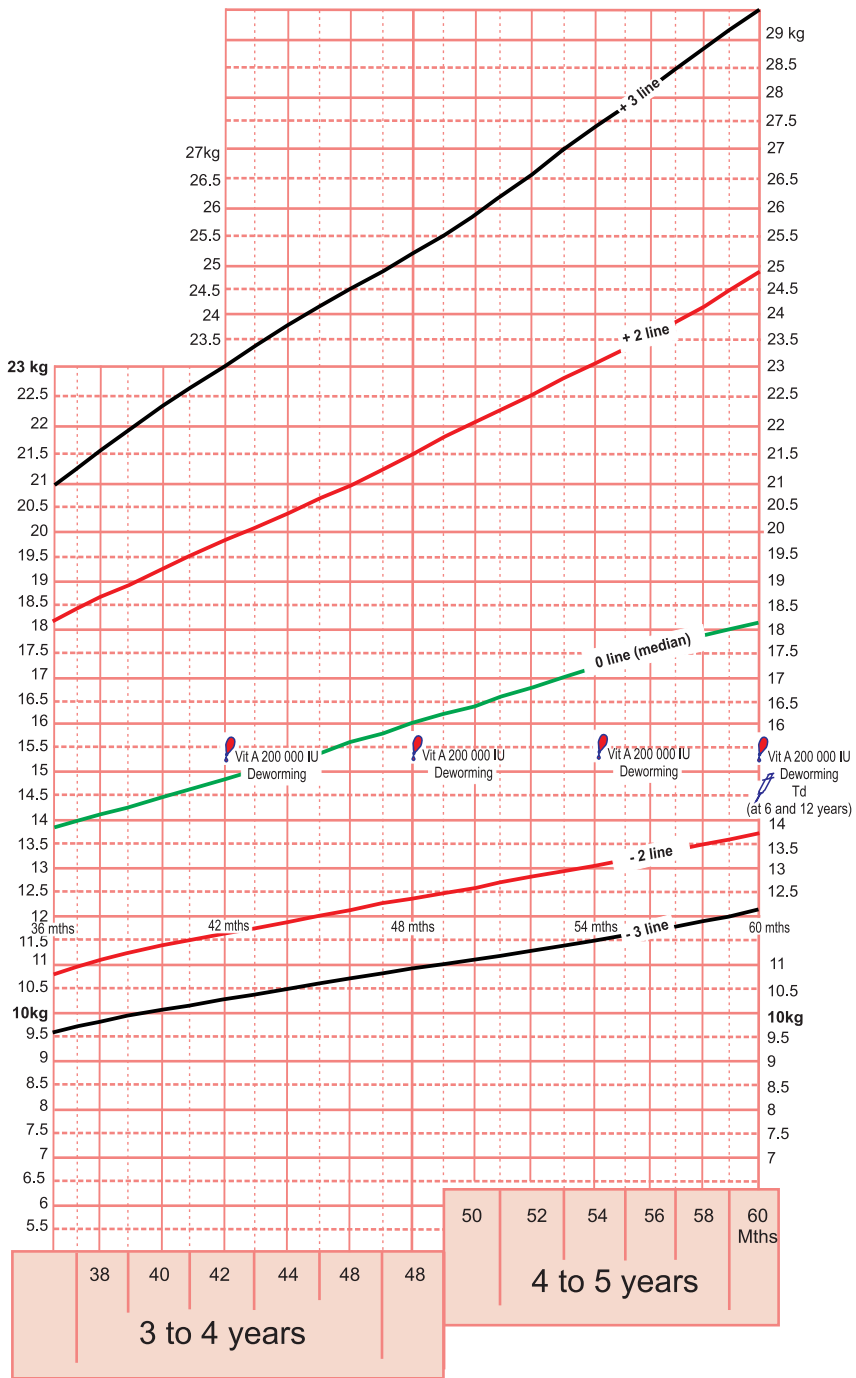
**Interpretation of lines:**

This Weight-for-Age Chart shows body-weight relative to age in comparison to the Median (0-line).

A girl whose weight-for-age is below the -2 line, is underweight. A girl whose weight-for-age is below the -3 line, is severely underweight. Clinical signs of Marasmus or Kwashiorkor may be observed.

If her line crosses a z-score line and the shift is away from the median, this may indicate a problem or risk of a problem.

If her line stays close to the median, occasionally crossing above or below it, this is fine.

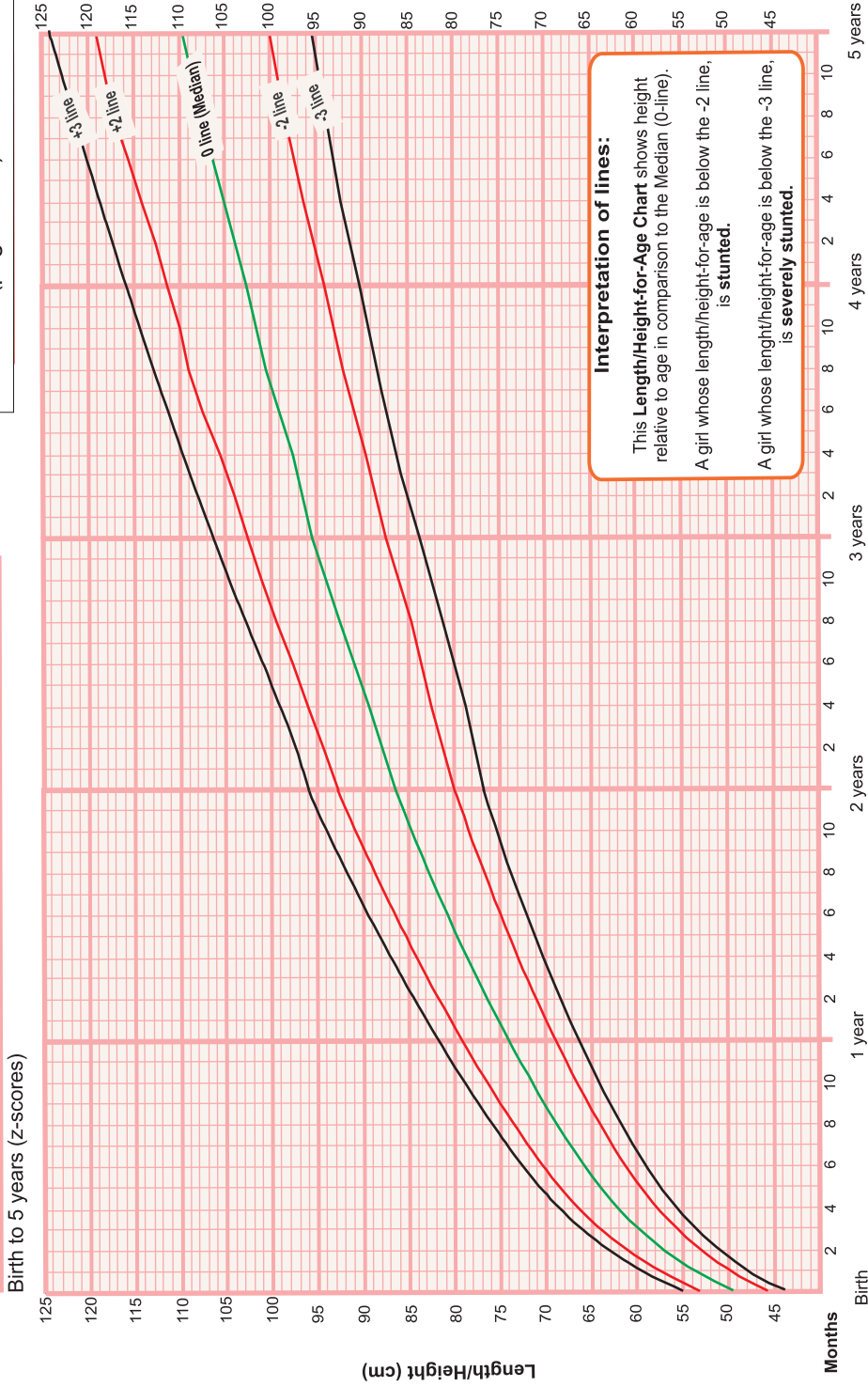




# Length/height -for-age GIRLS

## FOR PERIODIC USE

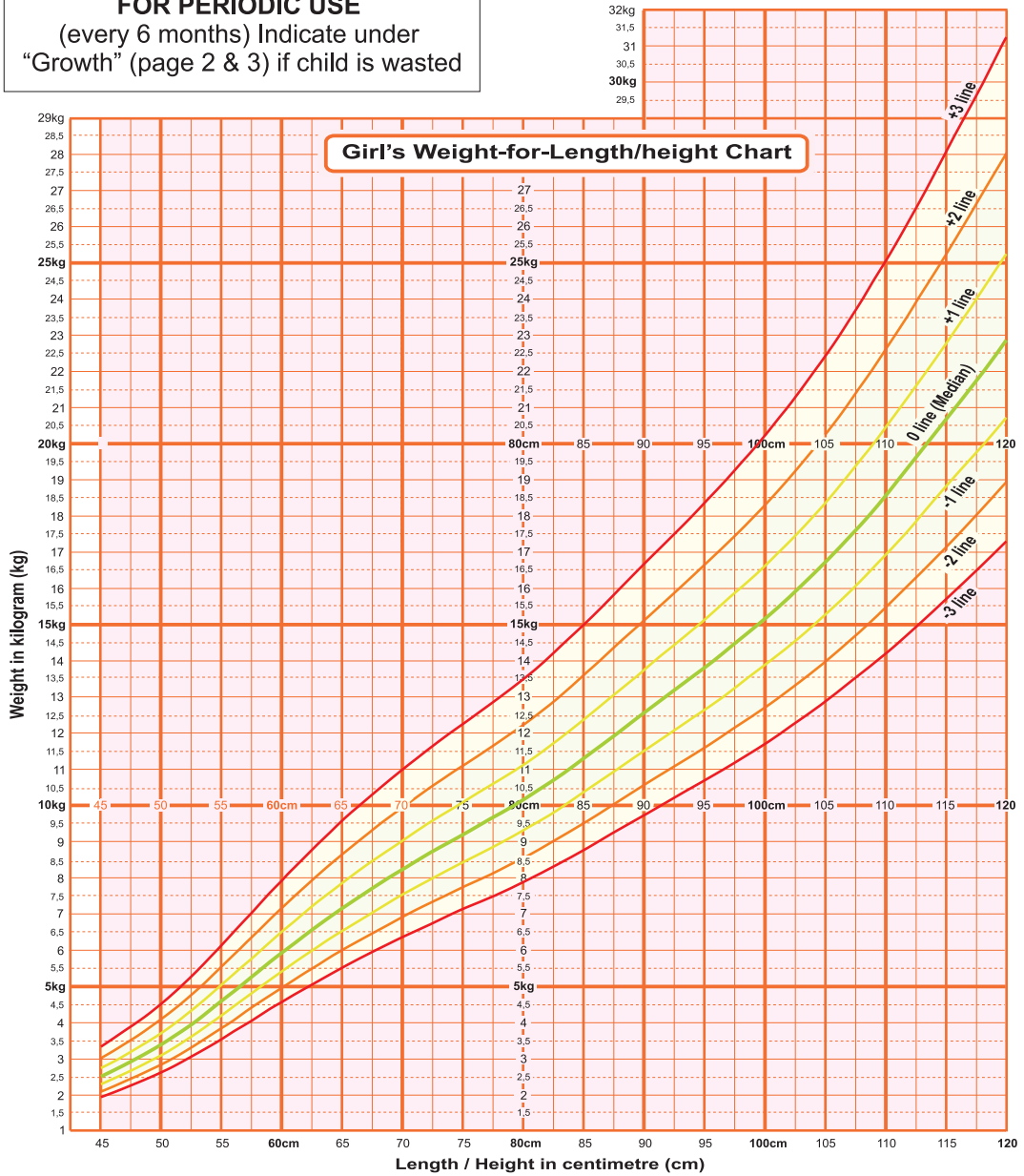
(every 6 months) Indicate under "Growth" (page 2 & 3) if child is stunted



**Interpretation of lines:**  
 This Length/Height-for-Age Chart shows height relative to age in comparison to the Median (0-line).  
 A girl whose length/height-for-age is below the -2 line, is **stunted**.  
 A girl whose length/height-for-age is below the -3 line, is **severely stunted**.

Age (completed months and Years)

**FOR PERIODIC USE**  
 (every 6 months) Indicate under  
 "Growth" (page 2 & 3) if child is wasted



This **Weight-for-Length/height Chart** shows body-weight relative to length/height in comparison to the Median (the 0 z-score line).

A girl whose weight-for-length/height is above the +3 line, is **obese**.

A girl whose weight-for-length/height is above the +2 line, is **overweight**.

A girl whose weight-for-length/height is above the +1 line, shows possible risk of **overweight**.

A girl whose weight-for-length/height is below the -2 line, is **wasted**.

A girl whose weight-for-length/height is below the -3 line, is **severely wasted. Refer for urgent specialised care.**

MID-UPPER ARM CIRCUMFERENCE (MUAC) (Every 3 months)							
Date of visit	MUAC	Date of visit	MUAC	Date of visit	MUAC	Date of visit	MUAC

< 11.5 cm indicates severe acute malnutrition (REFER urgently)  
 ≥11.5 < 12.5 cm indicates moderate acute malnutrition (Manage as in IMCI guidelines)

HOSPITAL ADMISSIONS				
Hospital name	Admission number	Date of admission dd/mm/yyyy	Date of discharge dd/mm/yyyy	Discharge diagnosis
		/ /	/ /	
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		/ /	/ /	

NAME OF CLINIC(S) VISITED	
Clinic 1:	Clinic 2:
Clinic 3:	Clinic 4:

### ORAL HEALTH EXAMINATIONS

**Refer child if scheduled examinations have not been done.  
To be completed by Dentist, Dental Therapist or Oral Hygienist.**

**Schedule of visits:**

1<sup>st</sup> visit on appearance of first tooth

Examiner: \_\_\_\_\_ Health facility: \_\_\_\_\_ Date: \_\_\_\_\_

At age 12 months, when attending immunizations

Examiner: \_\_\_\_\_ Health facility: \_\_\_\_\_ Date: \_\_\_\_\_

In the 2<sup>nd</sup> year, with other health checks

Examiner: \_\_\_\_\_ Health facility: \_\_\_\_\_ Date: \_\_\_\_\_

In the 3<sup>rd</sup> year, with other health checks

Examiner: \_\_\_\_\_ Health facility: \_\_\_\_\_ Date: \_\_\_\_\_

In the 4<sup>th</sup> year, with other health checks

Examiner: \_\_\_\_\_ Health facility: \_\_\_\_\_ Date: \_\_\_\_\_

In the 5<sup>th</sup> year, with other health checks

Examiner: \_\_\_\_\_ Health facility: \_\_\_\_\_ Date: \_\_\_\_\_

Use a clean cloth to clean your baby's gums  
Use a small soft toothbrush to clean the baby's teeth


<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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CLINICAL NOTES		
Date	Assess and classify	Counsel and treat

<b>CLINICAL NOTES</b>		
<b>Date</b>	<b>Assess and classify</b>	<b>Counsel and treat</b>

CLINICAL NOTES		
Date	Assess and classify	Counsel and treat

CLINICAL NOTES		
Date	Assess and classify	Counsel and treat



CLINICAL NOTES		
Date	Assess and classify	Counsel and treat

CLINICAL NOTES		
Date	Assess and classify	Counsel and treat

**CLINICAL NOTES**

<b>Date</b>	<b>Assess and classify</b>	<b>Counsel and treat</b>

Take your child to the nearest clinic when any of the these danger signs occur:

Vomiting everything



Unable to breastfeed



Convulsions



Diarrhoea with sunken eyes or sunken fontanelle

Diarrhoea with blood



Child lethargic or unconscious



Cough and breathing rate more than 50 breaths per minute



Child under 2 months and:

- is not feeding
- has fever



Chest indrawing

