सत्यमेव जयते

State logo

MINISTRY OF HEALTH AND FAMILY WELFARE
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

MOTHER AND CHILD PROTECTION CARD (MCP CARD)

Be Wise! Get your child fully immunized

POSHAN Abhiyaan
PM's Overarching Scheme for Holistic Nourishment
सही पोषण - देश रोशन

Keep this card safe and carry along with you during every visit to Village Health Sanitation and Nutrition Day, Anganwadi Centre, Health Centre and Hospital

2018 Version

Janani Suraksha Yojana (JSY)

Eligible mother gets cash assistance for giving birth in public health facilities and in private accredited hospitals

Benefits under Pradhan Mantri Matru Vandana Yojana (for the first live child in the family)

- 1st Installment given to beneficiaries after early registration of pregnancy at the Anganwadi Centre/approved Health facility
- 2nd Installment given to beneficiaries when at least one ANC received (can be claimed after 6 months pregnancy)
- 3rd Installment given to beneficiaries
  i. After registration of child birth
  ii. Child has received first cycle of BCG, OPV, DPT and Hepatitis-B or its equivalent/substitute

Pradhanmantri Surakshit Matritva Abhiyaan

During the 2nd/3rd trimester of your pregnancy, avail at least one Antenatal Checkup by a doctor on the 9th day of the month

Benefits under Janani-Shishu Suraksha Karyakram

For Pregnant Women

- Free and cashless delivery
- Free caesarean section
- Free drugs and consumables
- Free diagnostics (Blood, Urine tests and Ultrasonography, etc.)
- Free diet during stay (up to 3 days for normal delivery and 7 days for caesarean section)
- Free provision of blood
- Exemption from user charges
- Free transport from home to health institution, between health institutions in case of referral and drop-back home
- All complications during ANC, PNC and sick infants also covered

For Sick Newborn till one year after birth

- Free treatment
- Free drugs and consumables
- Free diagnostics
- Free provision of blood
- Exemption from user charges
- Free transport from home to health institution, between health institutions in case of referral and drop-back home

It is illegal to select or determine the sex of a child before birth

State logo

MINISTRY OF HEALTH AND FAMILY WELFARE
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

MOTHER AND CHILD PROTECTION CARD

paste photo of child here

Is the pregnancy high risk? Yes No

FAMILY IDENTIFICATION

Mother's Name _____ Age _____

Father's Name _____

Address _____

Mobile No. Mother_____ Mobile No. Father_____

MCTS/RCH ID (Mother)_____

Eligible for PMMVY Yes ☐ No ☐

Bank & Branch Name _____

Account No. _____ IFSC _____

PREGNANCY RECORD

No. of Pregnancies / Previous Live Births _____

Last Delivery Conducted at _____

Date of Last Menstrual Period _____

Expected Date of Delivery _____

Name of Identified Delivery Institution _____

Pregnancy Outcome Live Birth ☐ Still Birth ☐

BIRTH RECORD

Child's Name _____

Date of Birth _____ Birth Weight _____

Current Place of Delivery_____

☐ Male ☐ Female Birth Registration No. _____

MCTS/RCH ID (Child) _____

INSTITUTIONAL IDENTIFICATION

AWW _____ LGD Code _____

AWC No. | | | | | | | | | | | |

Village _____ Ward _____ Block _____

Postal Account _____ Postal Code _____

ASHA _____ ANM _____

Hospital Phone No. _____

SHC / Clinic _____ PHC / Town _____

Hospital / FRU _____ District _____

Sub-centre Reg. No. _____ Date _____

Fixed VHSND day _____

Referred to _____ _____ _____ _____ _____

Child's Aadhaar No. _____

Mother's Aadhaar No. _____

ASHA Mobile Number _____

ANM Mobile Number _____

Ambulance Toll Free Phone Number_____

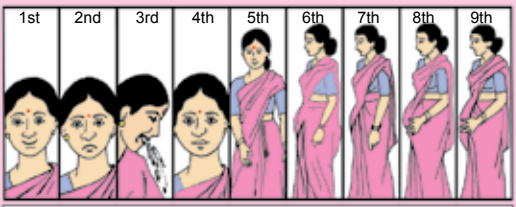
Regular checkup is essential during pregnancy

Urine Pregnancy Test

Yes ☐ No ☐

Date:__/__/____

Months



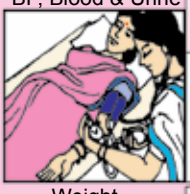
Registration

Register with the Health Centre in the **1**st trimester.

ANC

Have at least **3** antenatal checkups, after registration.

BP, Blood & Urine

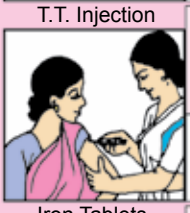


Have blood pressure (BP) checked and blood and urine examined at each visit.

Weight

Have weight checkup at each visit. Gain at least **9-11** kg. during pregnancy. Gain at least **1** kg every month during the last **6** months of pregnancy.

T.T. Injection



Take two T.T. Injections. T.T.1 when pregnancy is confirmed and T.T.2 after **1** month. (Fill in the date)
**Give one dose of T.T. if previously vaccinated within 3 years.*

Iron Tablets

Take one tablet of iron folic acid a day for at least **6** months after first trimester. Take at least **180** tablets. (Fill in quantity and date issued)

Take two tablets of calcium per day for at least 6 months after **1**st trimester

Take single dose of tablet albendazole (400 mg) after **1**st trimester ____/____/_____

Care During Pregnancy

- Consume a variety of food including fortified food items like wheat flour, edible oil etc.
- Consume more foods- around $1/_4$th times extra than the normal diet.
- Consume Supplementary Nutrition from the AWC regularly.
- Rinse the mouth after every meals brush the teeth atleast twice a day.
- Take at least two hours of rest during the day and in addition to 8 hours of rest at night.
- Use only adequately iodised/ double fortified salt.

Ensure nutrition counselling at every ANC

ANTENATAL CARE

OBSTETRIC COMPLICATION IN PREVIOUS PREGNANCY

(Please tick (✓) the relevant history)

A. APH ☐	B. Eclampsia ☐	C. PIH ☐
D. Anaemia ☐	E. Obstructed Labor ☐	F. PPH ☐
G. LSCS ☐	H. Congenital Anomaly ☐	I. Abortion ☐
J. Other ☐		

PAST HISTORY

(Please tick (✓) appropriate response/s)

A. Tuberculosis ☐	B. Hypertension ☐	C. Heart Disease ☐
D. Diabetes ☐	E. Asthma ☐	F. Others (Specify) ☐

EXAMINATION

Height (cms)	Heart	Lungs	Breasts (check for inverted nipple)

ANTENATAL VISITS

	1	2	3	4	5 (Under PMSMA)
Date					
POG (Weeks)					
Weight(Kg)					
Pulse Rate					
Blood Pressure					
Pallor					
Oedema					
Jaundice					
Any Complaints					
ABDOMINAL EXAMINATION					
Fundal Height Weeks in cm					
Lie/Presentation					
Fetal Movements	Normal/ Reduced/ Absent	Normal/ Reduced/ Absent	Normal/ Reduced/ Absent	Normal/ Reduced/ Absent	Normal/ Reduced/ Absent
Fetal Heart Rate per Minute					
P/V if Done					
ESSENTIAL INVESTIGATIONS					
Hemoglobin (Gms)					
Urine Albumin					
Urine Sugar					
HIV Screening					
Syphilis					
Ultrasonography (Y/N)					
Gestational Diabetes Mellitus					

Blood Group & Rh Typing ☐ Date ☐ / ☐ / ☐

OPTIONAL INVESTIGATIONS

1. Thyroid-Stimulating Hormone ☐ Date ☐ / ☐ / ☐
2. Hbs Ag. ☐ Date ☐ / ☐ / ☐
3. Blood sugar ☐ Date ☐ / ☐ / ☐
4. Others ☐ Date ☐ / ☐ / ☐

If you or anyone in your family sees any of these danger signs, take the pregnant woman to the nearest appropriate hospital immediately

- Bleeding during pregnancy
- Excessive bleeding during delivery or after delivery

Severe Anemia with or without breathlessness

High fever during pregnancy or within one month of delivery

Headache, blurring of vision, fits and swelling all over the body

Labour pain before term/ Labour pain for more than 12 hours/Reduced fetal movment

Bursting of water bag without labour pains/Preterm labour pains (<37 weeks)

Ensure Institutional Delivery

Contact ASHA/ ANM/AWW

Register under Janani Suraksha Yojna (JSY) Register under PMMVY (if applicable)

Obtain Benefits under JSY

Identify hospital in advance

Arrange for transport in advance

Ensure 48 hours of stay after delivery in the facility

Preparation in case of Home Delivery*

*It is advisable to conduct birth at health facility by skilled birth attendant

Ensure safe delivery by ANM

- ✓ Clean hands
- ✓ Clean surface & surroundings
- ✓ Clean blade
- ✓ Clean thread to tie the cord
- ✓ Clean set of clothes for newborn
- ✓ Clean perineum

Ensure family care & support

In case of Emergency

Arrange transport to hospital

After Delivery

Intiate Breastfeeding within 1 Hour of Birth

Family planning counselling

Early breastfeeding helps in sustaining breastfeeding so that mother can exclusively breastfeed for 6 months

POST NATAL CARE

Date of Delivery | | | | | | | | |

Place of Delivery

Institution: Normal ☐ Assisted ☐ CS ☐

Home: SBA ☐ Others ☐

Live Birth ☐ Still Birth ☐

Term/Preterm/Abortion _____

If at Institution, Period of Stay Post Delivery _____

Complications, if any (Specify) _____

Sex of baby M | F *Weight of baby ☐ kg. ☐☐☐ gms

Cried immediately after birth Y | N

Initiated exclusive breast feeding within 1 hour of birth Y | N

Injection Vitamin K Y | N

Take one tablet of iron folic acid per day for atleast 6 months after delivery

Take two tablets of calcium per day for atleast 6 months after delivery

POST PARTUM CARE

	1st Day	3rd Day	7th Day	6th Week
Any complaints				
Pallor				
Pulse Rate				
Blood Pressure				
Temperature				
Breasts (Soft/Engorged)				
Nipples (Cracked/Normal)				
Uterus Tenderness (Present/Absent)				
Bleeding P/V (Excessive/Normal)				
Lochia (Healthy/Foul Smelling)				
Episiotomy/Tear (Healthy/Infected)				
Family Planning Counselling (Y/N)				
Any other Complications and Referral Requirements (Y/N)				

If baby is less than 2 kg, contact ANM for support, for continued breastfeeding and Kangaroo mother care

CARE OF BABY

	1st Day	3rd Day	7th Day	6th Week
Weight				
Urine passed				
Stool passed				
Diarrhoea				
Vomiting				
Convulsions				
Activity (Good/Lethargic)				
Sucking (Good/Poor)				
Breathing (Fast/Difficult)				
Chest Indrawing (Present/Absent)				
Temperature				
Jaundice				
Condition of Umbilical Stump				

*(Three extra visits if birth weight < 2.5kg)

Care of Newborn

Please Remember:

- Keep the baby warm.
- Start breastfeeding within **1** hr of birth
- Feed the baby only mother's milk
- Do not bathe the baby for the first 48 hours
- Keep the cord dry
- Keep the baby away from sick people
- Special care if baby < 2.5 kg at birth

Danger Signs:

Contact your Health Worker immediately if baby:

- Not able to feed
- Convulsion
- Fast breathing more than 60 breaths per minute
- Severe chest indrawing
- Axillary temperature 37.5° C or above (feels hot to touch)
- Axillary temperature less than 35.5° C (feels cold to touch)
- Movement only when stimulation or no movement at all

Home Based Child Care visits after 6 weeks (✓)

ASHA to verify at age		**3 months**	**6 months**	**9 months**	**12 months**	**15 months**
Whether child sick						
Breastfeeding continued						
Complementary food given	2-3 tsps of food at a time, 2-3 meals each day with 1-2 snacks between meals	×				
	½ cup serving at a time, 2-3 meals each day with 1-2 snacks between meals	×				
	¾ to 1 cup serving at a time, 3-4 times a day with 1-2 snacks between meals	×				
Weight recording by AWW						
Developmental delay checked						
Immunization status checked						
Measles vaccine given		×	×			
Vitamin A given		×	×		×	
ORS at home						
IFA syrup at home						
ASHA to provide services at age		**3 months**	**6 months**	**9 months**	**12 months**	**15 months**
Counsel for exclusive breastfeeding				×	×	×
Counsel for complementary feeding		×				
Counsel for hand washing						
Counsel on parenting						
Family planning counselling						
ORS given						
IFA syrup given		×				

Prevention of Diarrhoea

Wash both hands with soap before preparing food, feeding the child, after defecation and after cleaning child's excreta

Ensure drinking water is clean and stored in safe, covered container

Ensure that the child's surroundings are hygienic and wash hands of children frequently

Always use toilet, do not practice open defecation. Practice safe disposal of child's faeces

Treatment of Diarrhoea

Dissolve and mix 1 packet of ORS in 1 litre of potable water

Immediately give ORS solution to child as soon as diarrhoea begins and after each episode of diarrhoea

Mix Zinc tablet in one teaspoon of water or mother's milk and give it to the child once a day for 14 days

Continue feeding, including breastfeeding during and after episodes of diarrhoea

Prevention of Pneumonia

Keep children covered in warm woollen clothes during winters and do not let them walk barefoot

Do not keep new born without clothes

Use LPG gas stove for cooking to avoid smoke in the house

Identification of Pneumonia

Coughing gets worse

Fast breathing

Chest indrawing

Fever

Pneumonia can be identified by breath counts

For less than 2 month baby when breath count is more then 60 per minute	For 2 month to 1 year baby when breath count is more then 50 per minute	For 1 year to 5 year child when breath count is more than 40 per minute

On seeing symptoms of Diarrhea or Pneumonia Contact ASHA or ANM immediately

Birth to 6 months:

Early and exclusive breastfeeding

Your baby has a small and tender stomach that only need mother's breast milk. Sometimes, your baby cries because he/she wants to be held close. Keep your baby in close contact with your skin. While breastfeeding, smile, talk and look into your baby's eyes, but don't rock him/her while feeding.

Put your baby to your breast immediately after birth, definitely within 1 hour. This helps in establishing lactation and bonding

Mother's first yellow milk provides immunity and protects the baby from diseases & infections

Your baby should be breastfed on demand both during the day and night. Frequent feeding increases breast milk flow. Don't forget to feed the baby at night

Breast milk provides all nutrients and contains sufficient water. Do not give your baby anything else to eat or drink, not even honey or water in the first 6 months. Your baby needs only breastfeeding till 6 months of age.

Even if your baby is ill, continue breastfeeding till 6 months

After 6 months, your baby requires small frequent meals, along with breast milk and other liquids during illness

Breastfeeding improves intelligence

Consult the ANM, ASHA and AWW of your area in case you have any problem in breastfeeding your baby

Talk, smile and be patient to encourage the child to eat

6 months to 2 years:

Continue frequent on demand breastfeeding until 2 years and beyond. Also introduce soft foods

6 months

- Continue breastfeeding
- On completion of 6 months, start feeding baby with 2–3 table spoons of soft, well-mashed foods 2–3 times a day
- Introduce one food at a time, such as a small amount of vegetables, followed by fruits, dal and cereals
- Increase amount of the feed slowly
- Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

6–9 months

- Continue breastfeeding
- Change consistency to lumpy feeds given 3–4 times a day
- Feed 2–3 times and 1–2 snacks
- Increase quantity and diversity of the feeds
- Introduce one new food at a time such as khichri, dalia
- Include at least 4 food groups such as: 1) cereals, 2) green vegetables and fruits, 3) oil, ghee; 4) mashed dal/fish/egg (only hard-boiled)
- Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

9–12 months

- Continue breastfeeding
- After 9 months, feed at least half katori of food that requires chewing 3–4 times a day
- After 12 months, introduce family foods, give 3/4th–1 katori, 3–4 times each day along with 1–2 snacks
- Give finely chopped foods that baby can pick up using thumb and fingers. Allow children to eat with own hands, even if they mess up
- Give Vitamin A syrup for improving eyesight
- Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

General tips:

- Wash your hands with soap and water before preparing food and before feeding the baby.
- If feeding eggs, ensure they are well-cooked
- Thoroughly rinse raw fruits and vegetables under running water before cooking
- Cook thoroughly, use safe water, discard all leftovers on children's plates and do not save them for later
- Use only iodized salt for cooking; iodine improves intellect
- Give iron drops/syrup to maintain the body's iron store for improving intelligence and physical strength

What most babies do (parents to ✓tick as per age)

By 2–3 months

- ☐ Begin to recognize the mother's face
- ☐ Develop social smile
- ☐ Make eye contact

☐ Raise head at times, when on tummy

- ☐ Move both arms and both legs, when excited
- ☐ Keep hands open and relaxed

☐ ASHA/AWW please examine and mark ☑ or ☒ on the card as per the age of the child

Parenting tips

- ❖ Massage gently, stretch and exercise arms and legs of babies
- ❖ Encourage babies to lie on tummy for some time every day

- ❖ Cuddle and play with babies daily. Cuddling or quickly responding to each cry does not spoil babies
- ❖ Talk to babies in your mother tongue daily

- ❖ Hang colourful moving objects 30cm (1 foot) away, for babies to focus on and follow
- ❖ Avoid use of digital media in children younger than 24 months

“Warning” signs : Contact ANM/AWW/health care provider immediately if you see any one of these

At 3 months

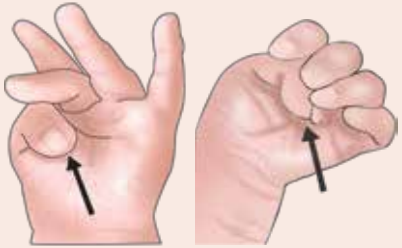
No social smile

Does not make any eye contact when being fed, cuddled or spoken to

Persistent squinting after 2 months

Does not startle/ wake up/ cry in response to sudden loud sound

Head pushed back, with stiff arms and legs



Persistently hold thumb inside the palm, with hands kept open or fisted

What most babies do (parents to ✓tick as per age)

By 4–6 months

☐ Keep head steady when held upright and can sit with support

☐ Turn head towards direction of sound

☐ Attempt to reach and grasp an object

☐ Laugh aloud or make squealing sounds

☐ Begin to babble “ah, ee, oo” other than when crying

☐ Like to look at self in a mirror

☐ ASHA/AWW please examine and mark ☑ or ☒ on the card as per the age of the child

Parenting tips

Communicate with babies; imitate their sounds and praise them when they imitate yours

Put interesting things on the floor for babies to reach out and explore

- Take children outdoors, and introduce them to the outside world
- Children suck on their fingers and thumb for comfort. It is not a cause for concern. Do not stop this at an early age

“Warning” signs : Contact ANM/AWW/health care provider immediately if you see any one of these

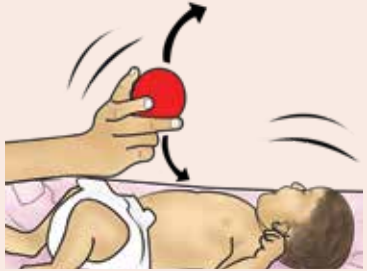
At 6 months

Lacks head control

Cannot sit up even with help

Does not grasp things within reach

Does not vocalize by making different sounds such as “ah”, “eh”, “oo”



Head and eyes do not move to follow/track a moving object

Unable to raise head when on tummy

What most babies do (parents to ✓tick as per age)

By 7–9 months

☐ Roll over in both directions

☐ Grasp a toy by using all fingers

☐ Turn head to visually follow familiar faces or toys

☐ Look for toys that have been hidden in front of them

☐ Respond to name being called

☐ ASHA/AWW please examine and mark ☑ or ☒ on the card as per the age of the child

Parenting tips

Let children drop, bang and throw things repeatedly. Respond to the noise that children make in a gentle and patient manner

Give children clean, safe household utensils to play and explore

Play games like peek-a-boo. Hide the children's favourite toys under a cloth or box. See if children can find it

“Warning” signs : Contact ANM/AWW/health care provider immediately if you see any one of these

Cannot roll over

Needs support to sit

Does not turn towards a sound (out of sight)

Does not utter pa.. pa..pa, ma.. ma, ba.. ba..ba, etc

Tilts head always to one side each time when looking at objects

What most babies do (parents to ✓tick as per age)

By 10–12 months

- ☐ Sit without support and reach for toys without falling
- ☐ Raise arms to be picked up

- ☐ Crawl to get desired toys without bumping into any objects

- ☐ Use one or two commonwords in mother tongue
- ☐ Respond to simple requests like “no/ come here”

☐ ASHA/AWW please examine and mark ☑ or ☒ on the card as per the age of the child

Parenting tips

Place a toy slightly out of reach to encourage standing and walking while using support

While exploring, babies might hurt others accidentally. Show them how to touch gently. Do not shout at them

Tell your babies stories and read picture books aloud. Show and name things in their environment

“Warning” signs : Contact ANM/AWW/health care provider immediately if you see any one of these

Cannot pick small objects with finger and thumb

Does not stretch hands to be picked up

Does not respond to own name

Does not search for half hidden toys that the child sees you hide

Does not play social games like peek-a-boo (jhalak/ anakh-michauli)

What most babies do (parents to ✓tick as per age)

- ☐ Stand and take several independent steps
- ☐ Use a variety of familiar gestures like waving, clapping, etc.

- ☐ Put pebbles/ small objects in a container

- ☐ Name and identify common objects and their pictures in a book

☐ ASHA/AWW please examine and mark ☑ or ☒ on the card as per the age of the child

Parenting tips

Provide push toy for babies to learn walking

Give some fruits, toys, etc. to children. Ask them to identify the objects, put them in and take them out of containers

Ask your children simple questions. Encourage them to talk

By 18 months

"Warning" signs : Contact ANM/AWW/health care provider immediately if you see any one of these

Cannot stand on his/her own without support

Cannot put small objects in a container

Does not point finger at an object when named

Does not respond to mother's gestures and seems to be in his/her own world

Does not use both hands for everyday activities (shows preference for one hand)

Amma, papa, dada

Does not say single words like "mama" or "dada"

What most babies do (parents to ✓tick as per age)

By 24 months

☐ Walk steadily, even while pulling a toy

☐ Imitate household chores

☐ Correctly point out and name one or more body parts in person or in books

☐ ASHA/AWW please examine and mark ☑ or ☒ on the card as per the age of the child

Parenting tips

Provide opportunities for children to walk, run and climb in safe environments

Allow children to imitate you and master their skills. Be patient with them if they make a mess

- ❖ Encourage children to follow a daily routine such as sleeping and waking up at a fixed time
- ❖ Read aloud to children, often repeating stories. Provide books and paper, chalk, colours, etc. for scribbling

"Warning" signs : Contact ANM/AWW/health care provider immediately if you see any one of these

Does not walk steadily while pulling a toy

Cannot scribble

Give milk, amma come…

Does not use two word phrases such as "give milk"

Does not make appropriate response to gestures such as responding to bye-bye/ namaste

Does not point to body parts

Does not seem to understand and follow simple instructions

What most babies do (parents to ✓tick as per age)

By 3 years

☐ Drink from a cup without spilling

Cat Dog Bird

☐ Name most familiar things consistently. Identify colours, shapes, etc.

☐ Make a sentence by joining 3 or more words

☐ Climb up and down the stairs

☐ ASHA/AWW please examine and mark ☑ or ☒ on the card as per the age of the child

Parenting tips

Play outdoor games with your children which require movement and physical activity

Give variety of materials (including blocks, puzzles, rings, etc.) to children

Allow children to use their hands and fingers in different ways to improve their skills

"Warning" signs : Contact ANM/AWW/health care provider immediately if you see any one of these

Has trouble climbing up and climbing down stairs

Cannot eat without help

Does not communicate meaningfully and frequently repeats others' speech

Does not play "Pretend" games

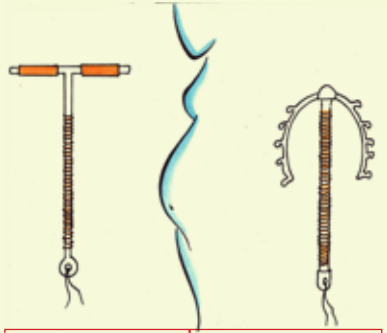
Continuous drooling, unclear speech

Mummy give milk

Does not speak in simple and three word sentences such as "mummy give milk"

Maintaining spacing of 3 years between two children has a healthy impact on both the mother and baby's health. You can avail any spacing method from the wide basket of choices offered under the Family Planning Programme such as:

Injectable Contraceptive (**Antara** Programme)



IUCD 380A (effective for 10 years)	**IUCD 375** (effective for 5 years)

IUCD can be inserted as:

- **Interval IUCD:** after 6 weeks of delivery
- **Post partum IUCD:** within 48 hours of delivery

- **Mala N**-Combined Oral Contraceptive Pills
- **Chhaya**-Centchroman
- **Progesterone only Pills**

Nirodh- Condom

If your family is complete, you/your spouse can opt for a permanent method of contraception

Female Sterilization

Male Sterilization

Bi-weekly Iron-Folic Acid Supplementation and bi-annual deworming for children aged 6 months to 5 years (Compliance Card)

Mention date of provision of IFA bottle to mother	Bottle 1	Bottle 2	Bottle 3	Bottle 4	Bottle 5
	Bottle 6	Bottle 7	Bottle 8	Bottle 9	Bottle 10

Month-wise Bi-weekly IFA syrup supplementation

Age	Week	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
6-12 month	1												
	2												
	3												
	4												
	5												
1-2 Year	1												
	2												
	3												
	4												
	5												
2-3 Year	1												
	2												
	3												
	4												
	5												
3-4 Year	1												
	2												
	3												
	4												
	5												
4-5 Year	1												
	2												
	3												
	4												
	5												

Albendazole (write date)

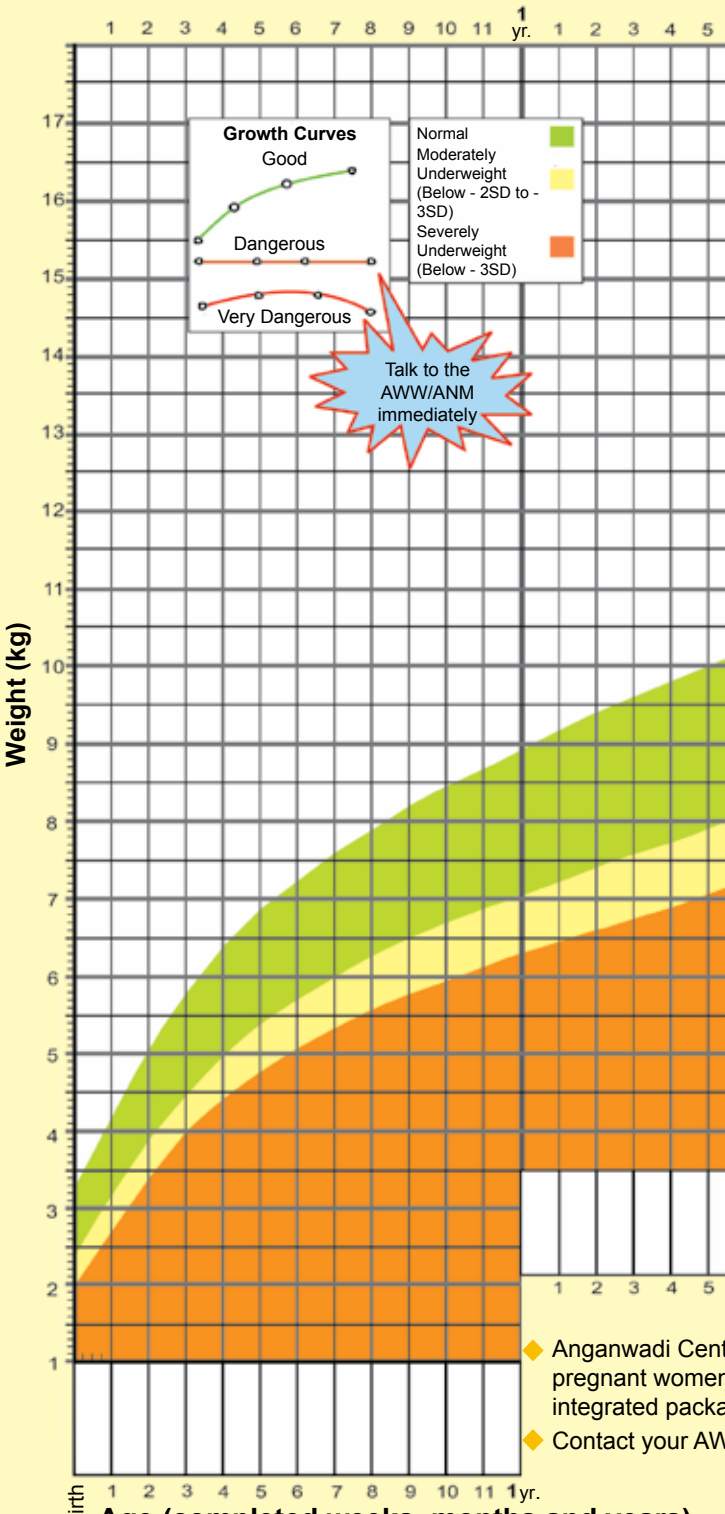
Age	6-12 month	1-2 Year	2-3 Year	3-4 Year	4-5 Year
Dose - 1					
Dose - 2					

Important things to remember:

1. Provide iron folic acid (IFA) syrup every Wednesday and Saturday
2. Give **1** ml of Iron folic acid syrup using the auto-dispenser
3. Don't give iron folic acid syrup to a child when s/he is sick or severly undernourished
4. Always give iron folic acid syrup to the child after consumption of food
5. One 50-ml iron folic acid syrup bottle lasts for six months and once its finished, contact your ASHA/ANM didi for a new bottle
6. After giving a dose of iron folic acid syrup, mark a ✓ tick in the card
7. In case of any problem after consumption of iron folic acid syrup, contact your ANM immediately

GIRL: Weight-for-a

(As per WHO Child



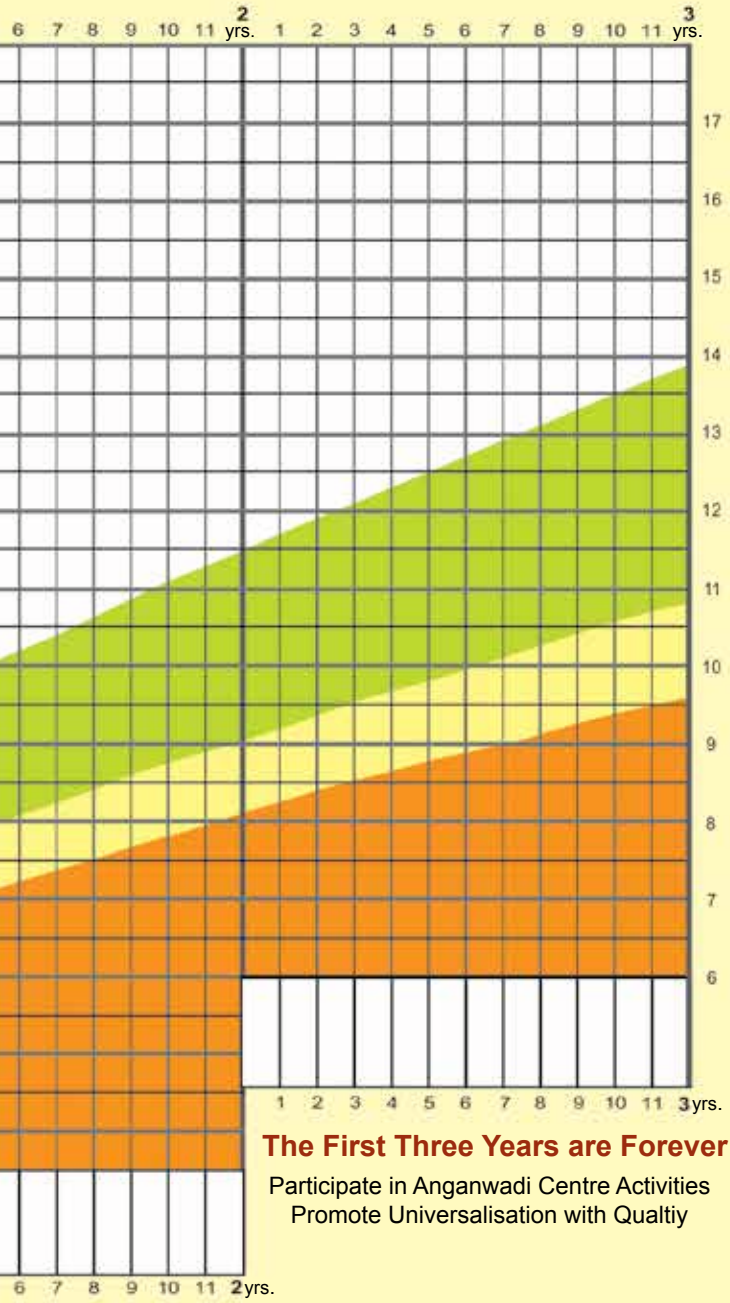
- Anganwadi Cent
  pregnant women
  integrated packa
- Contact your AW

Services

- Supplementary nutritional support, growth monitoring and promotion
- Nutrition and health education

Ensure equal care

ge - Birth to 3 years
Growth Standards)



The First Three Years are Forever

Participate in Anganwadi Centre Activities
Promote Universalisation with Qualtiy

Anganwadi Centre

tre of MWCD, GOI, reaches out to young children under **6** years,
n and breastfeeding mothers and women **15-45** years with an
age of services

/W for child care services at the nearest AWC

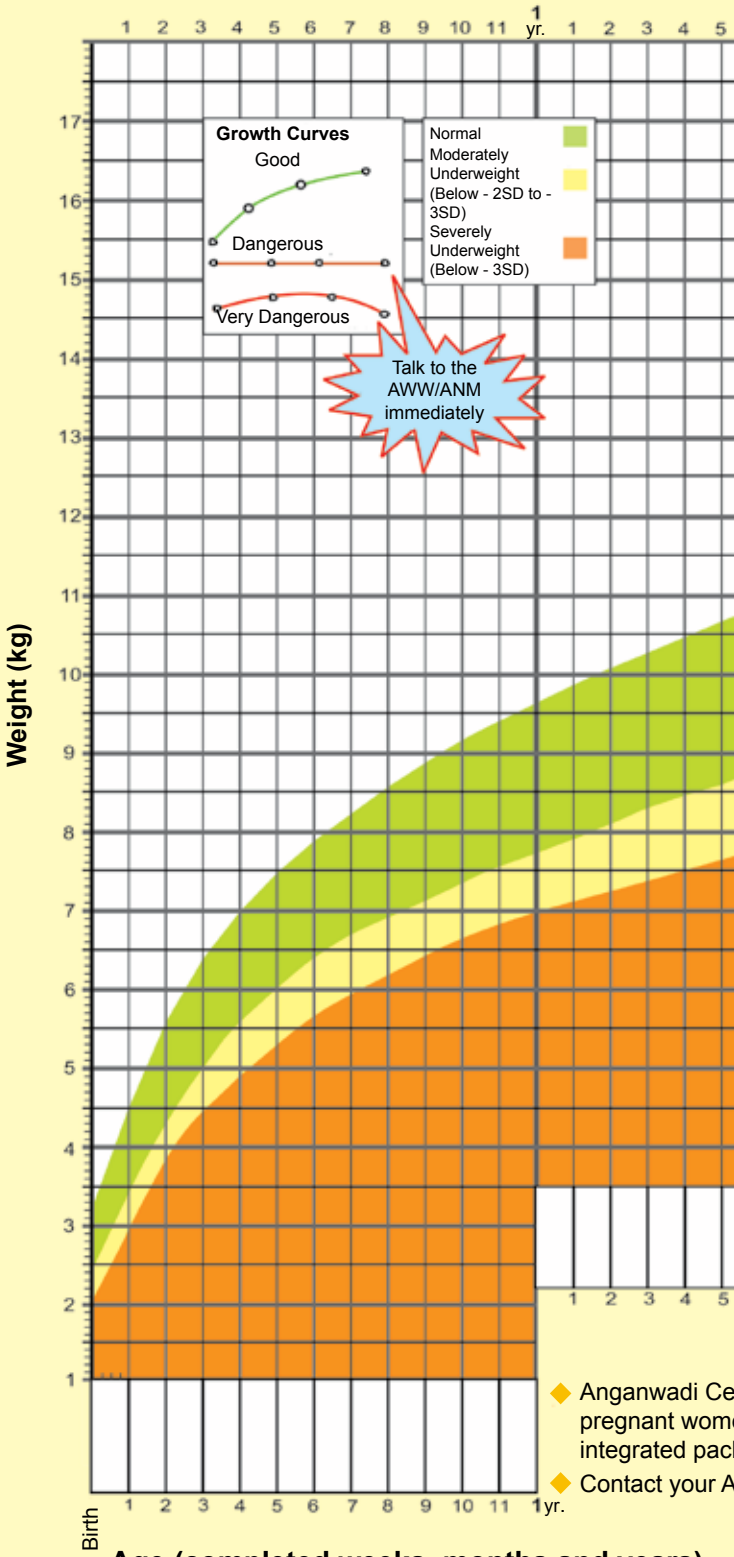
s at Anganwadi Centre

- Immunization
- Health check-up
- Referral services
- Early childhood care and preschool education

for the girl child

BOY: Weight-for-a

(As per WHO Child



- Anganwadi Ce
  pregnant wom
  integrated pac
- Contact your A

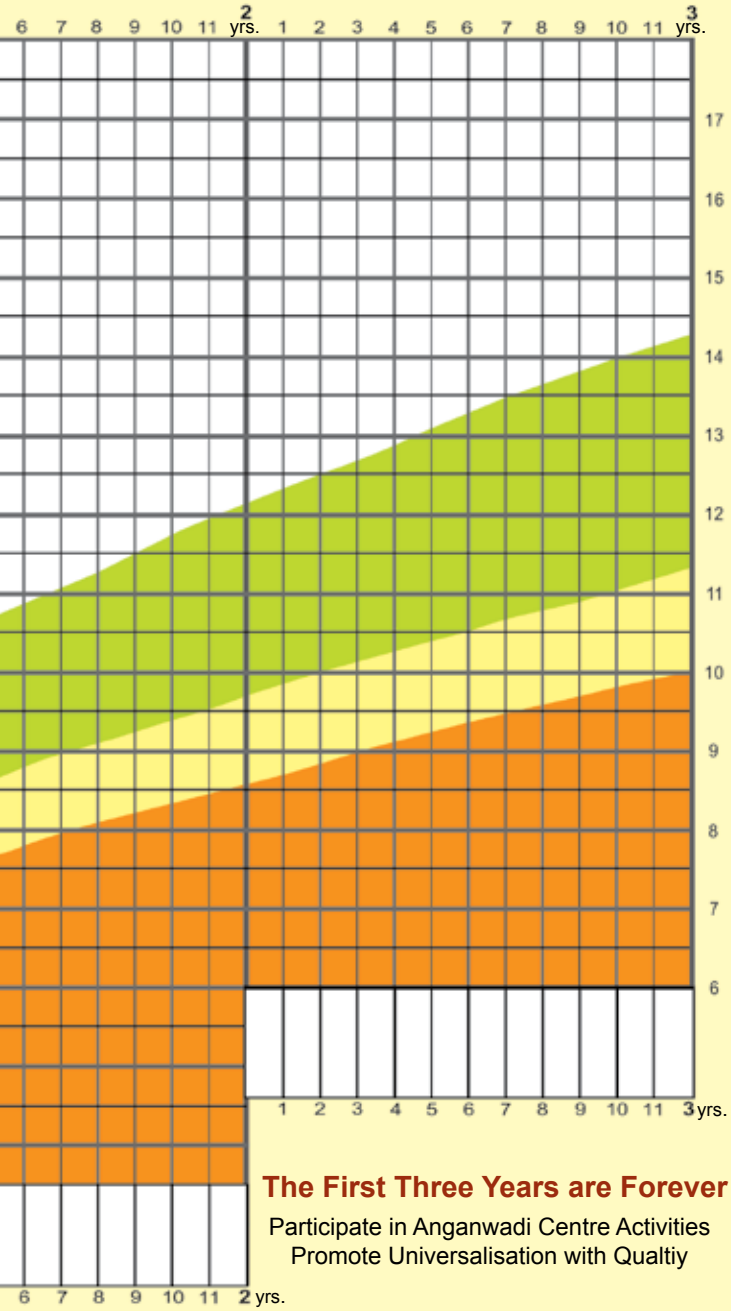
Services

- Supplementary nutritional support, growth monitoring and promotion
- Nutrition and health education

Have your child weighed

ge - Birth to 3 years

Growth Standards)



The First Three Years are Forever

Participate in Anganwadi Centre Activities
Promote Universalisation with Qualtiy

Anganwadi Centre

ntre of MWCD, GOI, reaches out to young children under **6** years, en and breastfeeding mothers and women **15-45** years with an kage of services

WW for child care services at the nearest AWC

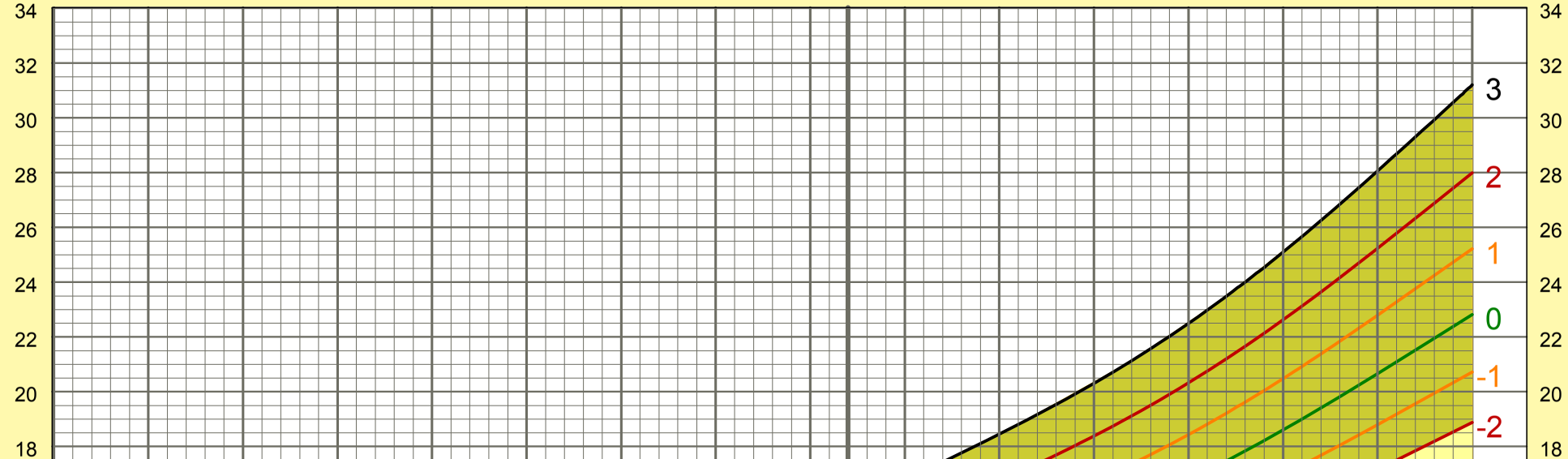
s at Anganwadi Centre

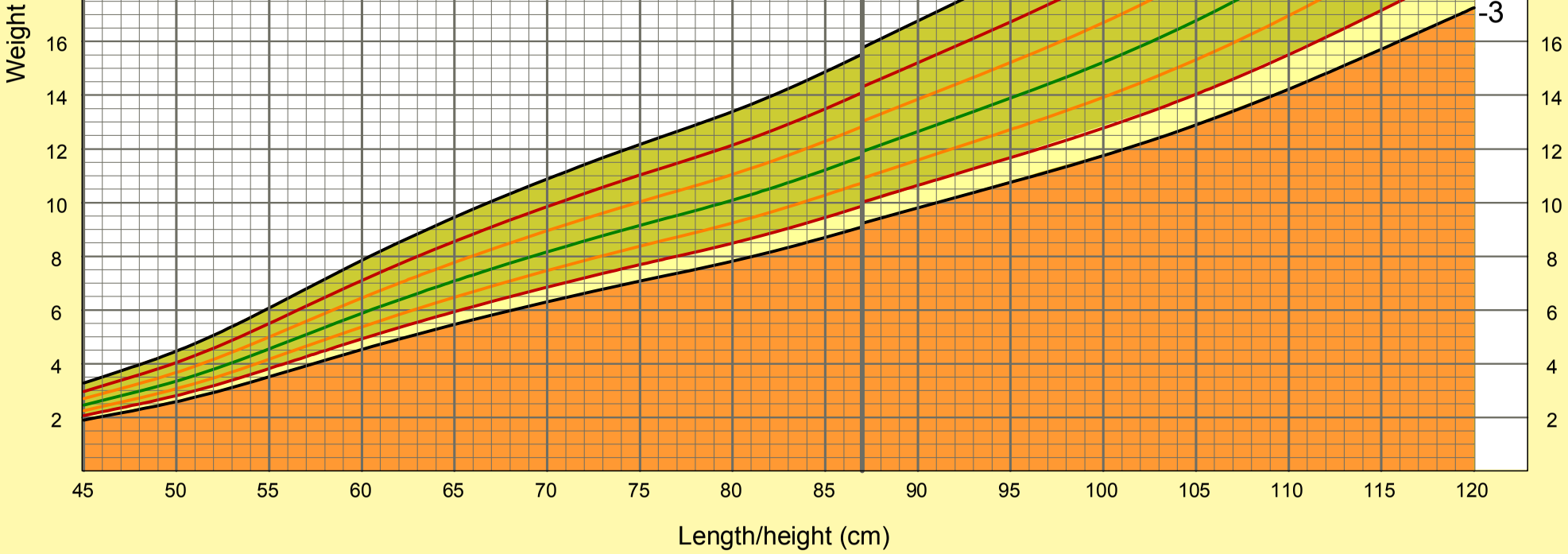
- Immunization
- Health check-up
- Referral services
- Early childhood care and preschool education

at the AWC every month

Weight-for-length/height Girls

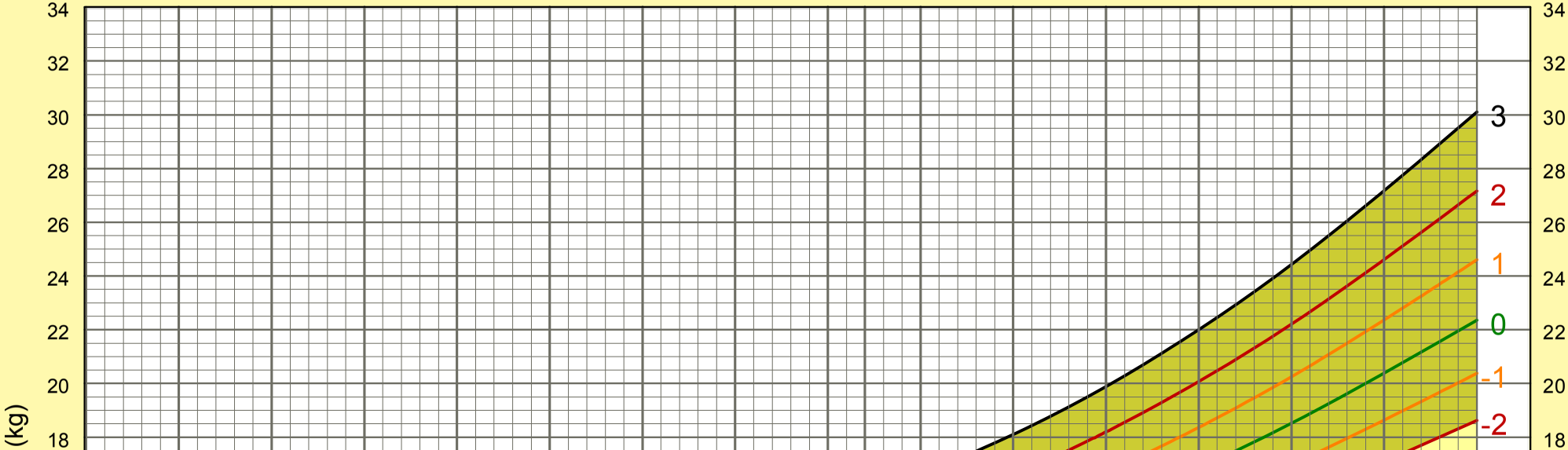
(As per WHO Child Growth Standards)

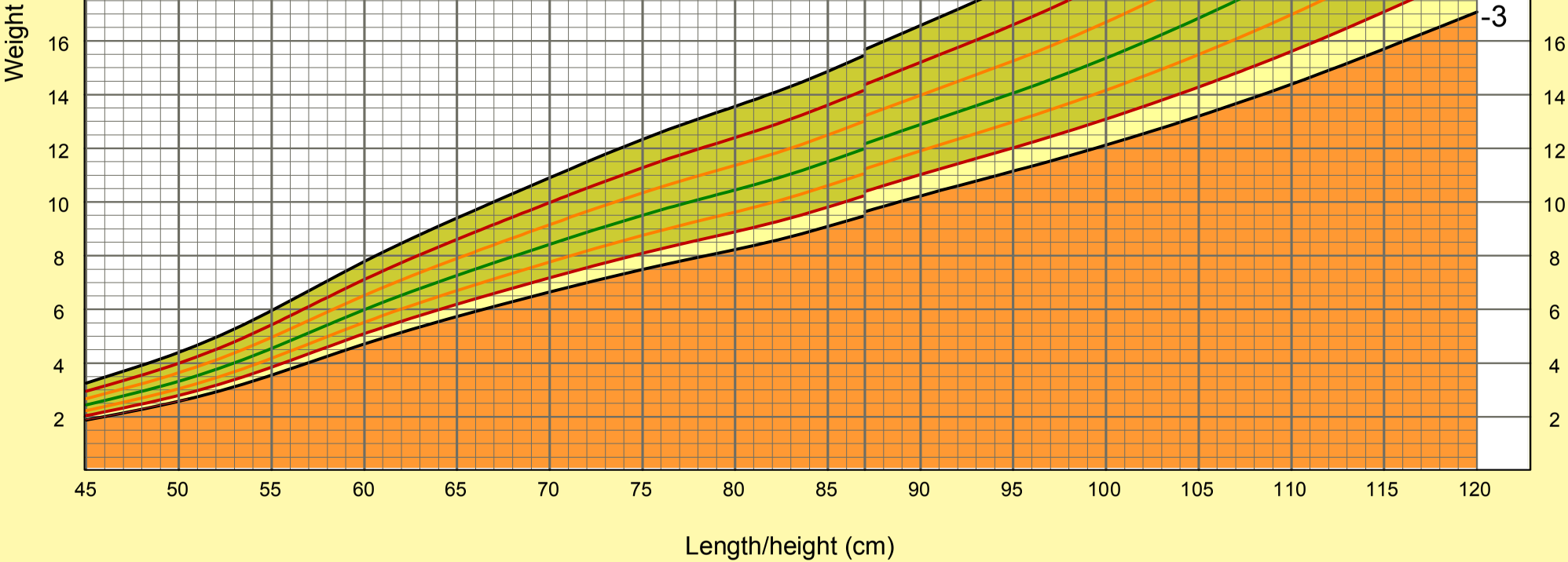



-3
Weight (kg)
2
4
6
8
10
12
14
16
45
50
55
60
65
70
75
80
85
90
95
100
105
110
115
120
Length/height (cm)

Weight-for-length/height Boy

(As per WHO Child Growth Standards)

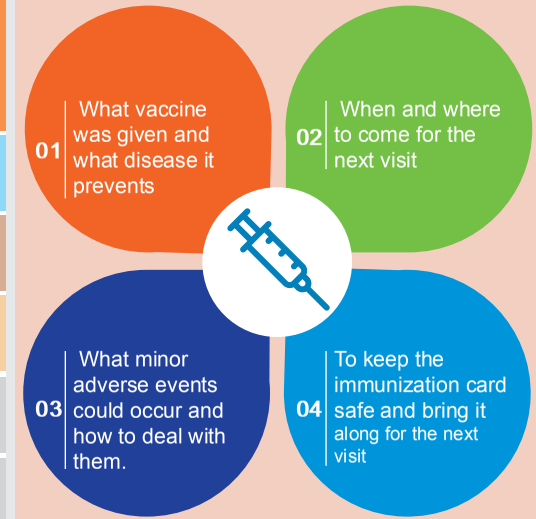



-3
Weight (kg)
2
4
6
8
10
12
14
16
45
50
55
60
65
70
75
80
85
90
95
100
105
110
115
120
Length/height (cm)

BIRTH	1 1/2 MONTHS	2 1/2 MONTHS	3 1/2 MONTHS	9 MONTHS
Date of Delivery / /	Next Vaccination Date: / /	Next Vaccination Date: / /	Next Vaccination Date: / /	Next Vaccination Date: / /
DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):
OPV-0 / /	OPV-1 / /	OPV-2 / /	OPV-3 / /	MR-1 / /
Hep B *give within 24h of birth* / /	Penta-1 / /	Penta-2 / /	Penta-3 / /	JE-1 / /
BCG / /	Rota-1 / /	Rota-2 / /	Rota-3 / /	Vitamin A-1 / /
/ /	PCV-1 / /	/ /	PCV-2 / /	PCV booster / /
/ /	IPV-1 / /	/ /	IPV-2 / /	/ /
/ /	/ /	/ /	/ /	/ /

Congratulations! Your child is vaccinated for the 1st year of life.

FOUR KEY MESSAGES ON IMMUNIZATION



16-24 MONTHS	5-6 YEARS	10 YEARS	16 YEARS
Next Vaccination Date: / /	Next Vaccination Date: / /	Next Vaccination Date: / /	
DPT Booster-1 — DATE OF VACCINATION (mm/dd/yyyy): / /	DPT Booster-2 — DATE OF VACCINATION (mm/dd/yyyy): / /	TT — DATE OF VACCINATION (mm/dd/yyyy): / /	TT — DATE OF VACCINATION (mm/dd/yyyy): / /
Vitamin A-2 / /	/ /	/ /	/ /
MR-2 / /	/ /	/ /	/ /
JE-2 / /	/ /	/ /	/ /
OPV Booster / /	/ /	/ /	/ /

SIA / OTHER

VACCINE NAME	DATE OF VACCINATION (mm/dd/yyyy):

VITAMIN A

	CHILD AGE	DATE OF ADMINISTRATION (mm/dd/yyyy):
Vit-A-3	2 years	/ /
Vit-A-4	2.5 years	/ /
Vit-A-5	3 years	/ /
Vit-A-6	3.5 years	/ /
Vit-A-7	4 years	/ /
Vit-A-8	4.5 years	/ /
Vit-A 9	5 years	/ /

MISSED DOSE TRACKING

NAME & DOSE OF MISSED VACCINE	DATE OF VACCINE DOSE MISSED	REASON WHY VACCINE DOSE MISSED	NEXT SESSION DATE FOR MISSED DOSE	SIGN OF ANM

Congratulations! Your child is vaccinated for the 2nd year of life.

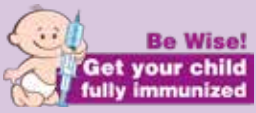
Immunization Essentials

VACCINATION NAME	BIRTH	1 1/2 Months	2 1/2 Months	3 1/2 Months	9 Months	1 1/2 Years
BCG prevents tuberculosis	✓					
HepB prevents liver disease	✓					
OPV prevents polio	✓	✓	✓	✓		✓
IPV prevents polio		✓		✓		
Penta prevents whooping cough, diphtheria, tetanus Hep B and Hib infections		✓	✓	✓		
PCV prevents pneumonia		✓		✓	✓	
Rota prevents diarrhoea		✓	✓	✓		
MR prevents measles, rubella					✓	✓
JE Prevents brain fever					✓	✓
DPT prevents whooping cough, diphtheria and tetanus						✓

NATIONAL HEALTH MISSION
राष्ट्रीय स्वास्थ्य मिशन

सत्यमेव जयते

With your help, we have eradicated polio and eliminated maternal and neonatal tetanus!



Continue vaccinating your child. Thank You!

Additional information

MINISTRY OF HEALTH AND FAMILY WELFARE
MINISTRY OF WOMEN AND CHILD DEVELOPMENT

2018 Version

Routine Immunization Counterfoil

FAMILY IDENTIFICATION

Child's name _____

Child's birth date _____/_____/_____

Father's name _____

Mother's name _____

Parents Mobile Number _____

Address _____

MCTS/RCH No. _____

ANM Signature _____

BIRTH	1 1/2 MONTHS	2 1/2 MONTHS	3 1/2 MONTHS	9 MONTHS
Date of Delivery / /	Next Vaccination Date: / /	Next Vaccination Date: / /	Next Vaccination Date: / /	Next Vaccination Date: / /
DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):	DATE OF VACCINATION (mm/dd/yyyy):
OPV-0 / /	OPV-1 / /	OPV-2 / /	OPV-3 / /	MR-1 / /
Hep B *give within 24h of birth* / /	Penta-1 / /	Penta-2 / /	Penta-3 / /	JE-1 / /
BCG / /	Rota-1 / /	Rota-2 / /	Rota-3 / /	Vitamin A-1 / /
/ /	PCV-1 / /	/ /	PCV-2 / /	PCV-Booster / /
/ /	IPV-1 / /	/ /	IPV-2 / /	/ /
/ /	/ /	/ /	/ /	/ /

ASHA INCENTIVE TRACKING

Full Immunization (FIC):

Completed on _____ /_____ /_____

Incentive received? ☐ Yes ☐ No

If yes, date received _____ /_____ /_____

Complete Immunization (CIC):

Completed on _____ /_____ /_____

Incentive received? ☐ Yes ☐ No

If yes, date received _____ /_____ /_____

NOTES

16-24 MONTHS		5-6 YEARS		10 YEARS		16 YEARS	
Next Vaccination Date: / /		Next Vaccination Date: / /		Next Vaccination Date: / /		[Return Card to ANM]	
	DATE OF VACCINATION *(mm/dd/yyyy)*:		DATE OF VACCINATION *(mm/dd/yyyy)*:		DATE OF VACCINATION *(mm/dd/yyyy)*:		DATE OF VACCINATION *(mm/dd/yyyy)*:
DPT Booster-1	/ /	DPT Booster-2	/ /	TT	/ /	TT	/ /
Vitamin A-2	/ /		/ /		/ /		/ /
MR-2	/ /						
JE-2	/ /						
OPV Booster	/ /						
	/ /						

MISSED DOSE TRACKING

NAME	DATE OF VACCINATION	REASON	NEXT VACCINATION DATE	ANM INITIAL
	/ /		/ /	
	/ /		/ /	
	/ /		/ /	
	/ /		/ /	

VITAMIN A 3–9

	DATE OF ADMINISTRATION *(mm/dd/yyyy)*:
Vit-A-3	/ /
Vit-A-4	/ /
Vit-A-5	/ /
Vit-A-6	/ /
Vit-A-7	/ /
Vit-A-8	/ /
Vit-A-9	/ /