

Home Based Newborn Care (HBNC)

Strengthening of Health and Nutrition through Home visits

Do you know?
ASHA home visits in first
42 days of life supports
both mother and newborn



First* visit	on 3 rd day
Second visit	on 7 th day
Third visit	on 14 th day
Fourth visit	on 21 st day
Fifth visit	on 28 th day
Sixth visit	on 42 nd day

*In case of home delivery, an extra visit on the day of birth

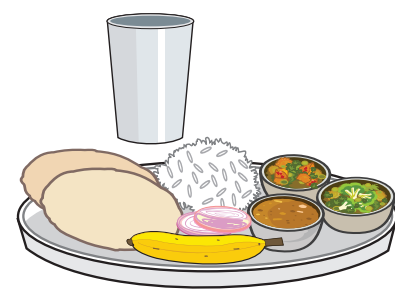
ASHA TO CHECK AND COUNSEL THE FAMILY TO ENSURE:



Newborn receives colostrum



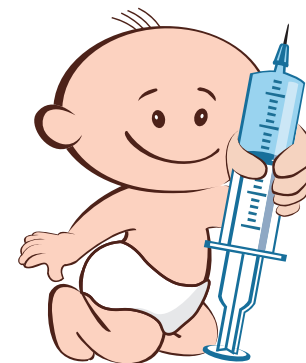
Newborn is kept warm



Mother receives adequate diet



Mother and newborn both receive regular health checkup



Newborn receives timely vaccination



Handwashing using soap by all care givers



Age appropriate play and communication

EARLY INITIATION AND EXCLUSIVE BREASTFEEDING SAVES LIVES

Under JSSK, free treatment and referral for sick children up-to one year of age

Home Based Care for Young Child (HBYC)

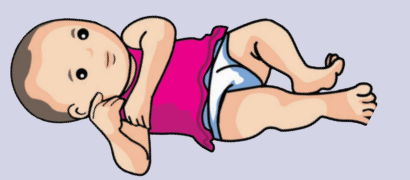
Strengthening of Health and Nutrition through Home visits

Do you know?

ASHA will also visit children of age 3 to 15 months to support family to strengthen health, nutrition and development of children

First visit

at 3 months



Second visit

at 6 months



Third visit

at 9 months



Fourth visit

at 12 months



Fifth visit

at 15 months



ASHA TO CHECK AND COUNSEL THE FAMILY TO ENSURE:



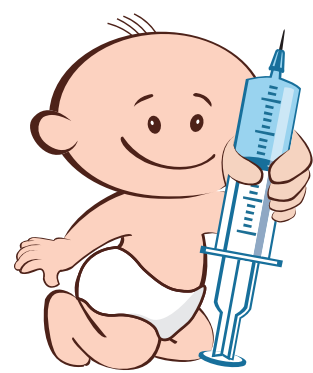
Mother to exclusively breastfeed till 6 months



Complementary feeding begins at 6 months and continues breastfeeding



Use of MCP card for regular monitoring of child's growth & development



Child receives timely vaccination



Age appropriate play and communication



Availability of ORS and IFA syrup at home and its correct use



Handwashing using soap by all care givers

ADEQUATE NUTRITION, PLAY AND COMMUNICATION & GOOD HEALTH ARE CRITICAL FOR ACHIEVING FULL POTENTIAL OF CHILD

Under JSSK, free treatment and referral for sick children up-to one year of age

Home Based Care for Young Child (HBYC)

Strengthening of Health and Nutrition through Home visits

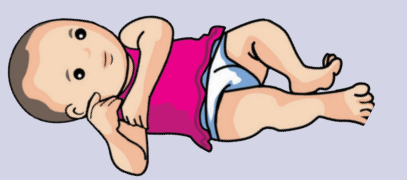
Do you know?

Exclusive breastfeeding for first six months satisfies all the nutrition needs of your baby



First visit

at 3 months



Second visit

at 6 months



Third visit

at 9 months



Fourth visit

at 12 months



Fifth visit

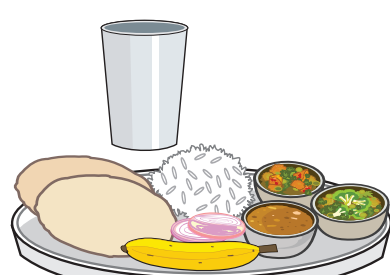
at 15 months



ASHA TO CHECK AND COUNSEL THE FAMILY TO ENSURE:



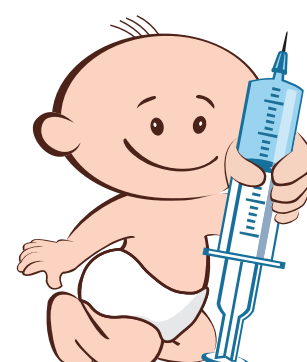
Mother to exclusively breastfeed till 6 months



Mother receives adequate diet



Use of MCP card for regular monitoring of child's growth & development



Child receives timely vaccination



Age appropriate play and communication



Handwashing using soap by all care givers

CONTINUE BREASTFEEDING EVEN IF CHILD IS SICK. IT HELPS IN FAST RECOVERY

Under JSSK, free treatment and referral for sick children up-to one year of age

Home Based Care for Young Child (HBYC)

Strengthening of Health and Nutrition through Home visits

Do you know?

Adequate complementary feeding, after 6 months ensures a well and healthy child



First visit at 3 months



Second visit

at 6 months



Third visit

at 9 months



Fourth visit

at 12 months



Fifth visit

at 15 months



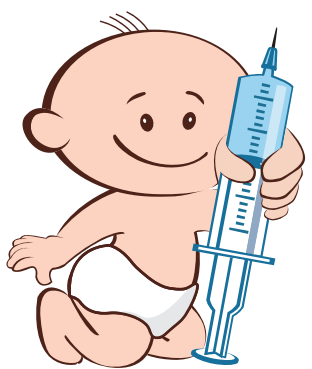
ASHA TO CHECK AND COUNSEL THE FAMILY TO ENSURE:



Complementary feeding starts at 6 months and continues breastfeeding



Use of MCP card for regular monitoring of child's growth & development



Child receives timely vaccination



Age appropriate play and communication



Recommended dose of IFA syrup



Use of ORS during diarrhoea



Handwashing using soap by all care givers

GIVE HOME COOKED NUTRITIOUS FOOD IN ADEQUATE AMOUNT TO YOUR CHILDREN USING LOCALLY AVAILABLE RESOURCES

Under JSSK, free treatment and referral for sick children up-to one year of age