



KiDS Can't WAIT

- 1 Skilled attendance during pregnancy, delivery and immediate postpartum
- 2 Care of the newborn
- 3 Breastfeeding and complementary feeding
- 4 Micronutrient supplementation and deworming
- 5 Immunization of children and mothers
- 6 Integrated management of sick children
- 7 Child injury prevention and control
- 8 Birth Spacing

82,000 Filipino children die before their **5th birthday**

Help your child survive.
GIVE YOUR CHILD A HAPPY, HEALTHY LIFE.

For more information, contact:

National Center for Disease Prevention and Control
DEPARTMENT OF HEALTH
Tel. 7438301 loc. 1728

To-**DOH** Arangkada!



LABANAN
ANG
KAHIRAPAN



INAY/ ITAY...
are **YOU** doing
enough for **your**
child to
survive ?



Basic CHILD SURVIVAL Practices

*Please check the box if you have done or are doing the following health practices.
The more you check, the greater the chance for your under-5 year old child
to survive the most crucial stage of his or her life.*

During Mom's Pregnancy

- Regular visits / consultations to the health center or clinic
- Have tetanus toxoid immunization
- Take nutritious food and iron supplement
- Have dental check-up
- Has birth plan

At Childbirth

- Childbirth and immediate postpartum care by skilled health worker (doctor, nurse, midwife)
- Childbirth in a hospital or a health facility, like a lying-in clinic

Care for the Newborn

- Breastfeeding of the newborn infant within the first hour of birth
- Skin-to-skin contact of mother and newborn
- BCG and Hepa B immunization of newborn

- Clean cord care
- Eye prophylaxis
- Newborn screening, 24 hours after birth

Infant and Growing Child

- Infant receives ONLY breastmilk during the first six months of life
- At six months, the baby continues breastfeeding in addition to appropriate complementary foods he/she takes
- At nine months or before the first birthday, the baby completes his/her immunization schedule
- Receives daily proper nutrition from all of the food groups, i.e., vegetables, fruits, grains, fish, meat, poultry, etc.
- Receives vitamin A every six months
- Receives deworming drugs every six months
- Receives consultation and proper treatment from a health worker at the first sign of an illness

- Frequent handwashing, especially before eating and after using the toilet
- Toothbrushing at least twice a day
- Visit to the dentist every six months
- Daily bath

General Child Safety

- Lives in a safe home and community free or protected from injuries like fall, electrocution, drowning and burn
- Always being supervised by a responsible adult.
- Given safe toys appropriate for his/her age and physical and mental development.
- Able to play with other children aside from his/her siblings (brother or sister)

For Mom & Dad

- At least three years interval before the next pregnancy
- Practice responsible parenting