APPENDIX - III

Simple MCH & FP Interventions

I. During Antenatal Period

i) Taking bed-rest for at least 2 hours per day in last three months of pregnancy.

ii) Increasing dietary intake by at least one extra diet during last three months of pregnancy.

iii) Consumption of at least 100 tablets of Iron & Folic Acid during pregnancy.

iv) Immunisation with Tetanus Toxoid During pregnancy (2 doses or 1 booster).

v) Ante-natal check-ups from MPW (F), HA (F), or Doctor, for at least three times during pregnancy.

II. During Intra-natal Period

i) Delivery in clean, ventilated and well lighted room.

ii) Use of clean (washed and sundried) cloths during delivery.

iii) Use of soap and water in washing the hands of Dai or other person who attends the delivery.

iv) Cutting the umbilical cord of newborn baby with new blade.
III. Post-natal Period

i) Encouraging the early ambulation of mother after delivery.

ii) Breastfeeding the newborn within 2-3 hours after birth.

IV. Child Care

i) Introduction of top feeds for the infant at 5-6 months of age.

ii) Use of Sugar Salt Solution or ORS during episode of diarrhoea.

iii) Increasing fluid intake and continuing food intake during episode of diarrhoea.

iv) Washing of hands before cooking.

v) Washing hands of children before serving them with food.

vi) Cutting nails of children at least once in a week.

vii) Recognition of pneumonia in children and increasing fluid intake during pneumonia in children.

viii) Immunisation of infants against Vaccine Preventable Diseases.
V. **Family Planning**

i) Age of woman at Gauna (consummation of marriage) more than 18 years.

ii) Having the first pregnancy, after the age of 20 years.