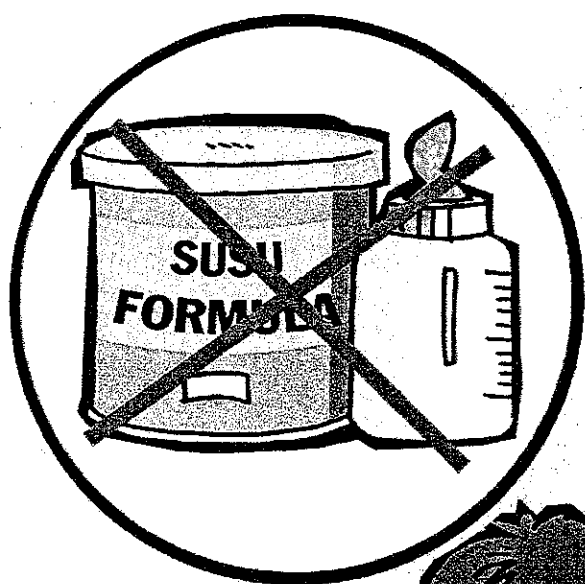


MOTHER'S CLASS CHILD HEALTH



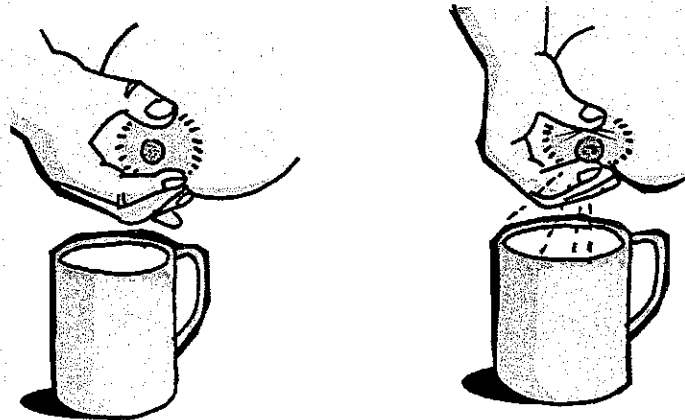
BREAST FEEDING



**Exclusive
Breastfeeding: 0-6
month**



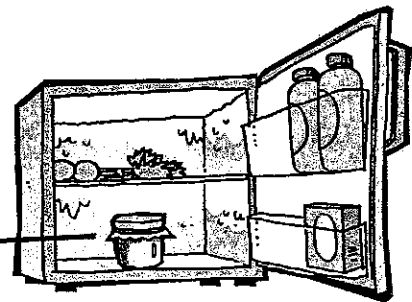
How to express/pump breast milk



How to store breast milk

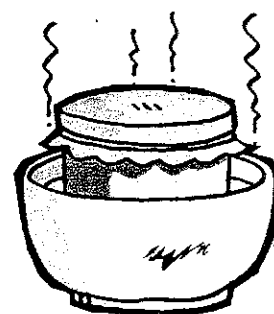
- Open air: 6-8 hours
- In refrigerator: 24 hours

Temperature: 4°C

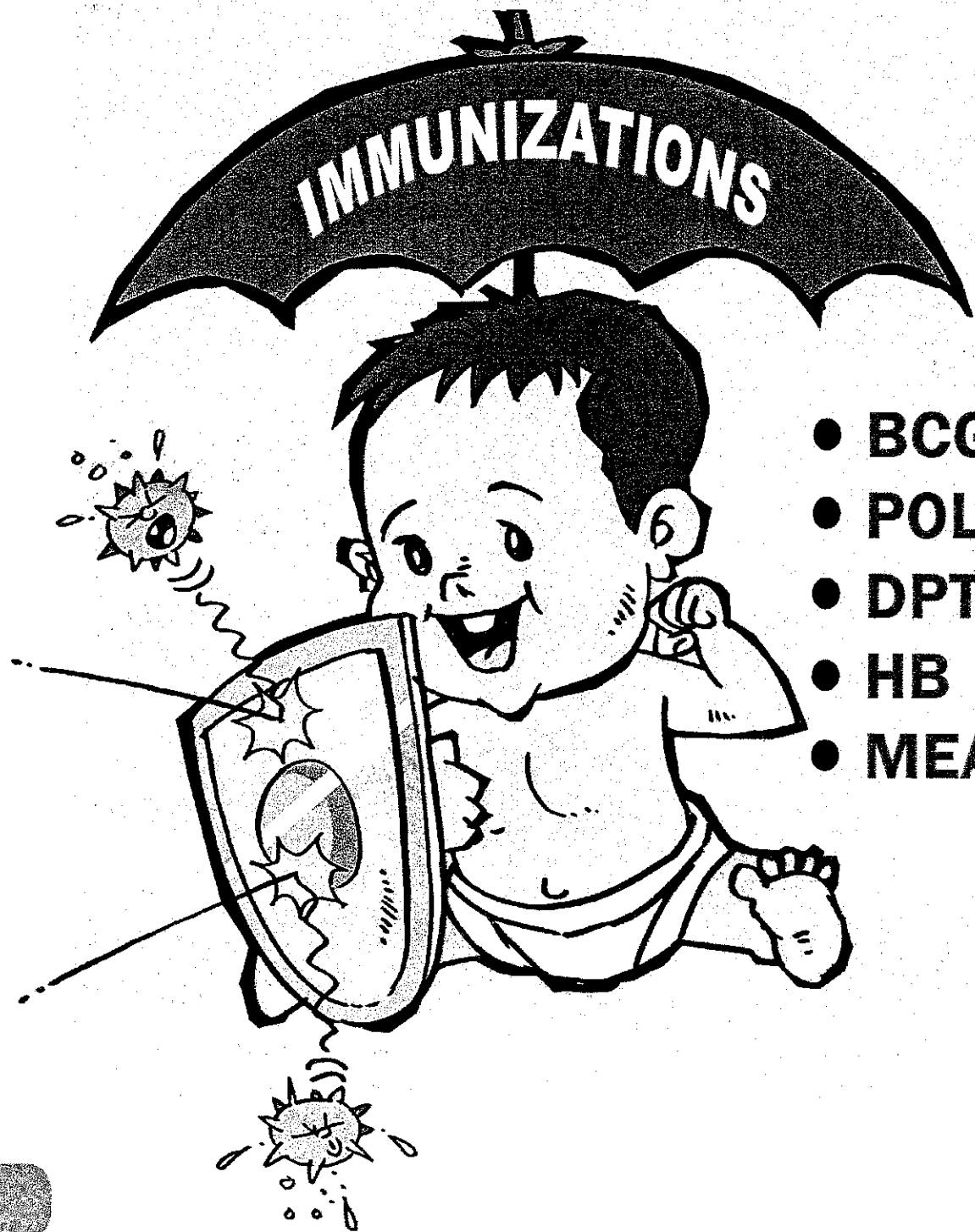


Before given to the baby

Submerged in a container filled by warm water



IMMUNIZATIONS

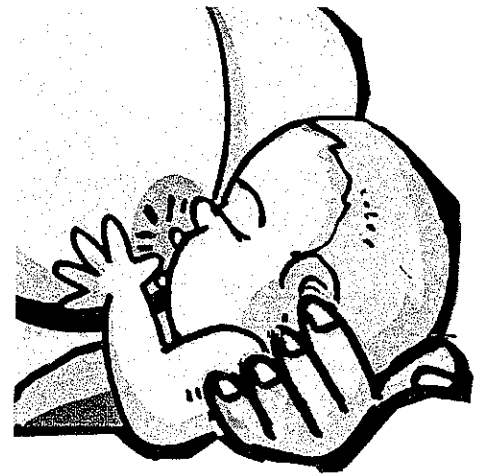


- BCG
- POLIO
- DPT
- HB
- MEASLES

COMPLEMENTARY FOOD GIVING

0-6 Months

**Breast milk
only**



6 - 9 Months

**Breast milk + Semisolid
Food
1-2 times/day**

9 - 12 Months

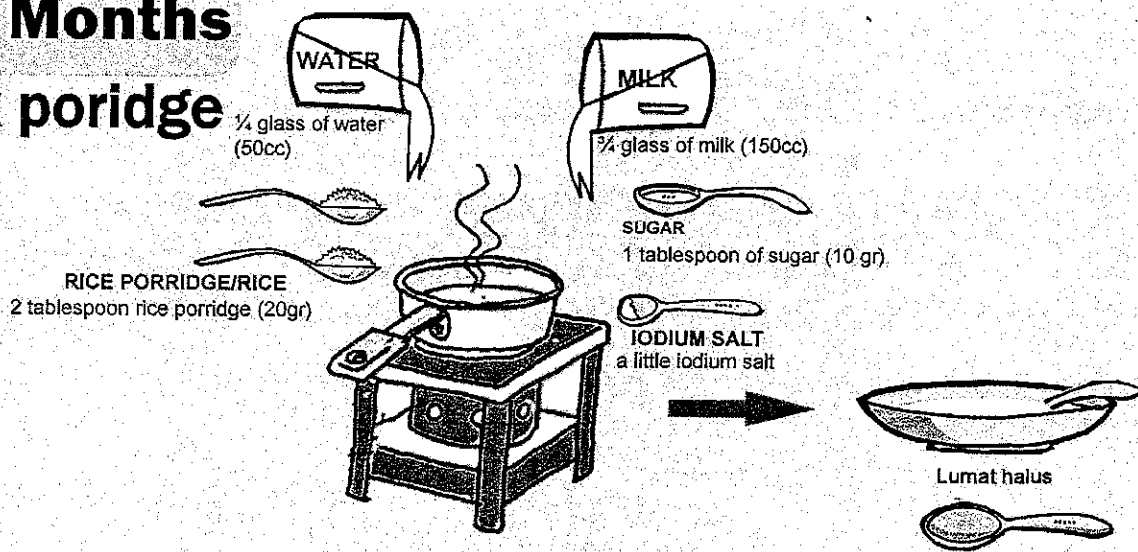
**Breast milk + Porridge Food
2-3 times/day
+ light meal
once a day**

If the baby at the age of more than 6 months is still being breastfed, a mother may increase the portion.

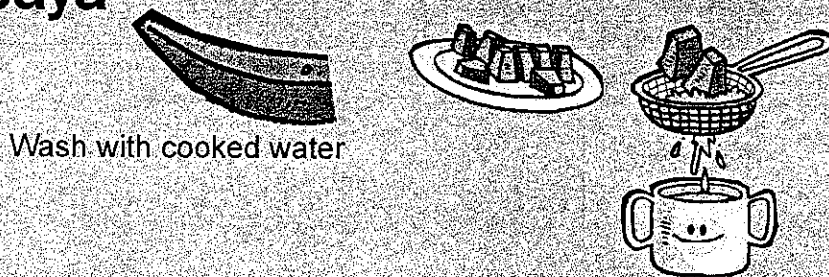
How to make Complementary Food

6 - 9 Months

Milk porridge

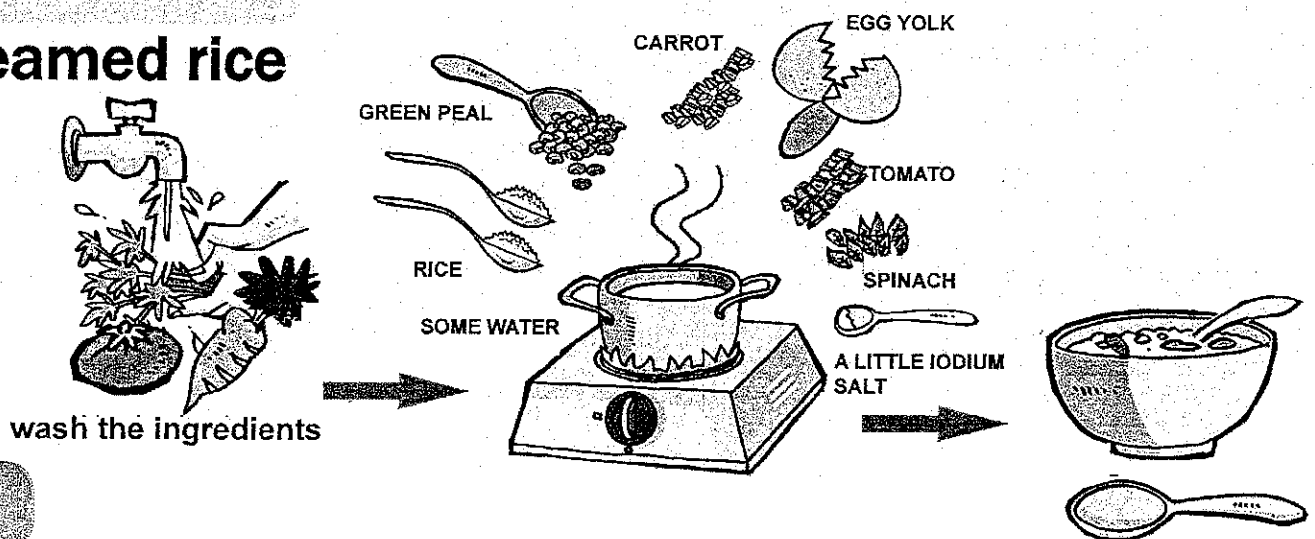


Filter Papaya

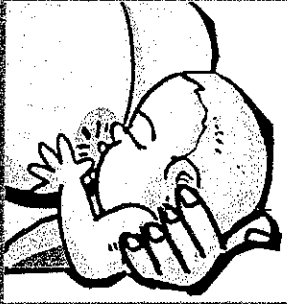
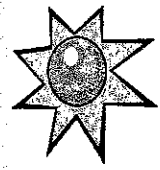
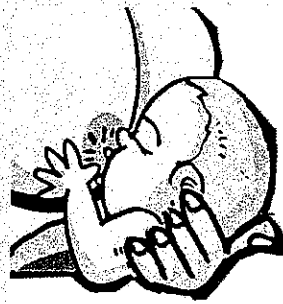
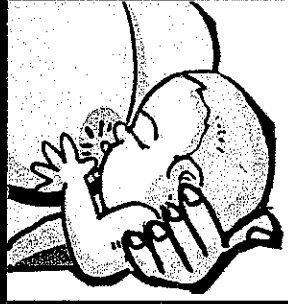


9 - 12 Months

Steamed rice

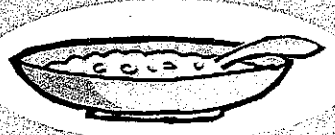
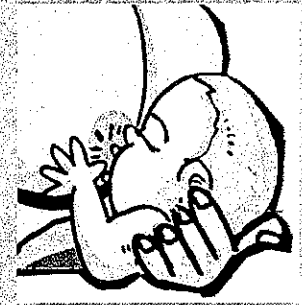
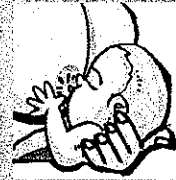
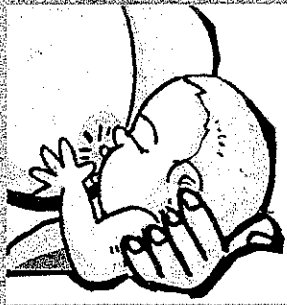


Complementary Food for 6-9 months baby

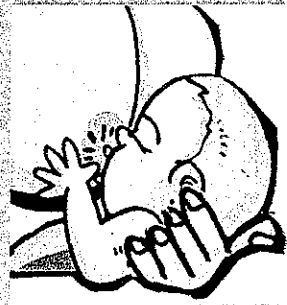


Soft steamed rice

**6 - 9
Months**

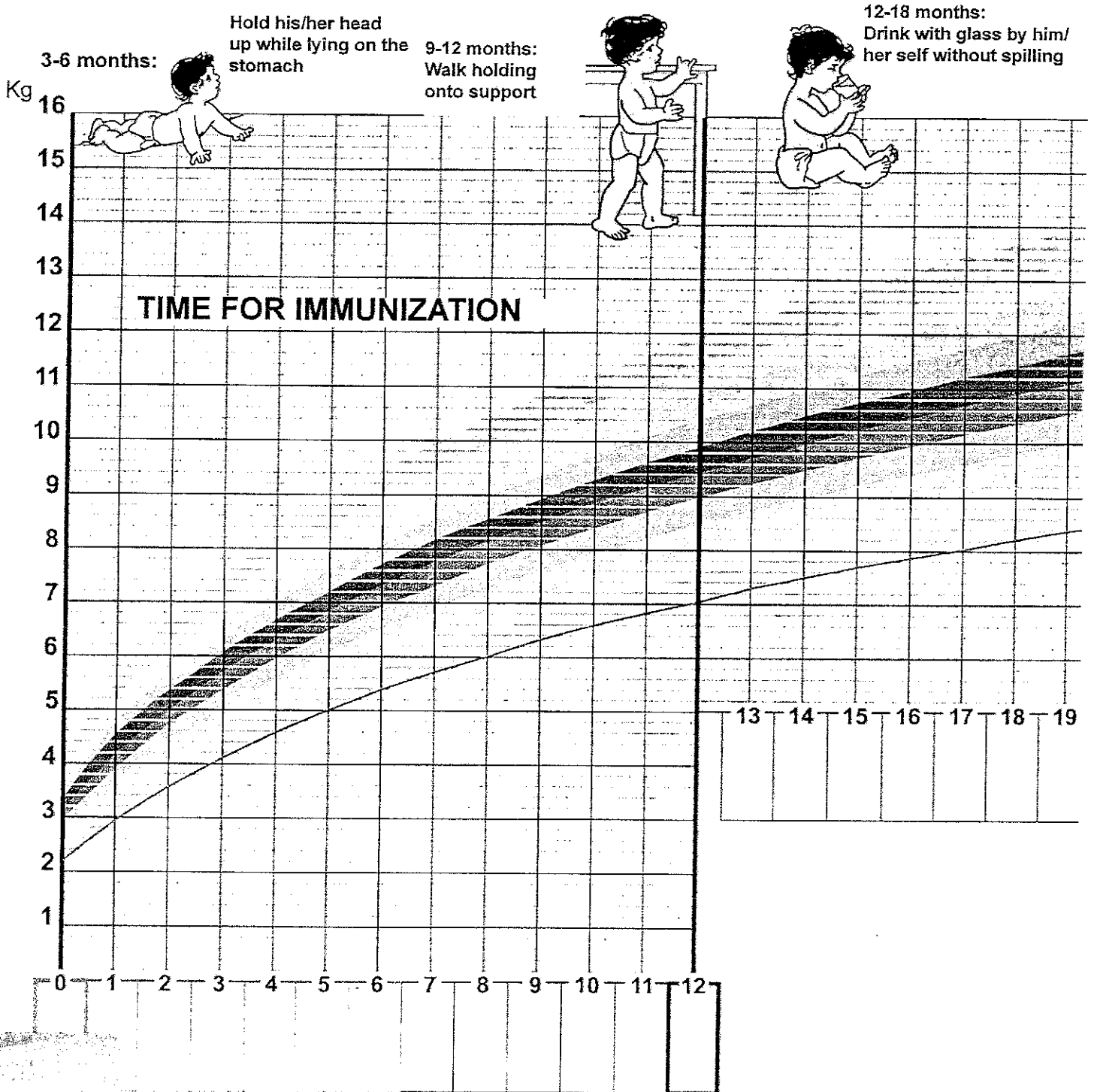


Soft steamed
rice



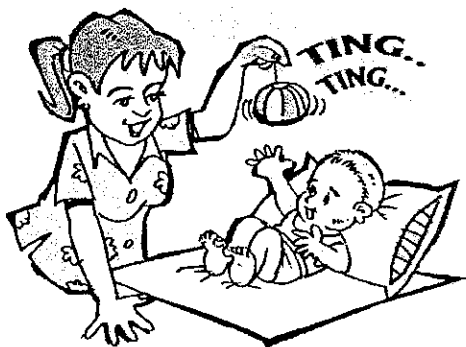
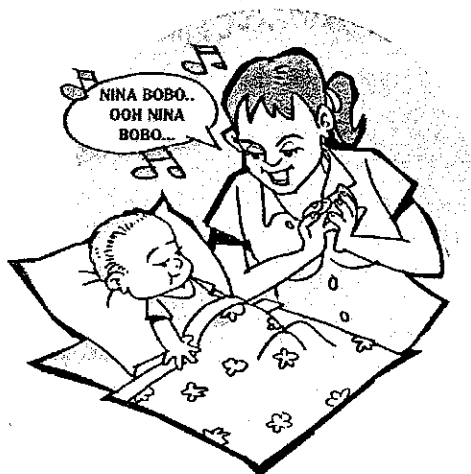
Fresh juice

BABY GROWTH AND DEVELOPMENT

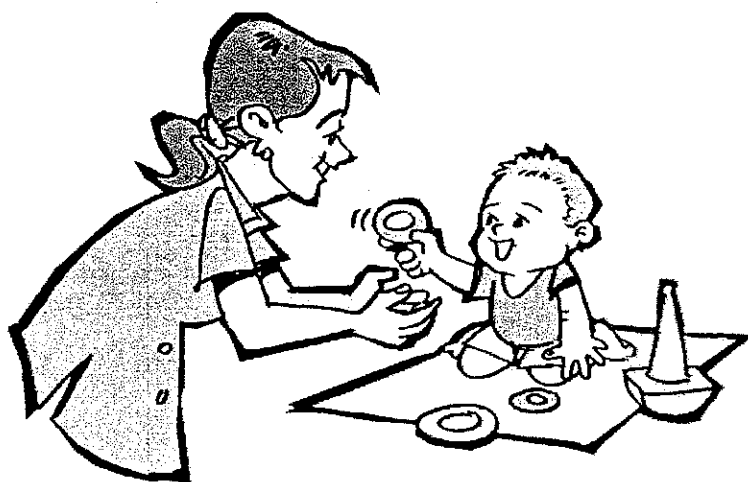
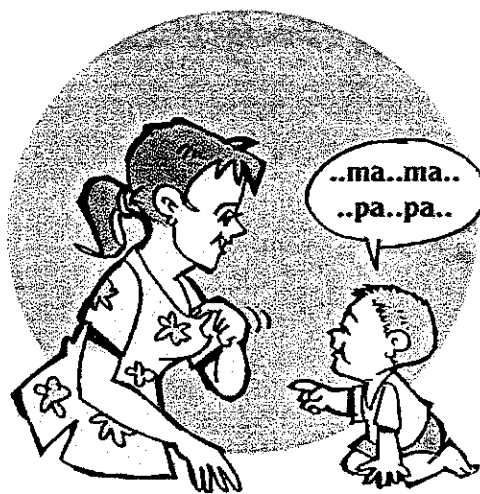


Suggestions for Development Stimulation

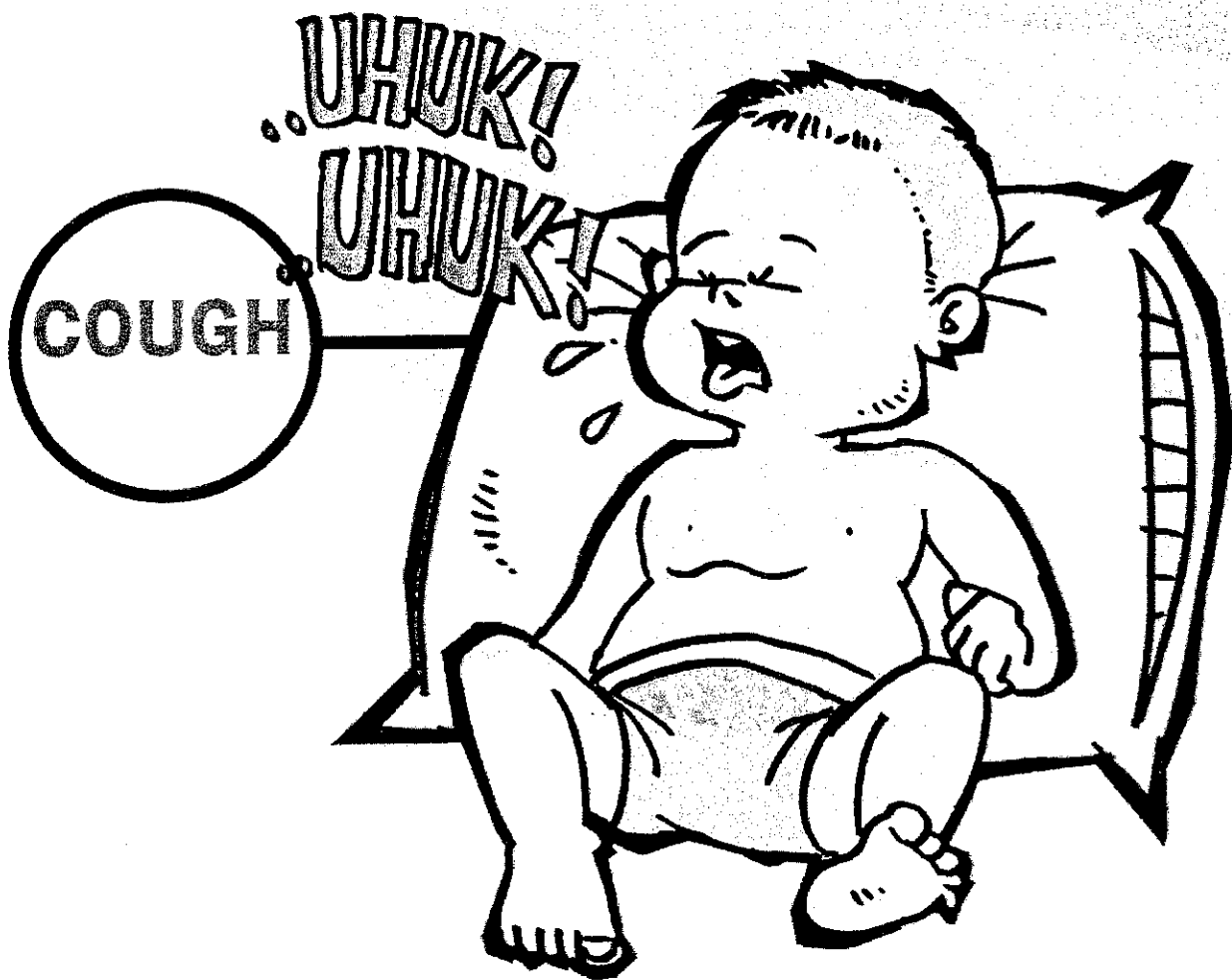
0 - 6 months



6 - 12 months



COMMON BABY ILLNESSES



COMMON BABY ILLNESSES



DIARRHOEA



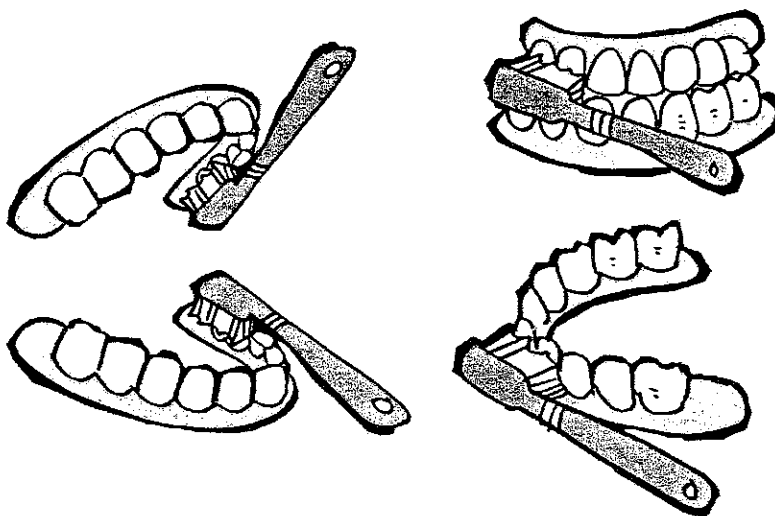
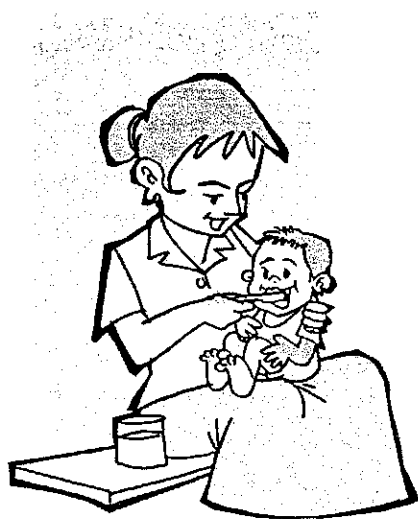
CHILD DENTAL CARE

0 - 6 months



> 6 months

AFTER HIS/HER TEETH EMERGED
(>6 MONTHS - 2 YEARS)

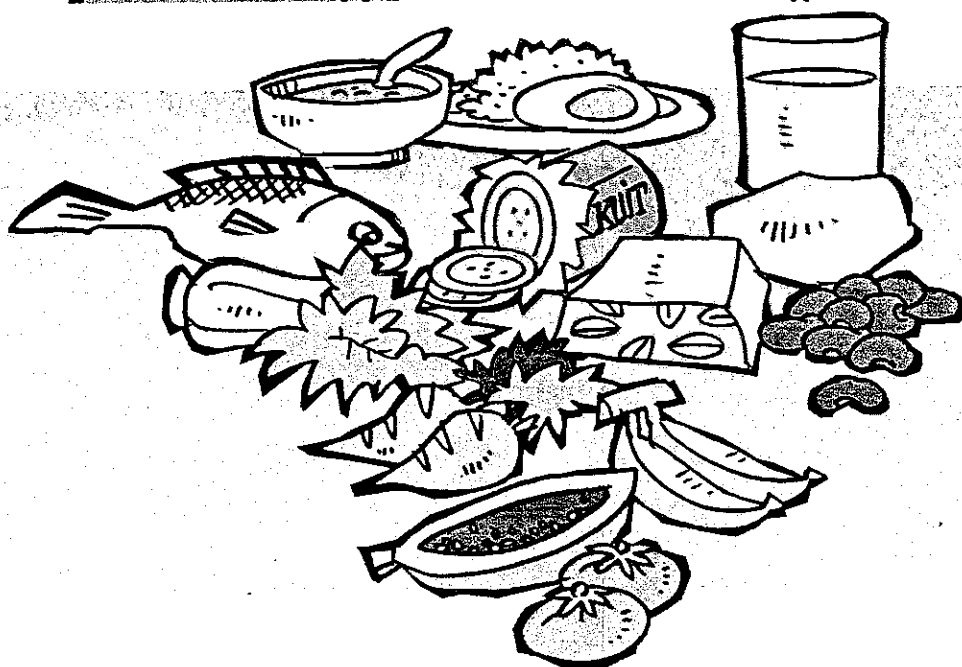
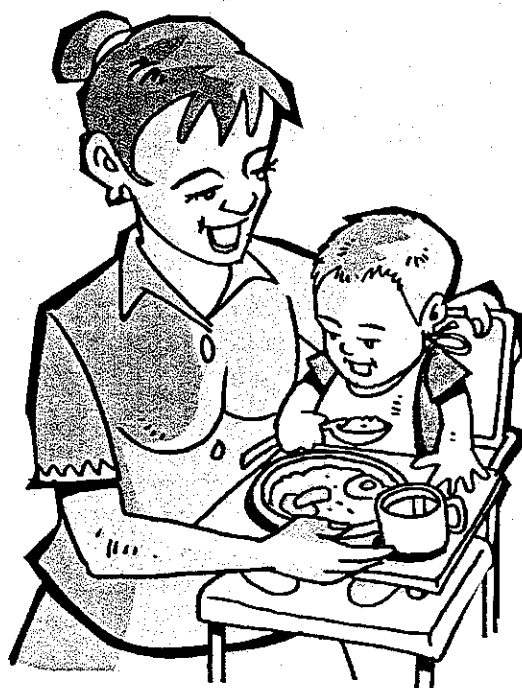


> 2 tahun

PRACTICE TO RINSE
HIS/HER MOUTH

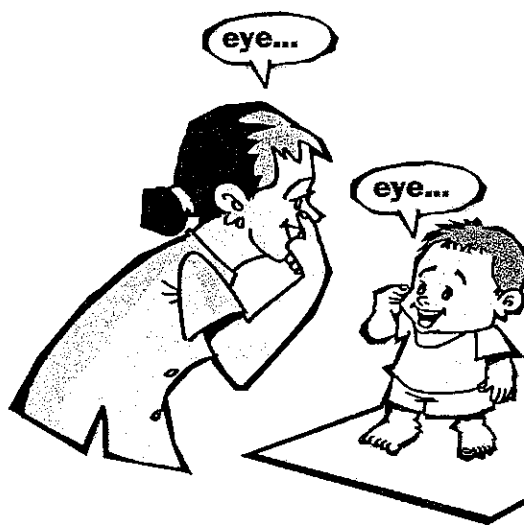
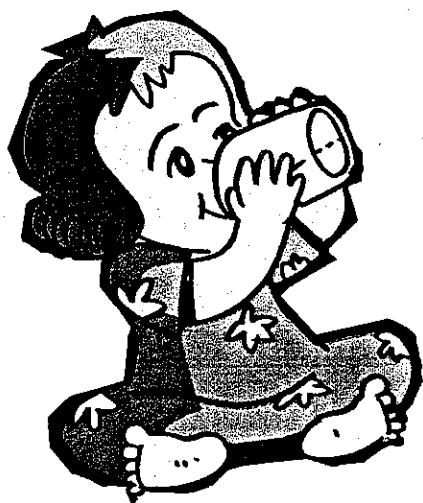


COMPLEMENTARY FOOD 1-2 YEARS OLD CHILD



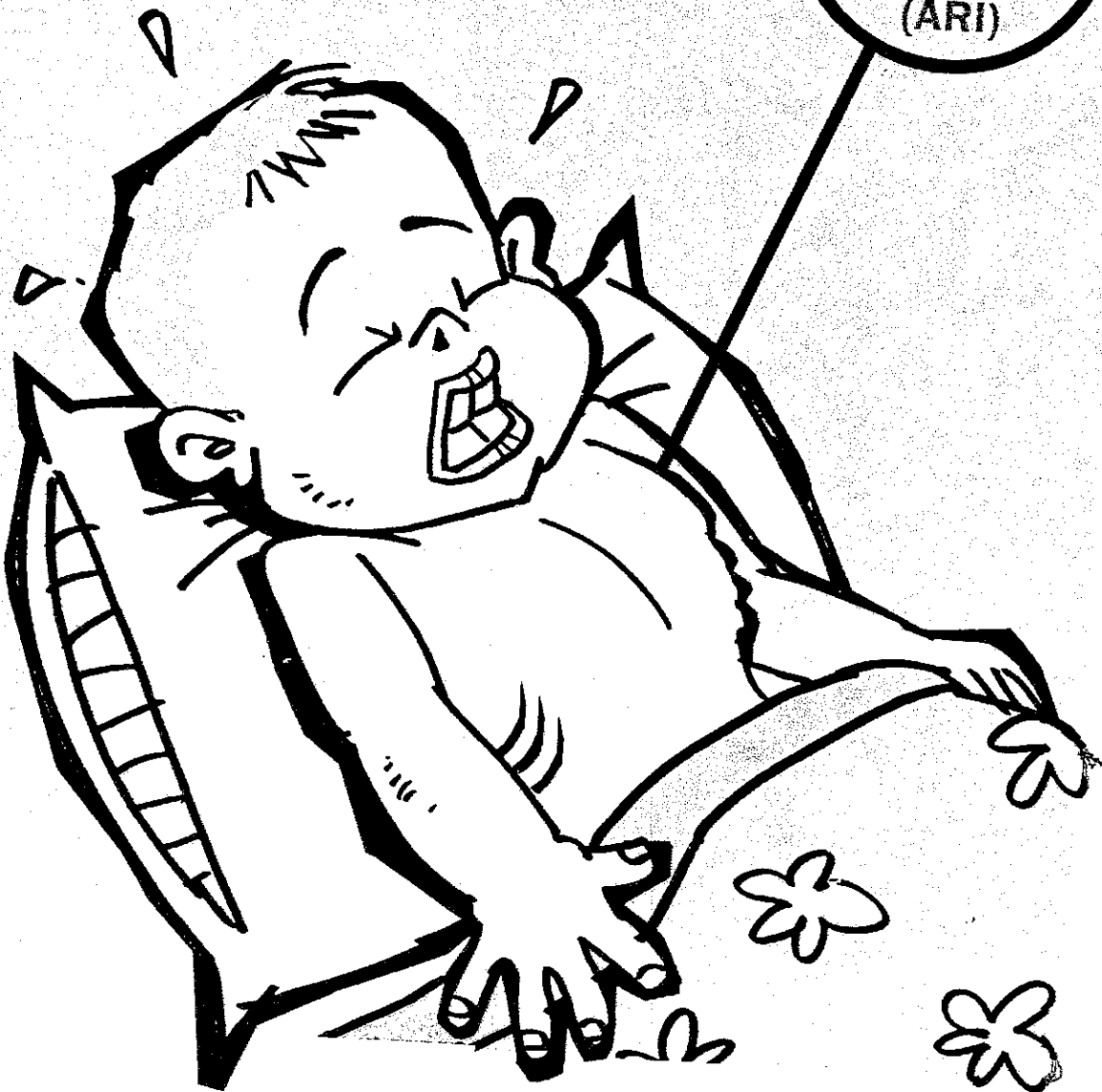
CHILD GROWTH AND DEVELOPMENT

1-2 YEARS OLD CHILD



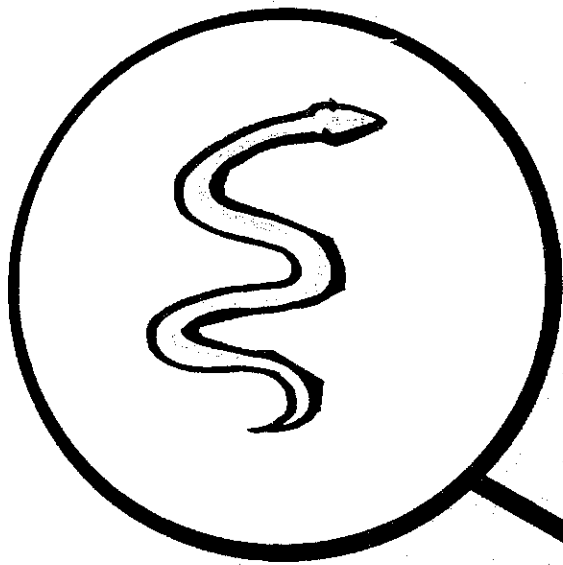
COMMON CHILDHOOD ILLNESSES

COUGH/
ACUTE
RESPIRATORY
INFECTIONS
(ARI)



COMMON CHILDHOOD ILLNESSES

WORM
INFESTATION



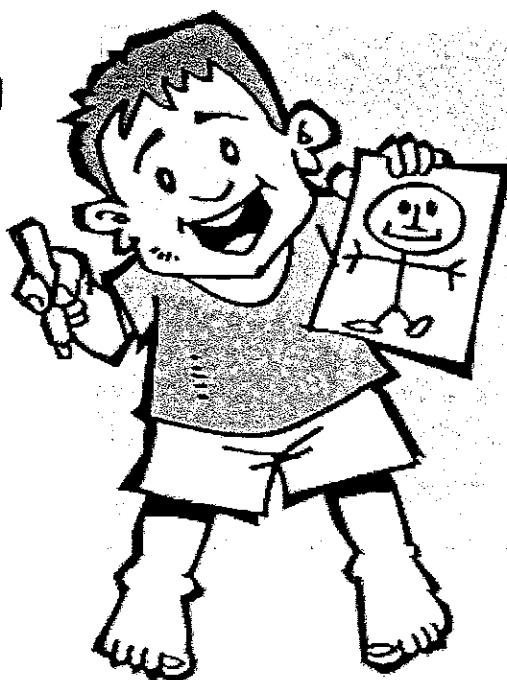
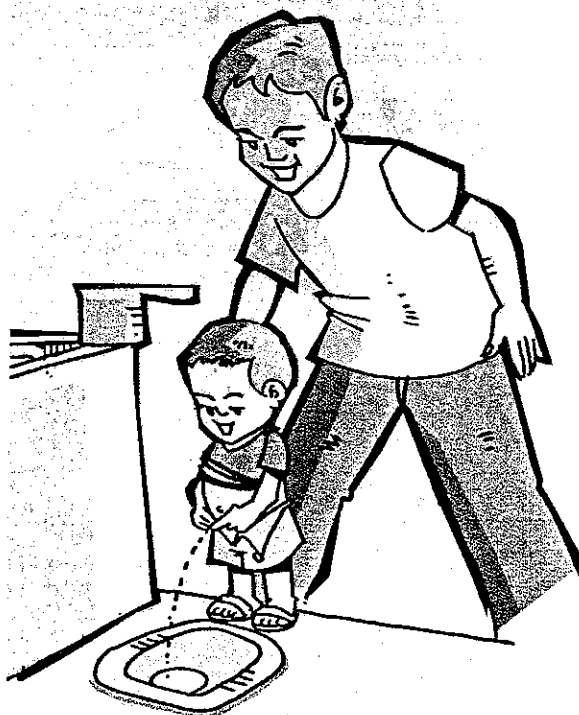
CHILD GAMES

1 - 2 years old

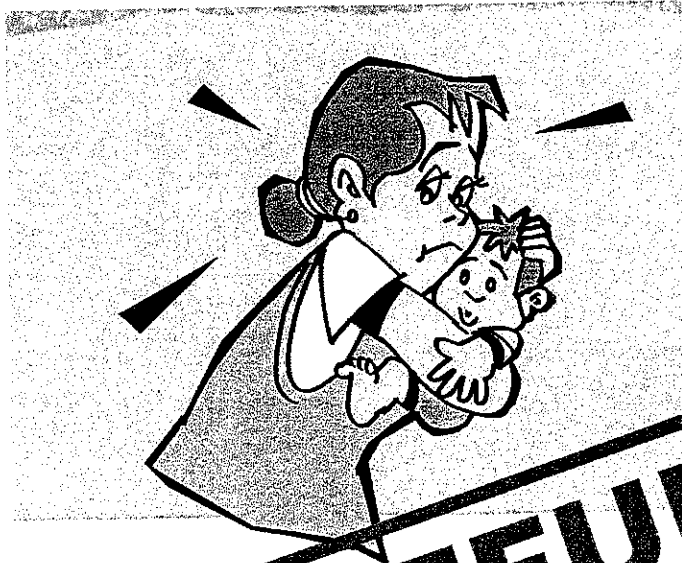


CHILD GROWTH AND DEVELOPMENT

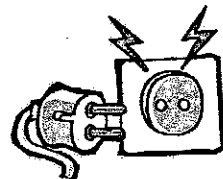
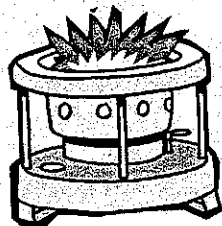
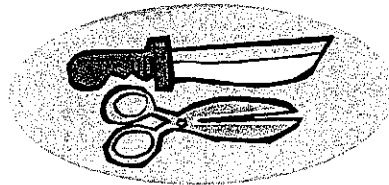
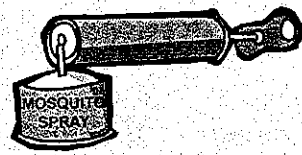
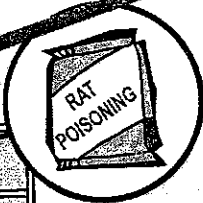
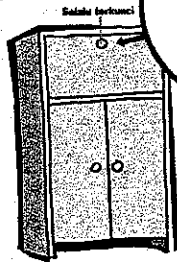
2-5 years old



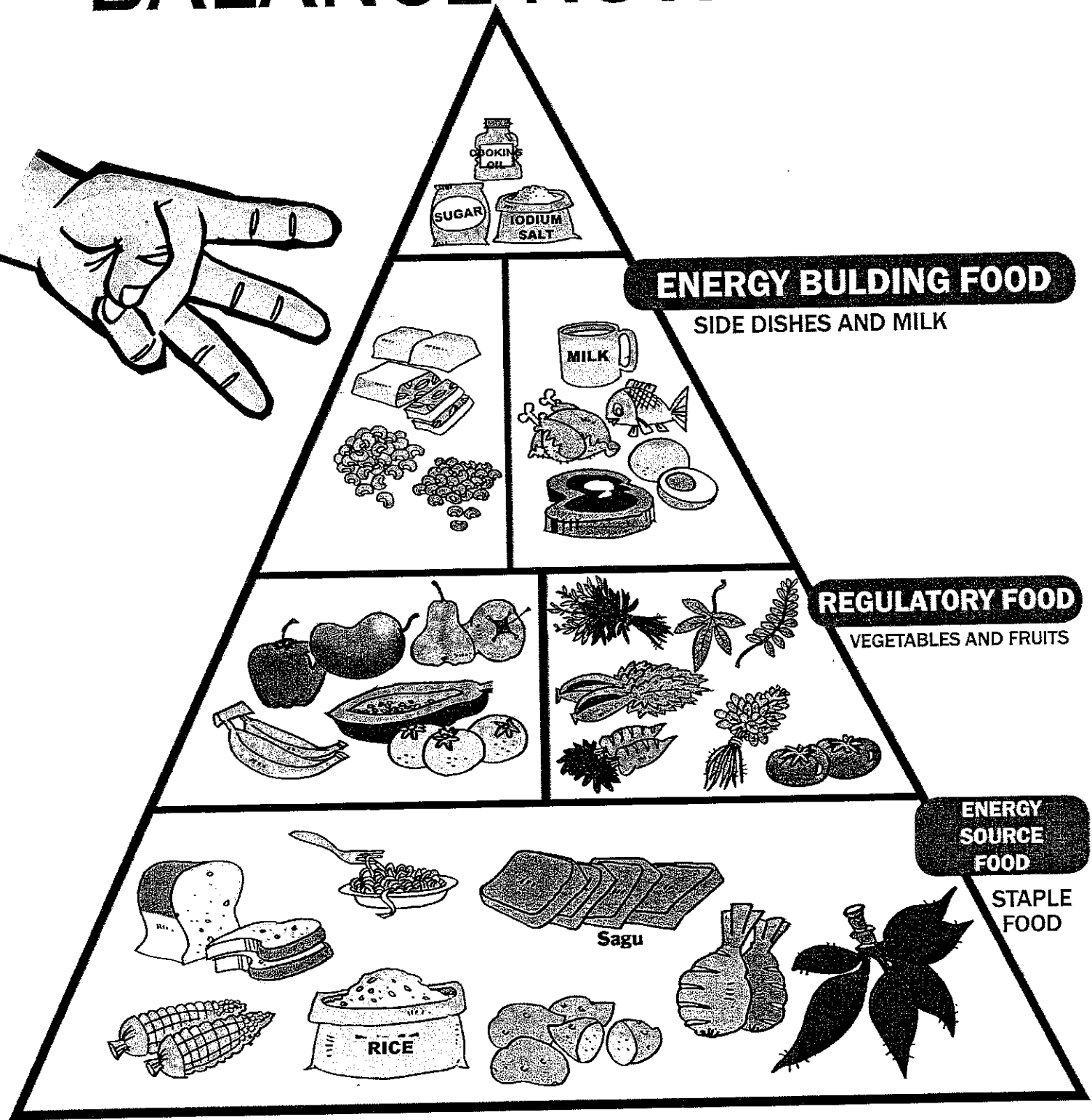
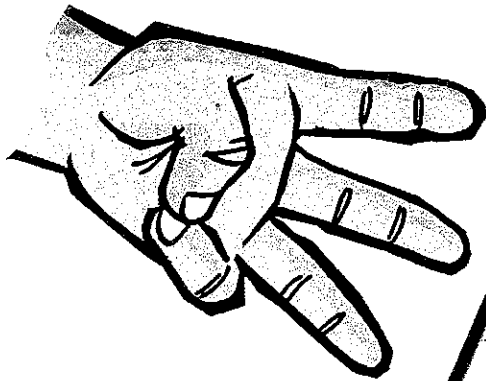
ACCIDENTS PREVENTION



BE CAREFUL!



BALANCE NUTRITION



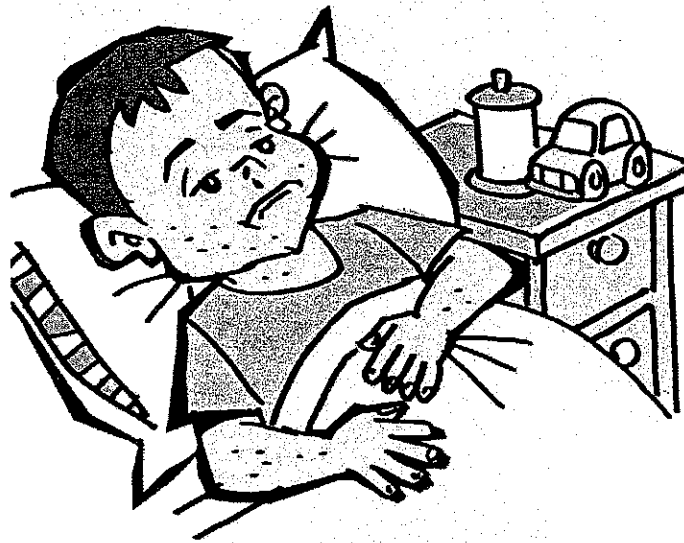
COMMON CHILDHOOD ILLNESSES

TB



C4-A

COMMON CHILDHOOD ILLNESSES



**DENGUE
FEVER**



**BURY
USED GOODS**



**DRAIN
BATH TUB**



**CLOSE
WATER TANK**

EMERGENCY MEDICINES



CLEAN AND HEALTHY LIFE STYLE

