

IMCI COMMUNITY COMPONENT



Guide for mayors and their local government



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Child and Adolescent Health
Family and Community Health
Integrated Management of Childhood Illness (IMCI)



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This Guide was a multidisciplinary effort involving international organizations and agencies, the American Red Cross and Red Cross Societies in the countries, ministries of health, nongovernmental organizations, and other institutions. This generic version does not necessarily conform to national or community standards in each country. Thank you in advance for your assistance in modifying or adapting these guides to your needs.

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INTRODUCTION

Children are born into families, but as we know from the African proverb, “It takes a village to raise a child.” Children’s survival and development are the result of the combined efforts of the family and community, their cultural practices and customs, and their environmental living conditions.

Children’s first learning experiences happen at home. Later, as their world gradually expands beyond the home, their exposure to other people and institutions—including daycare centers, schools, churches, health care facilities and community organizations—dramatically influences their development. Parents count on these support services to help their family and children thrive.

Thus, there is a strong connection between family and community. The positive synergy between these two elements helps a child develop and lead a healthy and productive life.



The reality of our community is that there are many problems related to health, education, nutrition, safe drinking water, etc.

Our job as representatives of the local government is to develop and coordinate social actions for promoting the health of children and pregnant women in our community.

This guide discusses how to fulfill our role as mayors and government workers who are responsible for the health of children under 5 years of age and pregnant women.

1

Justification

MOST LIKELY, A CHILD IS BORN HEALTHY IF HIS MOTHER TOOK CARE OF HERSELF DURING THE PREGNANCY (e.g. by eating well, receiving tetanus vaccination, having regular prenatal checkups, giving birth at a health care facility, etc.).

Once children are born, they live in a **physical environment** very different from the mother's womb. Depending on where children live, they may be exposed to inherent environmental risks (e.g. contaminated sources of drinking water, exposure to viruses, toxins and other pathogens, extreme climate or weather patterns, etc.) Coping with this physical environment can be a life-long challenge.

Likewise, newborn children become part of a **social environment** that includes family and community. Children are exposed to local customs and cultures and the economic productivity and prosperity of their families and those around them. This social environment helps to shape their attitudes and perceptions.

The family

A child's healthy development and education are reinforced during the process of socialization in the family and community.

Children grow up in a physical and social environment made up of varied relationship circles. Typically, they belong to small relationship circles consisting of mother, father, and family members. By adolescence, children are part of broader circles consisting of the neighborhood, schools, and clubs. As adults, they become part of more general circles, such as the community, district and larger organizations.

A child's well-being is affected by the knowledge, attitudes and practices of these social circles. Imbedded in her culture are positive health practices that need to be reinforced as well as negative ones that must be corrected. This guide will highlight some of these behaviors.

A child’s development will differ depending on family practices and the living conditions in the home and community.

Thus, families with **INADEQUATE PRACTICES** expose the child to the risk of illness, aggravated illness and even death.

In contrast, if the family implements some **KEY FAMILY PRACTICES**, the child will **GROW UP HEALTHY**

For example:
 Every year, **MORE THAN 500,000 CHILDREN DIE** in the Americas before reaching 5 years of age.
BUT WHY DO THEY DIE?

Close to 257,000 of these deaths are caused by MALNUTRITION AND INFECTIOUS DISEASES , such as pneumonia, diarrhea and malaria, which could be prevented or treated.	Many of these deaths could be prevented if the families KNEW and IMPLEMENTED SOME HEALTHY PRACTICES .
<input type="checkbox"/> The majority of infant deaths are due to perinatal causes.	The majority of these deaths could be prevented with adequate care provided to the mother before, during and after childbirth.
<input type="checkbox"/> More than 97,000 die each year from pneumonia .	Ten percent of these deaths could be prevented with quality food in sufficient quantity starting at 6 months of age.
<input type="checkbox"/> More than 90,000 die each year from diarrhea. <input type="checkbox"/> Many children die because they ARE NOT TAKEN IN TIME to be seen by health care personnel or they do not receive the necessary treatment and care.	Almost all of these deaths could be prevented by timely care, adequate treatment, regular food and plenty of fluids.
<input type="checkbox"/> Almost 30,000 of these deaths are related to malnutrition .	Many of these deaths could be prevented if children were fed only breast milk up to 6 months of age.
<input type="checkbox"/> Malaria is a cause of illness and death in some children.	Many deaths could be prevented if children slept under insecticide-treated mosquito nets.
<input type="checkbox"/> Measles cases have been reduced considerably, but vaccination coverage has to be maintained.	Measles could be more easily eliminated if children were to receive a measles vaccine before they reached 1 year of age.

The absence of these key practices among adults who are raising children under 5 years of age leads to serious problems.

The community

Before age 5, all of the support that contributes to children's development comes from within the family and community, e.g., daycare centers and health facilities. As children grow older, their network of relationships expands. They begin to interact with people from school, clubs, neighborhood, and community recreation centers. Parents, too, contribute to children's development by participating in the dynamics of the community, i.e., by belonging to women's organizations, local committees or clubs, boards of directors of various organizations, and committees of the Red Cross.

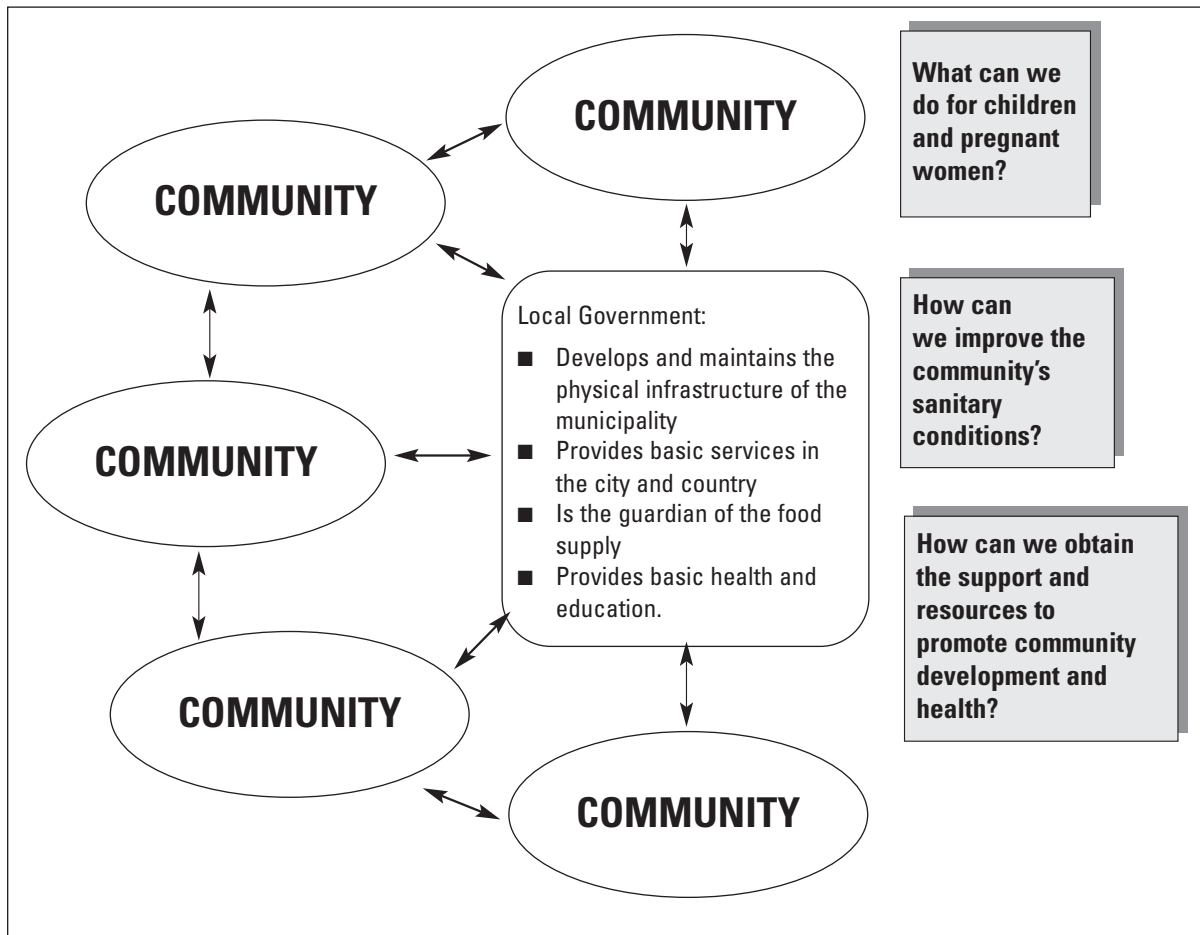
Thus, there is a very strong connection between families, schools, health care facilities and other community resources.

All play a role in teaching children what they need to know in order to lead healthy, productive lives, and all help foster social relationships and interpersonal bonds.

Health, self-esteem, and knowledge are fundamental to children's development. Children must grow up healthy, learn to live in harmony with other children, love themselves, accept their own limitations and respect the rights of others. They should maintain a curiosity about life, discover their potential, persevere in the face of challenges, stay motivated until they accomplish their goals, and gain self-confidence throughout life.

All of us want to live a better life. We all need to be active community members if we want to enjoy physical, mental and social fulfillment.

As mayors, our responsibilities are as follows:



How many children under 5 years old and how many mothers who give birth become sick or die each year in our locality? Why?

2

What is IMCI and what is the goal of its community component?

The mortality rate of children under 5 in a given community reflects a number of factors: culture and child-rearing practices; environmental conditions; and the quality of—and access to—health care facilities and health education for parents.

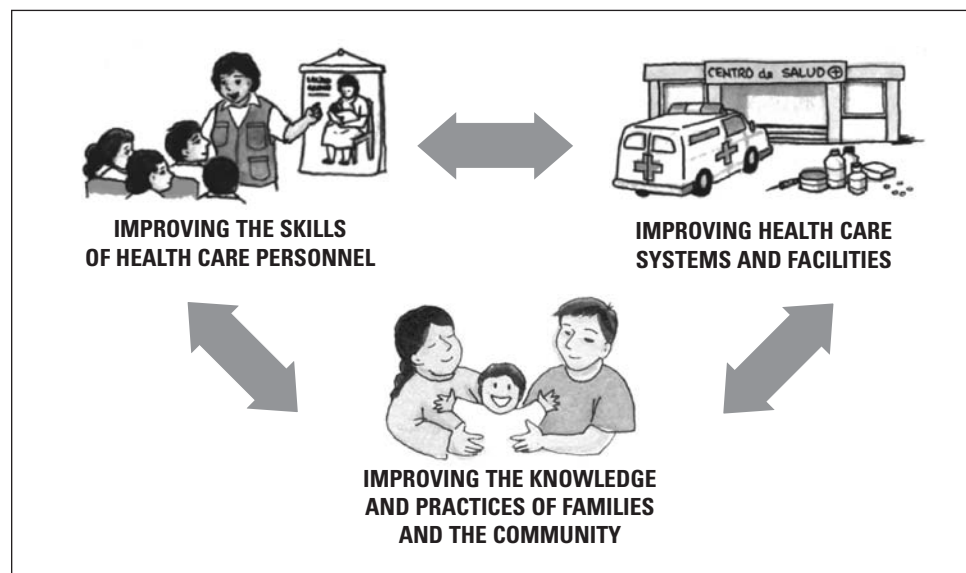
The science and technology exist to control the diseases that cause the majority of deaths among children under 5 years of age. However, many children continue to die.

In response, the Pan American Health Organization/World Health Organization (PAHO/WHO) and the United Nations Children’s Fund (UNICEF) have developed a strategy for preventing these deaths, known as Integrated Management of Childhood Illness (IMCI).

The IMCI strategy is an integrated set of curative, preventive, and promotional actions that are taken in **health care facilities** as well as in the **home and community**.

- In health care facilities these actions focus on timely detection and effective treatment.
- In the home and community the focus is disease prevention and promotion of healthy practices for the care of children and pregnant women.

The strategy consists of three components aimed at:



2. What is IMCI and what is the goal of its community component?

The goal of the community component is to ensure that families implement healthy practices for the safe development of children by:

- Protecting their healthy growth,
- Taking preventive measures so that they do not become ill,
- Providing adequate care in the home when they are ill,
- Detecting in a timely manner signs that require immediate treatment and seeking help.



In order to save lives, it is important to achieve widespread implementation of Community IMCI as rapidly as possible. Its success will be reflected in the increasing numbers of safe childbirths and the improved health of children worldwide.

3

Working within a network

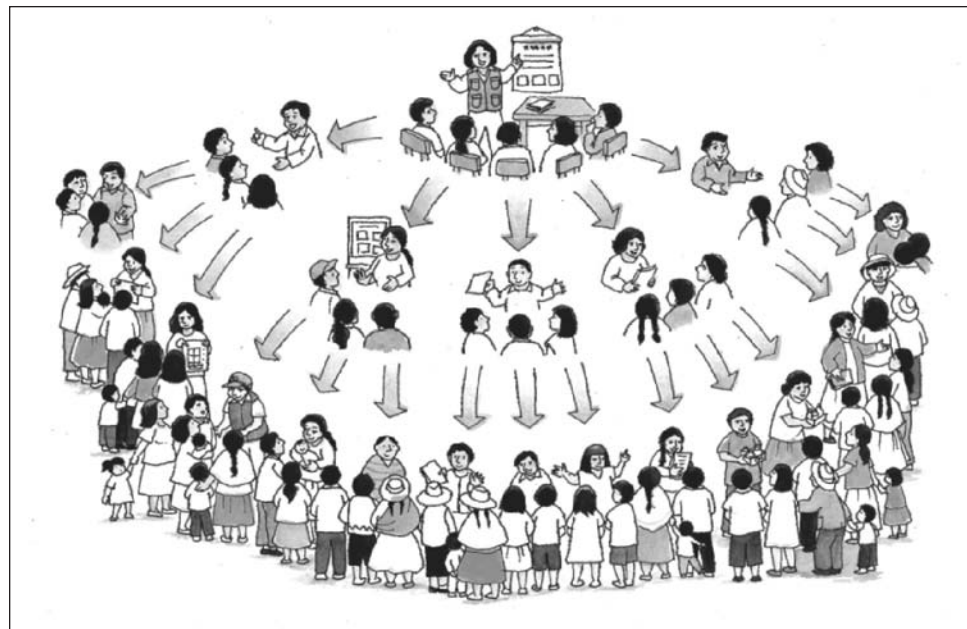
Although the challenge is big, we can reduce mortality and improve the health of children with the use of 16 key practices.

These key practices must be used and promoted widely by all caregivers and community health personnel. Over time, these practices will be adopted by future generations and ingrained into the culture of communities. For now, we must work together to reach one household at a time.

We must work within a network.

In order to promote this guide among fellow mayors and earn their commitment to Community IMCI, we must make use of meetings with elders and leaders of our own and other communities. We should present and explain the experiences we have had using IMCI in our community.

Each mayor represents the opportunity to reach all the people within his jurisdiction. The more mayors who participate, the greater the coverage. Together these leaders constitute a network that makes it possible to reach all the families in the community.



Let us take advantage of every opportunity we have to exchange information and coordinate efforts with other leaders, community health agents (CHAs), health care professionals, municipal employees, Red Cross volunteers and other social players that can contribute to our goal to improve health practices.

4

Who makes up the network of children's health advocates?

Numerous institutions and people play a part in improving children's health. Together we can form a huge network.



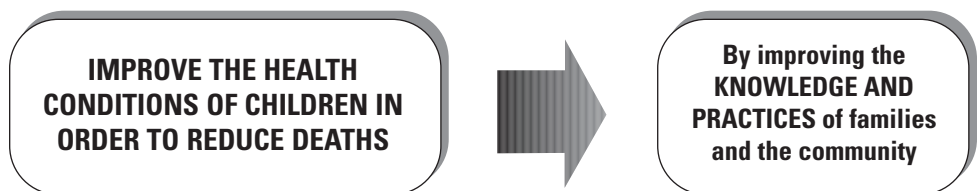
WE ARE ALL RESPONSIBLE FOR COMMUNITY HEALTH. REPRESENTATIVES OF THE LOCAL GOVERNMENT, WE SHARE THIS RESPONSIBILITY. WE ARE PART OF THE NETWORK.

5

What can social players accomplish by working together?

We all are recognized “social players” in the community to the degree that we contribute to its social dynamics.

All social players such as mayors, Red Cross volunteers, community health agents, schools, churches and local organizations can help implement Community IMCI by sharing knowledge, promoting health practices to be implemented in the home, and reinforcing these practices in the community. Working together, we can have an even greater impact. We can:



By working together in a coordinated manner and promoting key practices, social players can reduce the number of deaths among children under 5 years of age in the Region of the Americas.

Let's review the 16 Key Practices

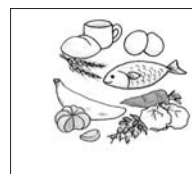
For the proper growth and physical and mental development of boys and girls:



1. Breast milk only.



2. Semisolid and solid foods and continued breast feeding.



3. Adequate amounts of vitamin A, zinc, iron.



4. Affection, play, conversation. Meeting their needs.

5. What can social players accomplish by working together?

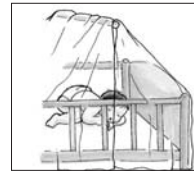
For disease prevention:



5. All vaccinations completed according to age.



6. Clean environment, safe water handwashing.



7. Sleeping under mosquito nets in areas where malaria and dengue are endemic.



8. Protecting yourself against HIV/AIDS. Caring for children.

For home care:



9. Food and more fluids when children are sick.



10. Appropriate care and treatment when children are sick.



11. Protect children against mistreatment and neglect.



12. Father's participating in child care and family health.



13. Protection against injuries and accidents.

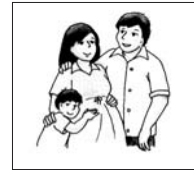
For seeking care outside the home



14. Recognizing danger signs. Seeking timely help.



15. Following the advice of health care personnel.

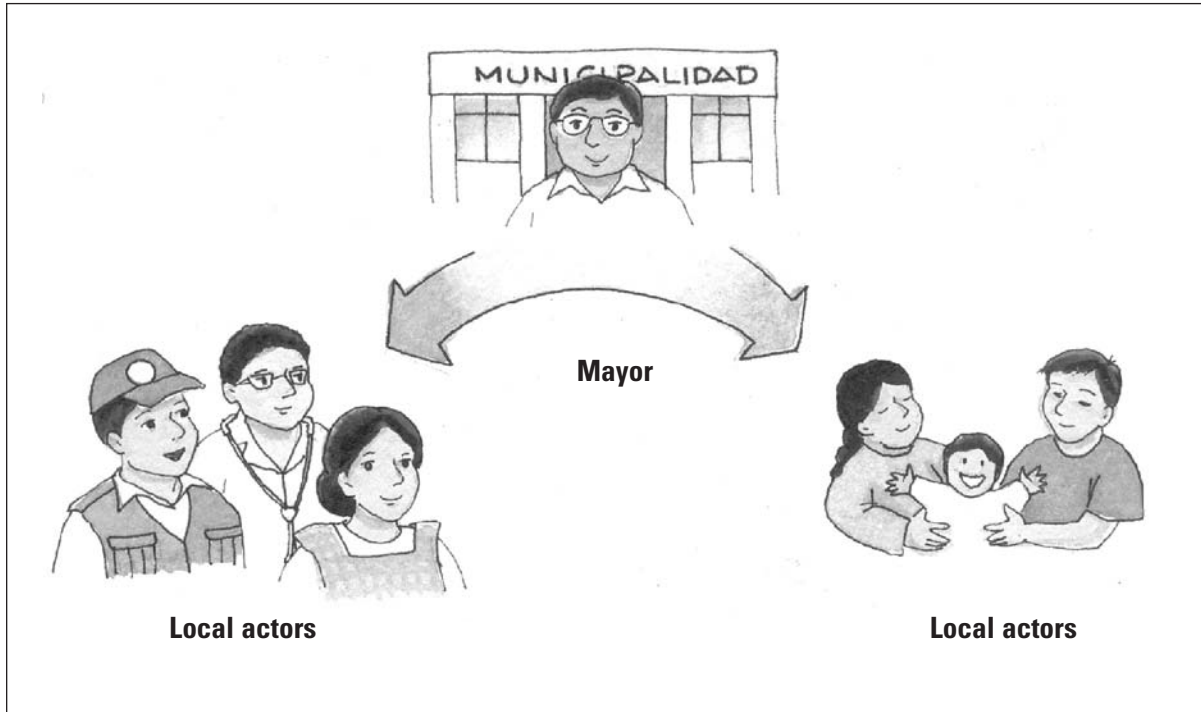


16. Prenatal checkups. Tetanus vaccination. Nutrition. Childbirth at a health care facility. Support from the family and the community.

6

What can mayors do?

Elected mayors represent the local government, which is primarily responsible for solving problems identified by the community. For example, in the field of health, it is our responsibility as mayors to link the different social players in our locality to promote the 16 key practices.



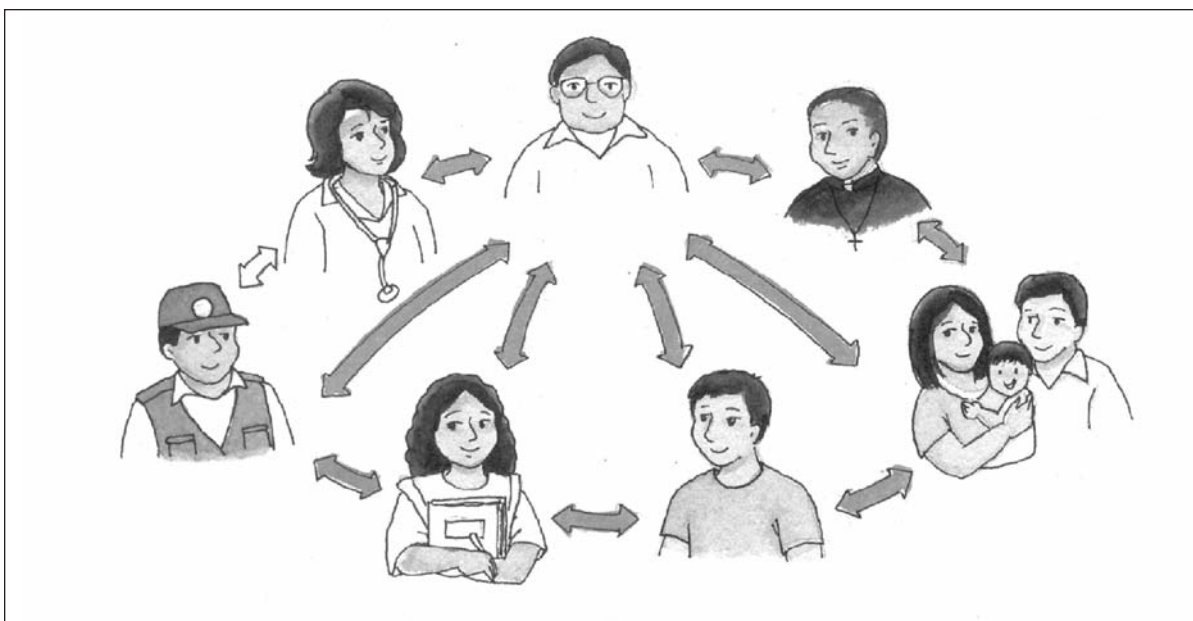
With whom do we share the burden of children's health?

Because children are our national heritage and treasure, the plight of children—and pregnant women—is everyone's concern.

Local governments play a fundamental role in the promotion of healthy practices by coordinating the efforts of the different social players in our community, such as: Health care facilities, Red Cross volunteers, schools, community-based organizations, families, churches, community health agents, etc.

As leaders, we serve our children by giving them a healthy community in which to live. To achieve this, we must support family compliance with the 16 key practices outlined in this guide. Being part of a healthy community will enable us to be better leaders and attain greater recognition and social importance.

We must work together with mayors of other localities to have the greatest impact.



Two ways to promote the key practices:

- Disseminate IEC (information, education and communication) materials regarding the key practices relevant to our locality.
- Coordinate the news media to support health care strategies such as vaccination and accident prevention campaigns and the dissemination of information on the Rights of the Child.

What actions for children’s health can we include in our working/management plans?

Local governments are responsible for promoting and supporting a healthy community. Thus, the health of children and pregnant women should be an integral part of our working plans.

As municipal authorities, we must promote healthy practices among families and health care workers in an expedient and sustainable manner. We must begin by coordinating and supporting the efforts of all the social players working toward this goal. The end result will be a healthy community, which can only help to consolidate our role as respected local authorities.

Let’s consider our daily tasks and reflect on how we can strengthen our work for children’s health in our locality.

The following pages include ideas that we can incorporate into our working/management plans. The two types of charts describe:

- Specific actions that can be taken by the mayor’s office to support some key practices; and
- Examples of key practices that can be promoted by different “spheres” of our local government, e.g., politics, environment, social, community.

Ideas that we can incorporate into our working plan and local management plan

KEY PRACTICES	WHAT CAN BE DONE BY THE MAYOR'S OFFICE
<p>For physical growth and mental development <i>Example: Organizing and presiding over a functioning network of children's health advocates.</i></p>	<p>Promote the adoption of Community IMCI among organizations and social players involved in women and children's health care.</p> <p>Allocate resources—both human and financial—to support organizations and social players that are implementing programs that use the 16 key practices.</p>
<p>For disease prevention <i>Example: Controlling the sources, storage, and transport of potable water.</i></p>	<p>Support IEC (information, education and communication) campaigns that emphasize the messages of Community IMCI.</p>
<p>For adequate home care <i>Example: Facilitate and support home visits by community health workers.</i> <i>Issue legal actions such as proclamations, resolutions, etc., to formally adopt national or local public health policies that emphasize the 16 key practices.</i></p>	<p>Issue legal actions such as proclamations, resolutions, etc., to formally adopt national or local public health policies that emphasize the 16 key practices.</p> <p><i>Enforce high environmental standards that promote healthy living (e.g., routine garbage collection, proper elimination of feces, etc.)</i></p>
<p>For seeking care outside of the home. <i>Example: Continuously inform the community about the location and kinds of services provided by their health care services network.</i></p>	<p><i>Encourage members of the community to invest in their own futures by volunteering and supporting local IMCI efforts.</i></p>

Some key practices that we can promote in different spheres of our local government

PRACTICES	SPHERES			
	Politics	Environment	Social	Community
Up to 6 months of age give babies only breast milk.	Encourage workplaces to adopt policies that support breastfeeding women.	<p>Promote the creation of adequate, private areas in workspaces for working mothers to comfortably extract their milk and allow them to store it.</p> <p>Ensure comfortable, private areas for breastfeeding in public areas such as recreational facilities, stores, businesses, etc.</p>	Participate in public ceremonies to certify facilities such as “IMCI-friendly” hospitals, clinics, etc.	<p>Support local networks that promote breastfeeding.</p> <p>Participate actively in the inauguration of breastfeeding week.</p>
Starting at 6 months of age, give children fresh foods that are rich in calories and micronutrients, as well as continuing breastfeeding up to 2 years of age or older.	<p>Monitor sites where foods for human consumption are processed, stored, handled, and sold.</p> <p>Support and oversee the food oversight and safety plan to ensure that:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Children have sufficient, nutritional food, and <input type="checkbox"/> These foods meet their nutritional needs. 	In rural areas, promote the cultivation of quality nutritional foods.	<p>Encourage the local news media to promote:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foods that are cultivated locally, <input type="checkbox"/> Foods that are in season, <input type="checkbox"/> Places that sell food in the area that can be reached easily. <p>In local markets implement the use of a “family shopping basket,” a model that lists each food group based on the child’s age and food availability in the municipality, e.g., a basket with food for 1-year-old children.</p>	<p>Promote the formation of shopkeepers’ cooperatives that permit merchants to purchase food more economically and, therefore, to sell them to population more easily.</p> <p>Promote formation of children’s community dining rooms managed by the women of the locality, where they are continually educated and trained in nutrition workshops.</p> <p>Facilitate and promote food fairs, with products from the region that encourage residents to eat products from the different food groups.</p>

Some key practices (cont.)

PRACTICE	SPHERES			
	Politics	Environment	Social	Community
Promote mental and social development by responding to children's need for attention by talking to them and playing with them in a stimulating environment.	<p>Promote legal provisions with respect to conservation and use of recreational and sports zones that are safe and sanitary.</p> <p>Oversee and ensure compliance with legal provisions with respect to vehicular traffic, e.g. traffic lights or signs, especially in school zones</p>	<p>In public areas of each locality, promote safe thoroughfares or pathways for pedestrians and bikers.</p> <p>Promote fairs, artistic and cultural workshops, performances, sports and family competitions as healthy recreation.</p>	<p>Promote social, cultural, and sports activities via the news media or their sponsoring organization.</p> <p>Organize contests for painting public facilities in the neighborhood.</p>	<p>Together with citizens, plan actions that permit peaceful coexistence and conflict resolution.</p>
Safely eliminate feces from public areas.	<p>Design and implement programs to construct latrines with waste elimination systems in rural and urban areas.</p> <p>In public sites, monitor and ensure sanitary services and toilet seats designed for children.</p> <p>Support the actions of organizations that promote the use of safe drinking water, proper waste elimination, and other environmental and sanitation programs.</p>	<p>Coordinate educational strategies to help local residents better understand and appreciate their environment and the services to protect them, e.g. water storage and treatment facilities.</p>	<p>Lead community projects for the periodic washing of drinking water storage tanks.</p>	<p>Support community initiatives to construct adequate water purification systems.</p>

7. What actions for children’s health can we include in our working/management plans?

Some key practices (cont.)

PRACTICE	SPHERES			
	Politics	Environment	Social	Community
Take appropriate steps to prevent and control injuries and accidents among children.	<p>Include in government plans the dissemination of information on children’s rights and obtain resources for this purpose.</p> <p>Monitor and control alcohol consumption among minors.</p>	<p>Designate safe play zones for children.</p> <p>Display signs that warn of dangers (e.g. contaminated water, high traffic areas, etc.)</p>	Promote accident prevention measures via the news media.	Encourage the community to participate in children’s care networks.
Prevent the mistreatment and neglect of minors and take the appropriate measures if abuse occurs.	<p>Include in government plans the dissemination of information on children’s rights and obtain resources for this purpose.</p>			Facilitate coordination among the different institutions and organizations that may be linked in a network to promote good treatment for children.
Ensure that all pregnant women have prenatal checkups and deliver at a health care facility.	<p>Include in government plans the dissemination of information on pregnant women’s rights and allocate and obtain resources for this purpose.</p>			Promote and support transportation assistance for members of the population who live far away from health care facilities.

What is the role of local government in supporting the IMCI strategy?

The Universal Convention on Children's Rights, approved by the United Nations General Assembly on November 20, 1989 establishes principles to which national, regional, and local governments should commit in order to improve quality of life. The key practices promoted by the IMCI strategy respond to the needs set forth in this convention.

A local government that supports the IMCI strategy commits to promoting the key practices most relevant to the needs of the community it serves. The following chart enables us to identify and choose the most relevant practices for our locality.

Once the specific practices have been identified, local government officials should hold a public meeting to present our commitment to the community. This will enable us to mobilize resources and establish strategic alliances with various social players.

Investment in children and pregnant women guarantees the sustainable development of our locality and ensures a better future for children. As mayors, we will be recognized for implementing innovative actions with the coordinated efforts of different local players (neighborhood boards, churches, NGOs, etc). We will earn public recognition for our efforts to ensure a healthy community.

8. What is the role of local government in supporting the IMCI strategy?

My local government commits itself to²

1. Promote breastfeeding alone up until six months of age.
 2. Promote giving children complementary food in sufficient quantity and adequate quality starting at 6 months, and continued breastfeeding up until 2 years of age or older.
 3. Promote giving children adequate quantities of micronutrients (particularly vitamin A and iron), either with their food or in supplements.
 4. Promote the mental and social development of boys and girls and a stimulating environment.
 5. Promote the timely vaccination of boys and girls according to the established schedule, starting before their first birthday
 6. Promote adequate hygiene practices (washing hands, safe water, and elimination of excrement and trash).
 7. Promote the protection of boys and girls in areas in which malaria is endemic.
 8. Promote preventive behavioral and recuperative measures for people infected with HIV/AIDS, particularly orphans.
 9. Promote giving boys and girls regular food and the fluids, especially mother's milk, especially when they are sick.
 10. Promote the appropriate treatment and care of sick boys and girls.
 11. Promote appropriate measures to prevent and control injuries and accidents in boys and girls.
 12. Promote measures to protect children from mistreatment, abuse, and workplace, sexual and other kinds of exploitation.
 13. Promote the participation of men in the care of boys and girls and the reproductive health of the family.
 14. Promote the appropriate care of sick boys and girls at health care facilities.
 15. Support the recommendations of health care workers for referring patients to other facilities as appropriate.
 16. Promote the prenatal checkups and the appropriate vaccinations for all pregnant women.
 17. Promote measures to ensure that all boys or girls born in the locality are registered and have a birth certificate.
 18. Ensure the availability of schools in the locality in keeping with the number of school-aged boys and girls.
-

Our success in promoting these practices will depend on: (a) adequate planning, (b) selecting appropriate promotional activities and (c) strategic alliances we form with other social players of our community.

² We must make a commitment regarding only those actions that we will be able to take during our administration.

What are the key practices?

Everything that you should know to counsel families regarding the health of girls, boys and pregnant women.

For the proper growth and physical and mental development of boys and girls

Practice 1: They must be fed only with breast milk up to the age of 6 months. If the mother has HIV/AIDS, alternatives to breastfeeding must be offered for her baby.

- BREAST MILK is a perfect food. It is the only food that protects boys and girls against many illnesses.
- Babies should nurse whenever they want, day and night, at least eight to 10 times a day.
- Babies should not drink water, juices or matés; breast milk quenches thirst.
- The more times the baby nurses, the more milk the mother will have. Suction stimulates milk production.
- It is important that the mother eats well, drinks plenty of fluids and stays calm in order to have plenty of milk.
- It is good to caress, talk to and look at the baby while breastfeeding.
- If the baby has problems nursing, the mother should talk to the community health promoter for advice regarding the correct position and a proper latch on the nipple.

* * *

If the baby does not want to nurse, the mother should take him/her to a health care facility.

**LET'S PREVENT DEATH DUE TO MALNUTRITION.
Breast milk only up to 6 months of age.**

For the proper growth and physical and mental development of boys and girls

Practice 2: Starting at 6 months of age, children should be given a sufficient quantity of quality fresh foods according to their age in addition to breast milk.

- As of 6 months of age, boys and girls should eat THICK PUREES of cereal, mixed vegetable and meat stew, and vegetables accompanied by a SPECIAL FOOD: Egg, liver or fish.
- As of 1 year of age, they should already be eating a good helping of the family olla stew.
- They should eat three times a day: Breakfast, lunch and dinner, and have two between-meal snacks: Fruit, milk, bread, mazamoras [maize puddings], etc.
- The foods should be fresh and varied, preferably products from the region and in season.
- BOYS and GIRLS should eat THE SAME AMOUNT of food.
- Continue breastfeeding up to 2 years of age. Breastfeeding may be continued after this if the child and the mother so desire. Continued breastfeeding will contribute to the prevention of diseases.

* * *

**Of the child does not want to eat and loses weight,
he/she should be taken to a health care facility.**

**LET'S PREVENT DEATH DUE TO MALNUTRITION.
Semisolid and solid foods starting at
6 months of age and continued breastfeeding.**

For the proper growth and physical and mental development of boys and girls

Practice 3: Foods should contain adequate amounts of micronutrients, especially vitamin A, zinc and iron, or these should be given as a supplement—that is, in addition to their foods.

- Boys and girls should receive the proper dose of micronutrients, primarily VITAMIN A and IRON, in their foods or as a supplement in addition to their meals.
- VITAMIN A protects the mucous membranes and stimulates the formation of antibodies, which are the body's defenses against illnesses.
- IRON prevents anemia, is important for the formation of red blood cells and protects against infections. It is absorbed better if ingested together with citrus fruits (vitamin C).

* * *

**If the child is pale or becomes very ill, he/she
should be taken to a health care facility.**

**LET'S PREVENT DEATH DUE TO MALNUTRITION.
Adequate doses of vitamin A and iron.**

For the proper growth and physical and mental development of boys and girls

Practice 4: They must be given lots of love and helped to progress by responding to their needs, talking to them, and playing with them.

- Boys and girls need LOTS OF LOVE and STIMULATION to develop their intelligence and skills.
- Mothers and fathers should smile at them, hug them, talk to them and play with them, feed them properly, and respond to their requests and biological needs. Parents should also teach them good hygiene and nutritional practices, and practices with respect to their relationships with others and with their surroundings.
- They must receive checkups at a health care facility to see whether they are growing and developing normally.

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If the child has problems standing up or walking, or if the child does not see or hear well, he/she should be taken to a health care facility.

**LET'S PREVENT DEVELOPMENTAL PROBLEMS.
Lots of love and stimulation.**

For disease prevention

Practice 5: **Children have to be taken to a health care facility to receive all the necessary vaccinations before their first birthday.**

- To raise healthy and strong girls and boys, they have to be PROTECTED from serious or fatal diseases. VACCINES are the best protection.
- Vaccines are given by dose based on the child's age.
- By 1 year of age, the child should have received all the vaccinations and doses. In this way, the child will be protected.
- Some vaccines can cause slight pain, malaise, and fever after administration; explain to parents that these discomforts disappear rapidly.

VACCINATION SCHEDULE

Age	Vaccine	Protects against	Dose
At birth	BCG Polio	Tuberculosis Poliomyelitis	sole 0
2 months	DPT Polio	Diphtheria – Tetanus– Whooping cough Poliomyelitis	1
3 months	DPT Polio	Diphtheria – Tetanus– Whooping cough Poliomyelitis	2
4 months	DPT Polio	Diphtheria – Tetanus– Whooping cough Poliomyelitis	3
9 months	Yellow fever	Yellow fever	sole
12 months	Measles	Measles	sole

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If the child misses a vaccination or dose, he/she should be taken to a health care facility.

**LET'S PREVENT DEATH DUE TO MEASLES AND OTHER DISEASES.
All vaccinations and doses completed by 1 year of age.**

For disease prevention

Practice 6: Children should be provided with a clean environment, free of feces and trash, and be given safe water. You should always have clean hands before preparing meals and feeding them.

- Diarrhea and parasitic diseases are caused by a lack of hygiene and sanitation: Trash, dirty bathrooms contaminated water. These diseases slow the growth of boys and girls and can result in their death.
- Diarrhea and parasitic diseases are caused by lack of hygiene and sanitation: Trash, dirty bathrooms, and contaminated water. These diseases slow the growth of boys and girls and can result in their death.
- You must ALWAYS WASH YOUR HANDS WITH SOAP AND WATER before preparing meals, before eating, and after going to the bathroom.
- DRINKING WATER should be BOILED OR CHLORINATED: Add two drops of bleach for each liter of water and wait half an hour before drinking.
- Foods and water tanks should be kept covered to prevent contamination.
- LATRINES OR BATHROOMS must be kept clean: Clean every day with bleach and dispose of paper in a garbage can with a lid. If there are no latrines, you must defecate in a hole far away from your house and cover up the feces and used paper with dirt.
- TRASH must be kept OUTSIDE THE HOUSE and buried far away if there is not **municipal trash collection.**

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If the child has diarrhea or is dehydrated, he/she should be taken to a health care facility.

**LET'S PREVENT DEATHS DUE TO DIARRHEA.
Hand-washing, safe water, clean bathrooms
and trash in its place.**

For disease prevention

Practice 7: In areas where malaria and dengue are endemic, children must be protected from mosquitoes with suitable clothing and insecticide-treated mosquito nets for sleeping.

- Malaria or paludism is transmitted by the bite of an infected mosquito that lives in gutters, wells, and pools of stagnant water and feeds on blood.
- These mosquitoes bite in the outdoors and also enter houses to bite people, generally during the evening and at night.
- In order for children to be protected, insecticide-treated MOSQUITO NETS must be used for sleeping, CLOTHING THAT COVERS their arms and legs must be worn, and the house should be protected with screens on doors and windows.
- GUTTERS must be DRAINED AND CLEANED, pools must be filled in with dirt and stones, and water tanks should be tightly covered.
- In the event of fever, a blood test must be performed. The full treatment must be taken if the disease is confirmed.

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If the child has a fever or exhibits any type of bleeding, he/she should be taken to a health care facility.

**LET'S PREVENT DEATHS DUE TO MALARIA.
Mosquito nets for sleeping. Gutters free of
stagnant water and wells covered.**

For disease prevention

Practice 8: Parents should adopt appropriate behaviors to prevent infection from HIV/AIDS. People who are positive for the virus, particularly boys, girls, and pregnant women, should receive medical attention, care and advice.

- AIDS is a disease caused by a virus called HIV, which ATTACKS the body's DEFENSES, leaving us unable to fight any illnesses.
- It can be transmitted by UNPROTECTED SEXUAL RELATIONS with people who are carriers of the virus.
- It can be transmitted VIA THE BLOOD — transfusions or contact with infected blood.
- It can be transmitted FROM MOTHER TO CHILD during pregnancy and childbirth.
- To protect yourself and to prevent infection, safe sex practices are recommended: ABSTINENCE, ONLY ONE PARTNER, PROPER USE OF CONDOMS.
- To the extent possible, AVOID all CONTACT WITH INFECTED BLOOD: Transfusions, tattoos, used razors or syringes.
- TIMELY detection and TREATMENT OF SEXUALLY TRANSMITTED DISEASES is essential, since they constitute an “open door” for the AIDS virus.

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Anyone who is positive for HIV or AIDS, especially children, has a right to receive medical attention, advice, and support at a health care facility under strict confidentiality.

**LET'S PREVENT INFECTION FROM AIDS.
Safe sexual relations.**

For home care

Practice 9: Boys and girls should continue to receive their regular food and extra fluids, especially breast milk, when they are sick.

Feeding during the illness:

- For babies UNDER 6 MONTHS OF AGE: Give them only BREAST MILK, more often and for longer periods of time.
- Babies OVER 6 MONTHS OF AGE should get their REGULAR FOOD and PLENTY OF FLUIDS.
- If possible, the frequency and number of feedings should be increased until the child recovers.

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If the sick baby does not want to nurse, take him/her to a health care facility.

**LET'S PREVENT DEATH DUE TO MALNUTRITION.
Regular foods and plenty of fluids
for sick children.**

For home care

Practice 10: Children should receive appropriate care and treatment for their illnesses

- Many children's infections can be cured easily at home.
- **For DIARRHEA:** Give the child plenty of fluids, preferably BREAST MILK or ORAL REHYDRATION SALTS (ORSs): One packet in 1 liter of cold boiled water.
- If you do not have salts, prepare a homemade solution: 8 level teaspoons of sugar and one level teaspoon of salt in 1 liter of cold boiled water. Give the fluid a little at a time so that the child does not vomit.
- **For FEVER:** Lace CLOTHS SOAKED IN LUKEWARM WATER on the forehead, stomach, and armpits, and keep him out of drafts.
- **For COLDS:**
 - If the child has phlegm and a cough, he/she should drink BREAST MILK, or water if the child is not being breastfed.
 - If the child has a stuffy nose, place tiny drops of lukewarm water with a little bit of salt added in her nose.
- YOU DO NOT HAVE TO GIVE SYRUPS or other remedies that the doctor has not prescribed.

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If the child does not improve with home remedies, he/she should be taken to a health care facility.

**LET'S PREVENT DEATH DUE
TO LACK OF CARE.
Home remedies and regular foods.**

For home care

Practice 11: Mistreatment and neglect of children must be prevented, and the necessary measures should be taken if these occur.

- Abuse and mistreatment constitute any behavior that causes physical, psychological, sexual or moral harm to another person.
- Boys, girls, and women are the primary victims of abuse and mistreatment.
- Neglect and abandonment consist of leaving boys, girls, and women without support, guidance, and care when they need them.
- The above can be prevented by COUNSELING PARENTS to adopt a RESPECTFUL RELATIONSHIP with one another and with their children, by seeking conflict resolution via DIALOGUE, by AVOIDING PUNISHING children physically (by hitting) or psychologically (by yelling and insults), and by avoiding situations that give rise to abuse and mistreatment: ALCOHOLISM is one of the main causes of mistreatment and abuse of children and women.
- These can be prevented by TALKING WITH BOYS AND GIRLS in order to DETECT cases of MISTREATMENT, and referring them to the proper agency, authority, or facility so that appropriate measures to be taken.

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If you know of any cases or detect any signs of mistreatment or abuse, refer the case to the child protection agencies, the police, or a health care facility.

**LET'S PREVENT CHILD ABUSE AND MISTREATMENT.
Mutual respect, dialogue, and no physical or psychological punishment.**

For home care

Practice 12: The father should actively participate, just like the mother, in children's health care and in the decisions regarding the health of the family.

- The man and the woman should share responsibility for decisions regarding health of boys, girls, and pregnant women.
- As mayors, you can help to ensure MEN PARTICIPATE MORE ACTIVELY, by inviting men and women to attend school meetings and by talking with them whenever you see them about their children's needs and problems.
- SUGGEST to fathers that they experiment with NEW ROLES like cooking for the family, taking charge of the children's hand-washing before eating, and taking care of them when they are sick.
- For the benefit of the entire family, ADVISE PARENTS on the importance of shared decisions; for example, having their children vaccinated, taking them for health care checkups, and seeking medical care when the children need it. Men and women together should plan their family so as not to place the mother and family at risk with dangerous childbirths and children who will not be cared for as they should be.

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**If the father does not participate in tasks
relating to the health of his family, the children will suffer.**

**Family health and health care decisions
are shared responsibilities
of the father and mother.**

For home care

Practice 13: Children must be provided a safe home and protected against injuries and accidents.

- Some accidents and injuries do not occur by chance, but rather due to LACK OF KNOWLEDGE AND NEGLECT on the part of adults.
- Small girls and boys are discovering the world; they display curiosity by touching and tasting everything they see. This is good and normal, but it constantly places them in situations of risk.
- The job of parents and adults in general is TO CONTROL THE RISK IN ORDER TO PREVENT INJURY.
 - With a SAFE HOME: It is recommended that dangerous objects, such as matches, lit candles, hot pots, sharp tools, toxic products, and electrical cords be placed out of reach of children. If there are small children in the household, put up protections (rails, bars) in places where they could fall.
 - With PRECAUTIONS taken outside the home: It is recommended that wells or water tanks that children could fall into be covered with heavy lids, that children not be allowed to play in weeds where there might be dangerous animals, and that they not be allowed to cross dangerous roads by themselves.

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In the event of an accident or injury, the child should be taken to a health care facility. If you do not have any knowledge of first aid, it is better not to do anything or give the child anything that might cause more harm.

**LET'S PREVENT DEATH DUE TO ACCIDENTS.
A safe home and precautions outside the home.**

For seeking care outside the home

Practice 14: You must know how to recognize the signs of illness in order to seek care from health care personnel.

- Some illnesses require medical CARE OUTSIDE THE HOME in order to prevent serious injuries or death. These illnesses are manifested by DANGER SIGNS, which you need to be able to recognize to know when to SEEK HELP AT A HEALTH CARE FACILITY.
- DANGER SIGNS OF DEATH: The newborn does not want to nurse, does not want to wake up, suffers from “attacks” or convulsions, exhibits labored and noisy breathing, or has a red navel exuding pus and a foul odor.
- DANGER SIGNS OF DEHYDRATION: The child has diarrhea many times a day, sometimes containing blood and mucus, sometimes accompanied by vomiting. The child cries but has no tears, passes only a small amount of urine, has a dry mouth and sunken eyes. The child does not nurse or want to eat, does not move normally, or does not want to wake up.
- DANGER SIGNS OF PNEUMONIA: The child exhibits rapid and labored breathing, moans and makes noises when she breathes; the child’s stomach draws in and the ribs can be seen when she breathes.
- DANGER SIGNS OF FEBRILE DISEASE: The child feels very hot and becomes reddish; he sweats and his breathing is labored. The child has bleeding of any type in the urine or feces, or has red marks like bruises on the skin.

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When any of these danger signs appear, the child should be taken to a health care facility quickly.

**LET’S PREVENT DEATH DUE TO
LACK OF MEDICAL CARE.
Recognize danger signs.**

For seeking care outside the home**Practice 15: The health care worker's advice about treatment, follow-up or referral to another facility must be followed.**

- When a sick girl or boy is seen at a health care facility, the parents must FOLLOW ALL RECOMMENDATIONS FROM THE HEALTH CARE PERSONNEL in order for the child to recover quickly.
- If the health care worker says that the child needs a REFERRAL: Take the child to another larger and better-equipped facility without delay.
- When the child returns home after being seen, the parents must follow all treatment instructions give by the health care worker; that is, give the entire TREATMENT INDICATED, even if the child feels better. Do not give remedies that the doctor has not prescribed, and continue to give the child REGULAR FOOD.
- Parents should always be ON THE ALERT FOR DANGER SIGNS, as explained in Practice 14, so that the child can be taken back to the health care facility if necessary.

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**If there are new danger signs, the child
should be taken back to the health care facility.**

**LET'S PREVENT DEATH DUE TO
LACK OF ADEQUATE TREATMENT.
The recommendations of the health care
worker must be followed.**

For seeking care outside the home

Practice 16: **A pregnant woman must receive checkups, a tetanus vaccination and nutritional counseling. She should also receive support from her family and the community at delivery, following childbirth, and while breastfeeding.**

- Every PREGNANT WOMAN needs SUPPORT from her family and the community. She needs CARE AND ATTENTION during her pregnancy, during and after childbirth, and while breastfeeding.
- PRENATAL CHECKUPS are important for monitoring the mother's health and the growth and development of the baby from the time of conception. The mother must get a monthly checkup at a health care facility from the beginning of the pregnancy.
- At this checkup the mother receives medical and dental examinations, blood and urine tests, weight and blood pressure determinations, a tetanus vaccination, an iron supplement, and a test for cancer, as well as counseling regarding proper nutrition, preparing for childbirth and breastfeeding, baby care and family planning.
- HIGH-RISK PREGNANCIES require special care and attention. These involve women younger than 19 years of age and older than 35 years of age, women with more than four children or childbirths very close together, and women who drink liquor or take non-prescribed drugs or medications. These childbirths must take place at a health care facility.
- DANGER SIGNS during pregnancy include headaches; fever; persistent vomiting; swelling of the face, hands, feet and legs; loss of fluids or blood from genitals; a burning sensation when urinating; the baby not moving or in a crosswise position in the womb.

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In the case of a high-risk pregnancy or if there are any danger signs, the pregnant woman must go to a health care facility.

**LET'S PREVENT MATERNAL AND INFANT DEATH.
Prenatal checkups and adequate care if there are
danger signs or in the case of high-risk pregnancies.**

GLOSSARY OF TERMS

Basic learning: Education obtained in school

Socialization process: Incorporation of children, adolescents, youths or adults into the culture of the group or groups to which they belong. Within the set of interrelationships that are established, children or adults receive something from and contribute something to the group.

Physical and social environment: Set of material conditions and social relationships in which people live.

Peri–and neonatal: Those causes that occur between 22 weeks of gestation and 7 days of new born (perinatal causes) and those that occur during the first month of life (neonatal causes).

Relationship circle: Group of people with established interpersonal relationships and shared interests.

Social education of the inhabitants: Two-way educational influence among participants in the same socialization process who share knowledge, values, practices, customs, etc.

Community IMCI: Component of the IMCI strategy that mobilizes all the social networks of a locality to systematically promote the implementation in families of the key practices for raising children.

Social player: Any person who participated in and contributes to the social dynamics of a locality.

Social assessment: Demonstration of worth or value that a specific practice or behavior receives in a group.



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