



# CHILD HEALTH

NUR HANISAH ZAINOREN



- 1) Feeding of infants**
- 2) Growth and development**
- 3) Child health problem**

**CONTENTS**

**1) Feeding of infants**

2) Growth and development

3) Child health problem

**CONTENTS**

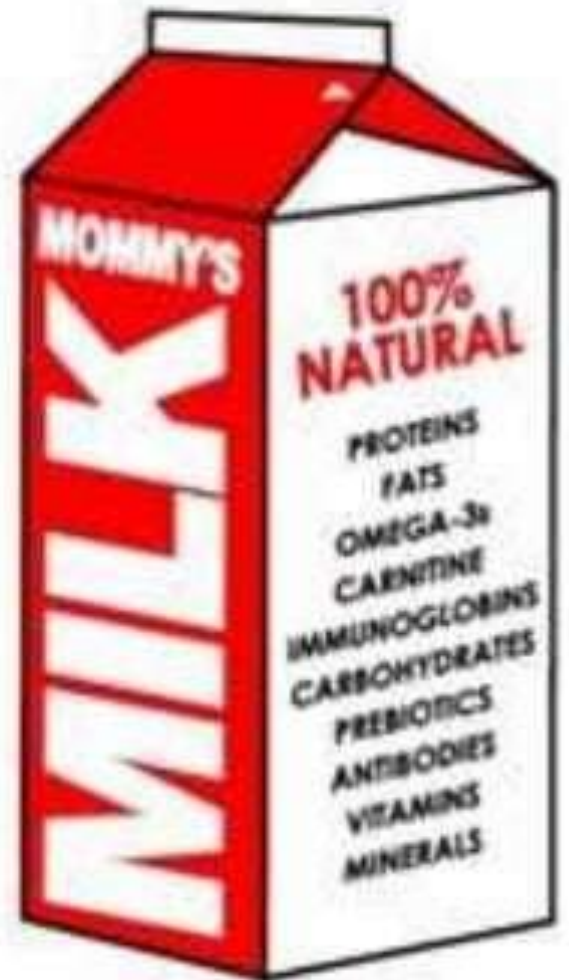
# FEEDING OF INFANTS


- 1) Breast-feeding
- 2) Artificial feeding
- 3) Weaning



# Breast-feeding

- the *ideal food for the infant*
- no other food is required by the baby *until 6 months* after birth
- normal mother secretes *450-600ml of milk daily*
  - 1.1gm protein/100ml
  - 70 kcals/100ml



A black and white photograph showing a close-up of an adult's hand gently holding a baby's hand. The adult's hand is larger and more wrinkled, while the baby's hand is smaller and smoother. The background is dark, making the hands stand out. The text is overlaid on the left side of the image.

**a child who  
breast-fed has  
*greater chances of  
survival* than a child  
artificially fed**



**Infant Mortality Rate (IMR) in developing countries are 5-10 times higher among children who have not breast-fed or who have been breast-fed for less than 6 months**

# **ADVANTAGES OF BREAST-FEEDING**





**1) safe, clean, hygienic, cheap, and available to the infant at correct temperature**

# Baby's Nutritional Needs



2) fully meets the **nutritional requirements** of the infant in the first few months of life



3) contains **antimicrobial factors** which provide protection against diseases in the first few months of life



**4) easily digested & utilized by both the normal and premature babies**



5

PROMOTES  
**bonding**  
between  
mother and  
infant

6

**SUCKING**  
helps in the  
**development of**  
**jaws and teeth**





**7** PROTECTS  
babies from  
the tendency  
to **obesity**



**8) prevents malnutrition and reduces infant mortality**





9) several **biochemical advantages** such as prevention of neonatal hypocalcemia and hypomagnesaemia

# BREASTFED BABIES

May Grow Into More  
**SUCCESSFUL  
ADULTS**

© iStock.com / Owen Mitchell

10) special fatty acids in breast milk lead to **intelligence quotients** and better visual acuity

# Advantages to Mother

Early initiation of breast feeding helps...

- lowers the mother's **risk of PPH and anaemia**
- boosts mother's **immune** system
- **delays** next pregnancy
- **reduces the insulin** of diabetic mothers
- Protects mothers from **ovarian, breast cancers** and **osteoporosis**



# ARTIFICIAL FEEDING

The main indications to artificial feeding are **failure of breast milk, prolonged illness or death of the mother**



**DRIED MILK**

\*TIPS: TRY TO HIDE THIS SLIDE AND EXPLAIN BY PREVIOUS SLIDE ONLY!

## DRIED MILK

- **Safest** milk
- **Scientifically prepared** for infant feeding
- **Free from bacteria**
- Little danger from flies
- Does not become sour
- **Simple** to reconstitute
- Usually fortified with **vitamins**
- **Expensive**





**COW'S MILK**

\*TIPS: TRY TO HIDE THIS SLIDE AND  
EXPLAIN BY PREVIOUS SLIDE ONLY!



## COW'S MILK

- **Cheaper** alternatives
- **Widely used for Indian families**
- WHO has persistently recommended **dilution** of cow's milk **during the first 2 months** to reduce the solute load on neonatal kidneys



## Quantities per feeding – assuming 5 feedings/day

	Infants's weight (kg)			
	3	4	5	6
Cow's milk (ml)	70	100	150	180
Water (ml)	20	20	0	0
Sugar (g)	5	10	10	10
Kcal	64	103	135	153
Protein (g)	2.1	3.0	4.5	5.4

- Place milk, water, and sugar in pan
- Bring to boil, then cool
- Pour into feeding utensil



Artificial feeding is a hazardous procedure in poor homes because of the dangers of *contamination* and *over-dilution of the feed*

A close-up photograph of a baby sitting in a wooden high chair, looking up with an open mouth as a hand offers a spoonful of food. The background is a solid green color. In the foreground, a wooden tray holds a glass bowl of food and some bread. The word 'WEANING' is overlaid in a white box on the left side of the image.

**WEANING**

# WEANING

- Is not **sudden withdrawal of child from breast**
  - A **gradual process** starting **around the age of 6 months**, because the **mother's milk alone is not sufficient** to sustain growth beyond 6 months
  - It should be supplemented by suitable food **rich in protein and other nutrients**
- 
- “SUPPLEMENTARY FOODS”**

# Supplementary Foods

- Cow's milk
- Fruit juice
- Soft cooked rice
- Dhal
- Vegetables



- The weaning period is the **most crucial period** in children development
- During the weaning process, they are particularly **exposed to the harmful synergistic interaction** of malnutrition and infection
- If it is not done properly, it is often followed by **diarrhoea**
- **Months of growth failure** leads to kwashiorkor, marasmus and immunodeficiency marked by recurrent & persistent infections which may be fatal

# NATIONAL GUIDELINES ON INFANT AND YOUNG CHILD FEEDING

- ❑ Exclusive breast-feeding for the **first 6 months**
- ❑ Introduction of **complementary foods at 6 months + continuing breastfeeding** up to the age of 2 years or beyond





**\*TIPS: TRY TO HIDE THIS SLIDE AND EXPLAIN BY PREVIOUS SLIDE ONLY!**

# Successful Breastfeeding

Every facility providing maternity services and care for newborn infants should:

*Prenate* Restore

- 1** Have a written breastfeeding policy that is routinely communicated to all health care staff.
- 2** Train all healthcare staff in skills necessary to implement this policy.
- 3** Inform all pregnant women about the benefits and management of breastfeeding.
- 4** Help mothers initiate breastfeeding within half an hour of birth.
- 5** Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
- 6** Give newborn infants no food or drink other than breast milk, unless medically indicated.
- 7** Practice rooming-in: that is, allow mothers and infants to remain together 24 hours a day.
- 8** Encourage breastfeeding on demand.
- 9** Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
- 10** Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.

- 1) Feeding of infants
- 2) Growth and development**
- 3) Child health problem

**CONTENTS**

# GROWTH AND DEVELOPMENT



# **GROWTH AND DEVELOPMENT**

**GROWTH**

**AND**

**DEVELOPMENT**

**GROWTH**

**INCREASE IN THE PHYSICAL SIZE OF THE BODY**

**AND**

**DEVELOPMENT**

**GROWTH**

**INCREASE IN THE PHYSICAL SIZE OF THE BODY**

**AND**

**DEVELOPMENT**

**GROWTH**

**INCREASE IN THE PHYSICAL SIZE OF THE BODY**

**AND**

**DEVELOPMENT**

**INCREASE IN SKILLS AND FUNCTION**



**ARE**

**CONSIDERED**

**TOGETHER**

**BECAUSE THE**

**CHILD GROWS**

**AND**

**DEVELOPS AS**

**A WHOLE**

**GROWTH**

**AND**

**DEVELOPMENT**

**PHYSICAL SIZE OF THE BODY**

**Normal growth and development** are take place only if there is...

- optimal **nutrition**

- freedom from:

  - recurrent episodes of infections**

  - adverse genetic and environmental influences**

# **DETERMINANTS of GROWTH & DEVELOPMENT**

- **Genetic inheritance**
- **Nutrition**
- **Age**
- **Sex**
- **Physical surroundings**
- **Psychological factors**
- **Infections and parasitosis**
- **Economic factors**
- **Other factors:**
  - Birth order
  - Birth spacing
  - Birth weight
  - Parent's education

# Surveillance of Growth and Development

Important component of the routine anticipatory care of children

The main purpose is **to identify those children who are not growing normally**

# Surveillance of Growth and Development

## PHYSICAL GROWTH

1. Weight-for-age
2. Height-for-age
3. Weight-for-height
4. Head & chest circumference

## BEHAVIOURAL DEVELOPMENT

1. Motor development
2. Personal-social development
3. Adaptive development
4. Language development

# NORMAL CHILD

defined as one whose **characteristics** fall within the **range of measurements** accepted as **normal for the majority of children** in the **same age group**

Are we growing right?  
هل ننمو نمواً سليماً؟

Est-ce qu'on grandit bien?

我们是否在健康成长？

¿Estamos creciendo bien?

Правильно ли мы растем и развиваемся?



- 1) Feeding of infants
- 2) Growth and development
- 3) Child health problem**

**CONTENTS**

# Child Health Problems

1. Low birth weight
2. Malnutrition
3. Infections and parasitosis
4. Accidents and poisoning
5. Behavioural problems





**Thank you!**



**Prepared by:**

**NUR HANISAH  
ZAINOREN**

“Fear Allah and treat your children (small or grown) **FAIRLY** (with equal justice).”

– Prophet Muhammad (PBUH)

“Fear Allah and treat your children (small or grown) **FAIRLY** (with equal justice).”

– Prophet Muhammad (PBUH)

P/s: see more on his attitude towards children, an example for the whole human race 😊