





# EARLY CHILDHOOD DEVELOPMENT STANDARDS FOR COMMUNITY HEALTH PROMOTERS AND HEALTHCARE WORKERS

WHEN/ AGE	ASK & OBSERVE	TELL	PRACTICE
<p><b>DURING PREGNANCY</b></p> 	<p>Check the mother for signs of depression:</p> <p>In the last 2 weeks, have you felt...</p> <ul style="list-style-type: none"> <li>○ that you have no interest in doing things?</li> <li>○ down, depressed or hopeless?</li> </ul> <p style="text-align: right;"> <span style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 2px 5px;">CHP</span>  <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>	<p><b>Tell:</b> Your baby can hear you from six months. She can recognize your voice and her heart beats faster when you speak.</p>  <p style="text-align: right;"> <span style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 2px 5px;">CHP</span>  <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>	<p><b>MCHH, page 42, column 1</b></p> <ol style="list-style-type: none"> <li>1. Practice with mother and father how to talk to the baby in utero.</li> <li>2. Pat or gently rub the belly when the baby kicks.</li> </ol> <p style="text-align: right;"> <span style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 2px 5px;">CHP</span>  <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>
<p><b>AFTER DELIVERY</b></p> 	<p><b>MCHH, page 17 &amp; 25</b></p> <p>Check the newborn for:</p> <ul style="list-style-type: none"> <li>○ Congenital abnormalities</li> <li>○ Eye problems</li> </ul> <p style="text-align: right;"> <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>	<p><b>Tell:</b> Your baby can already hear and see you. She is learning from birth!</p> <p style="text-align: right;"> <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>	<ol style="list-style-type: none"> <li>1. Put the baby skin-to-skin and help the mother greet the baby.</li> <li>2. Help the mother with position &amp; attachment to the breast. Ask to talk to the baby when breastfeeding.</li> </ol> <p style="text-align: right;"> <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>
<p><b>IN THE FIRST WEEKS AFTER BIRTH</b></p> 	<p>Check the mother for signs of depression:</p> <p>In the last 2 weeks, have you felt...</p> <ul style="list-style-type: none"> <li>○ that you have no interest in doing things?</li> <li>○ down, depressed or hopeless?</li> </ul> <p style="text-align: right;"> <span style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 2px 5px;">CHP</span>  <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>	<p><b>MCHH, page 42 (birth to 1 week)</b></p> <p><b>Tell:</b></p> <ul style="list-style-type: none"> <li>○ Your baby can see &amp; hear at birth. She will respond with looks, gestures and sounds.</li> <li>○ Massage will make the baby gain weight, sleep better and reduce stomachache.</li> </ul> <p style="text-align: right;"> <span style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 2px 5px;">CHP</span>  <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>	<p><b>MCHH, page 42 (birth to 1 week)</b></p> <ol style="list-style-type: none"> <li>1. Help the mother with position &amp; attachment to the breast. Ask to talk to the baby when breastfeeding.</li> <li>2. Ask the father to hold and talk to the baby.</li> <li>3. Practice how to massage the baby (<b>Massage card</b>)</li> </ol> <p style="text-align: right;"> <span style="background-color: #4CAF50; color: white; border-radius: 50%; padding: 2px 5px;">CHP</span>  <span style="background-color: #FF9800; color: white; border-radius: 50%; padding: 2px 5px;">HCW</span> </p>

\* **CHP:** CONDUCT 4 TO 8 HOME VISITS TO FAMILIES WITH PREGNANT WOMEN AND 3-4 HOME VISITS TO FAMILIES WITH NEWBORNS.

\* AT EVERY VISIT, CHECK ON **MATERNAL NUTRITION** AND COUNSEL THE FAMILY ON MATERNAL NUTRITION USING PAGE 18 OF MOTHER CHILD HEALTH BOOJLET.

\* IF THE MOTHER IS SO **DEPRESSED** THAT IT AFFECTS HER CARE FOR HERSELF OR FOR THE CHILD, ACCOMPANY THE MOTHER TO THE HEALTH CENTER TO SEEK HELP.

**WHEN/  
AGE**

**ASK &  
OBSERVE**

CHP

HCW























**TELL**

CHP

HCW

**PRACTICE**

CHP

 <b>AT 6 WEEKS</b> 	<b>MCHH, page 17</b> Check for congenital abnormalities (HCW only)	<b>MCHH, page 42 (1 week to 6 months):</b>  <b>Tell:</b> Respond to your child's sounds and gestures, copy them. Then she will know that you care for her and her brain will develop.	<b>MCHH, page 42 (1 week to 6 months)</b> 1. Practice talking to the baby and copying her sounds and gestures.  2. Practice putting the baby on her tummy.  3. Practice slowly moving colorful things for the baby to see and reach. 
<b>AT 10 WEEKS</b>	<b>MCHH, page 25:</b> Check milestones: 0-2 months		
<b>AT 14 WEEKS</b>			
<b>4-6 MONTHS</b>	<b>MCHH, page 25:</b> Check milestones: 2-4 months		
 <b>6-9 MONTHS</b> 	<b>MCHH, page 25:</b> Check milestones: 4-6 months Check for eye problems at 6 months (HCW only)	<b>Tell:</b> <ul style="list-style-type: none"> <li>○ Talk about color, texture and taste of the food during meals. That will help the child eat.</li> </ul>	<b>MCHH, page 42 (6 to 9 months):</b> 1. Call the child's name and respond to his sounds.  2. Give the child things to handle, bang and drop. 
 <b>9-12 MONTHS</b> 	<b>MCHH, page 25:</b> Check milestones: 6-9 months Check for eye problems at 9 months (HCW only)		<ul style="list-style-type: none"> <li>○ Your child learns by touching things. Give him interesting things to play with.</li> </ul>
 <b>12-18 MONTHS</b> 	<b>MCHH, page 25:</b> Check milestones: 9-12 months	<ul style="list-style-type: none"> <li>○ Check that your home is safe for the child that is starting to crawl or walk.</li> </ul>	<b>MCHH, page 42 (12 months to 2 years)</b> 1. Put things in and out of container.  2. Ask your child questions as they play or help you. 3. Talk about things that interest child. 
 <b>18 TO 23 MONTHS</b> 	<b>MCHH, page 25:</b> Check milestones: 12-18 months Check for eye problems at 18 months (HCW only)	<b>Tell:</b> Household duties and daily routines are great for playing and talking with the child.	
 <b>24 TO 59 MONTHS</b> 	<b>MCHH, page 25:</b> Check milestones: 18 to 24 months OR 24 months and older	<b>Tell:</b> <ul style="list-style-type: none"> <li>○ Everything has color, shape or size. Use things you have at home, to teach the child.</li> <li>○ Our parents taught us through stories – let us do the same.</li> </ul>	<b>MCHH, page 42 (2 years &amp; older)</b> 1. Count, name & compare bottle caps etc.  2. Make patterns with bottle caps or sticks.  3. Draw shapes and pictures. 4. Play games with pictures.  5. Tell and listen to child's story.

\*CHP: CONDUCT MONTHLY HOME VISITS TO FAMILIES WITH CHILDREN UNDER 5.

\*AT EVERY VISIT, CHECK THE CHILD'S WEIGHT RECORDED IN THE MCHH AND COUNSEL ON CHILD FEEDING USING PAGE 41 OF MOTHER CHILD HEALTH BOOJLET.