

CHECKLIST FOR MOTHER AND CHILD HEALTH

Dear parents,

This outline will accompany you in the choices for your and your children's health. We invite you to fill it in based on your knowledge and the information received from ASUIT professionals, who are available to delve into the issues with pregnant women, mothers, fathers, families and the community at large.

BREASTFEEDING AND NUTRITION

Topic	DATE			DATE			DATE		
	yes	in part	no	yes	in part	no	yes	in part	no
Importance of breastfeeding and consequences for the baby* and the mother of the failure to breastfeed									
Importance of exclusive breastfeeding and consequences of the administration of other foods or liquids in the absence of medical directions									
Start of breastfeeding at birth, exclusive breastfeeding for 6 months and introduction of complementary foods with ongoing breastfeeding (WHO recommendations)									
breastfeeding physiology, how to commence it and consolidate it after birth and how to prevent the most common difficulties									
Importance and management of nutrition responsive to the baby's cues									
Comfortable and safe breastfeeding positions, in visual contact with the baby									
Importance and practice of signs of adherence and effective suction with adequate transfer of milk									
Signs of adequate milk intake (weight gain, faeces and urine)									
More common sucking rhythms (at least 8 times in 24 hours)									
Importance and management of night feeds									
Importance and practice of manual squeezing									



Use and management of the breast pump (for mothers who need it)									
How to store breast milk									
Management of breastfeeding in the event of separation from the child									
Management of breastfeeding/feeding the child outside the home									
Consequences of using of teats, bottles, dummies and nipple shields during the breastfeeding calibration I period									
Management of the most common difficulties during breastfeeding (pain, engorgement, mastitis, etc.)									
Management of drugs during breastfeeding									
Adequate introduction of complementary foods with ongoing breastfeeding									

RESPONSIVE CARE

Topic	DATE			DATE			DATE		
	yes	in part	no	yes	in part	no	yes	in part	no
Intrapartum assistance for a positive childbirth experience (WHO recommendations, Mother Friendly Care)									
Importance of skin-to-skin contact at birth and on every useful occasion									
Importance of keeping the child close day and night, at hospital (rooming-in) and at home, and how to respond to his cues									
Importance of reading and music, contact and massage, appropriate use of digital technologies									



HEALTH AND SAFETY

Topic	DATE			DATE			DATE		
	yes	In part	no	yes	In part	no	yes	In part	no
Life styles (risks from smoking, alcohol and substance abuse during pregnancy and breastfeeding) and healthy environments									
Vaccinations for pregnant woman and child									
Baby care (how to manage crying, hygiene, screening, prophylaxis, etc.)									
Safety of the baby during sleep, at home and inside the car									
Baby and mom signs indicating the need to contact a healthcare practitioner									

SUPPORT NETWORK

Topic	DATE			DATE			DATE		
	yes	In part	no	yes	In part	no	yes	In part	no
Support networks for parenting and child health in healthcare services and in the community (parent groups, au pairs, associations, educational services, etc.)									
Managing the mother's comeback to work									

* the reference is invariably to both boys and girls

Remarks:-----

