

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 APSS professionals, who are available to delve into the issues with pregnant women, mothers, fathers, families and the community at large.

BREASTFEEDING AND NUTRITION

[illegible]

Importance of an acceptable, feasible, affordable, sustainable and safe (AFASS) replacement feeding and methods of preparing, storing and administering breast milk substitutes (only for women/parents who will use the formula)									
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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: