

# Danger Signs for Child's Life and Necessary Steps



## Do We Know

- There is risk in becoming mother before age of 19 and after 35 and women who become mothers more than four times also face risk to life
- If a woman is healthy and four checkups are conducted during pregnancy by trained health workers then the pregnancy related risks could be reduced
- Food diversity (pulses, grains, milk, fruits, leafy vegetables, tubers, other vegetables, edible oil, eggs if according to food habit, jaggery and others) should be maintained in food of pregnant and lactating women. They should have at least three out of different colours of food like green, red, white and yellow
- If a child consumes only mother's milk for first six months of life then thousands of children could be save every year. They should not be given packaged food. This is a wrong practice
- Start giving supplementary diet to children along with breast milk as soon as child is six months of age
- Weak diet leads to weak and malnourished children who fall sick repeatedly. This causes lakhs of child deaths
- One of the biggest causes of diseases in children is contaminated drinking water and lack of sanitation. Due to our neglect, the bacteria from human and animal excreta reach the body of the child

## We can do at least this

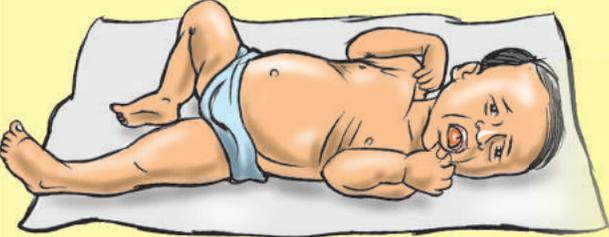
For care and safety of children, a strategy for 1000 days from first day of pregnancy to two years of child's age (270 days of pregnancy, 365 days each of two years), because these 1000 days of life is very important as they work as foundation for a healthy life of children.

These are the important points:

- Register the woman in first month of pregnancy and get a Jaccha-Baccha Sanrakshan (mother-child protection) card
- Ensure three ante-natal checkups and vaccination
- Rest, proper diet and respectful behavior for the pregnant woman
- Safe motherhood with respectable facilities
- Ensure all vaccines and regular weight check meaning growth monitoring
- Feeding colostrums to the child essentially right after birth and exclusive breastfeeding till six months
- From the age of six months start supplementary feeding along with breastfeeding till two years of age with inclusion of pulses, vegetables, jaggery, edible oil or ghee, eggs for those who eat it and soft local fruits.

Every settlement had a anganwadi that for work development and protection of the children. These centres work for providing nutritious food, vaccination, weighing the children, referring children to health centres in case of illness and spreading awareness on health and nutrition. We should ensure that these centres become more active and effective.

# Ten Danger Signs Related to Child Health

Danger Signs	What to do
 <p data-bbox="175 619 651 688"><b>Child is not looking happy or is dull or is sleeping too much</b></p>	<p data-bbox="873 409 1511 550">Newborn babies sleep for most of the time. If they continue sleeping for too long wake them up and feed them milk or supplementary food according to age</p>
 <p data-bbox="240 1039 581 1066"><b>If child is non-reactive</b></p>	<p data-bbox="873 835 1511 976">Try to attract attention of the child, talk to it and try to understand the reactions. If the child does not react yet, take it to any nearby health centre</p>
 <p data-bbox="212 1507 613 1537"><b>Child has cough and fever</b></p>	<p data-bbox="873 1270 1511 1480">For child over six months of age, give extra drinking water and let it rest or sleep. Maintain hygiene around it and consult a doctor. If the cough persists for more than a week or the fever is high, cough shows blue, green or red spots, contact the ASHA/USHA workers</p>
 <p data-bbox="186 1915 641 1984"><b>Child shows heaving of chest and has stomach ache</b></p>	<p data-bbox="873 1654 1511 1936">Heaving of chest and fast breathing is when a child catches cold. Ensure warmth for the child by using warm clothes. In case of stomach ache, warm cloth or strong bottle full of warm water could be used for fomenting the child's stomach. If the child's condition does not improve by providing it warmth, take it to a health centre.</p>

# Ten Danger Signs Related to Child Health

## Danger Signs

## What to do



**Child has trouble breathing**

Children breathe normally while sleeping and their breathing often gets faster when they wake up. A little later, breathing becomes normal. In such situation, caress the child on the back



**Child is suffering from vomit and diarrhoea**

Vomit and diarrhoea is normal for children. In case of repeated vomit and diarrhoea, give ORS (or clean water with lemon, sugar and salt), milk and liquid supplementary diet

If defecation is too many times, very liquid in nature, excreta is smelly or lips of the child are drying up, ASHA/USHA workers should be contacted



**If child gets measles or chicken pox**

If a child has fever and small red pimples on the body, measles or chicken pox, shift the child to a clean and secluded place. Give it water and light food. Coconut or olive oil could be used to keep the skin of the child soft. Take the child to health centre on time



**When the stomach of the child is swollen**

Some children have slightly swollen stomach. Make the child sleep in shoulder and caress the back to release gases in the stomach. Light massage of the stomach could also be done. If the stomach of the child is constantly swollen and hard and the child is vomiting, then it should be immediately taken to health centre.

## Danger Signs

## What to do



**If the child is severely underweight**

If a newborn child is very underweight, it requires Kangaroo care, which means that the mother has to hold the child close to the body, chest to chest to maintain physical contact. Mother should constantly feed the child and if child is over six months of age, then feeding it supplementary diet five to six times a day is important. If the child is severely underweight, has some infection or swelling, then it should be immediately taken to the Nutrition Rehabilitation Centre



**If the weight of the child is not increasing in past two three months**

Check the weight of the child regularly. If the child is less than six months of age, it should be breastfed repeatedly in short durations and kept in close contact with the mother. If the child is over six months of age, then along with regular breastfeeding, the child should be given supplementary food three to four times a day. If the weight of the child has decreased considerably, then it should be taken to Nutrition Rehabilitation Centre.

## Danger Signs and our Actions

Three things are important

1. Taking preventive measures so that children do not become malnourished or fall ill
2. Taking immediate steps in case of illness or child becoming malnourished
3. Keeping a constant watch on one's behavior

**When children become ill, we all become worried. Do not fret. Whenever any danger signs are visible for the child, attempts are to be made to take care of the children at our own level. With immediate proper treatment, the dangers could be averted.**

## VIKAS SAMVAD

We, that is Vikas Samvad, are a social research, training, documentation and advocacy group. Our effort is to look at the issues of the community from the viewpoint of the community. Topics should be validated on the basis of thoughts, values, facts and evidences for further debate. We feel that is the seeds of the change grow from inside rather than outside, only then a process progresses, thus we desist from being experts. Keeping this in view, this group is trying to study, analyse and prepare material. Being in constant dialogue and discussion with social workers and representatives of mass media is an important part of our work. If also do field work as associates to improve our learning and understanding.



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