

MOTHER AND CHILD HEALTH



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Shaping Lives...
Empowering Communities...

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INTRODUCTION

- ✘ Mother and child health is the health services provided to mothers (child bearing age women) and children.
- ✘ Mother health refers to the health of women during pregnancy, childbirth and post natal period.
- ✘ According to WHO Maternal and child health services can be defined as “*promoting, preventing therapeutic or rehabilitation facility care for the mother and child.*”

INTRODUCTION

- ✘ Mother and child health focuses on:
 - ✓ Health issues related to women, children and families
 - ✓ Infant and maternal mortality prevention
 - ✓ Maternal and child mental health
 - ✓ Child immunization
 - ✓ Child nutrition

WHY MATERNAL AND CHILD HEALTH

Pregnancy can provide opportunity to identify existing health risks in women such as:

- ✘ Hypertension
- ✘ Diabetes
- ✘ Sexually transmitted diseases
- ✘ Tobacco, alcohol and substance use
- ✘ Unhealthy weight

MATERNAL HEALTH INDICATORS

- Mothers who had antenatal checkup in the first trimester
- Mothers who had at least 4 antenatal care visits
- Mothers who had full antenatal care
- Mothers who received post natal care from a doctor/nurse/ANM/midwife/other health personnel within 2 days
- Institutional births

IMPORTANCE OF BREAST FEEDING

INTRODUCTION

- ✘ Breastfeeding is the best way to satisfy the *nutritional and psychological needs* of the baby.
- ✘ Breast milk contains *all the nutrients* in correct proportions necessary for the growth and development of the baby.
- ✘ Early initiation of breastfeeding is important.
- ✘ Baby should receive the *Colostrum (mother's first milk)* as soon as possible (within half an hour of birth).

IMPORTANCE OF BREASTFEEDING

- ✘ Breast milk contains all essential nutrients (Protein, fat, vitamins, iron, enzymes, and water) needed for the infant:
 - Provides best nutrition for development and growth for the baby.

IMPORTANCE OF BREASTFEEDING

- ✘ Breast milk (Immunoglobulins A, lactoferrin, lysosomes, WBCs etc) protects the infant from infections.
- ✘ Breast milk is natural food and is more easily absorbed and digested by the infant.
- ✘ Promote trusting relationship or bond between mother and baby.
- ✘ Food supplements should be introduced for infants *after six months.*

ILL EFFECTS OF INFANT MILK SUBSTITUTES AND BOTTLE FEEDING

ILL EFFECTS OF INFANT MILK SUBSTITUTES AND BOTTLE FEEDING

- ✘ Chances of infections (otitis media, gastroenteritis, pneumonia) are increased.
- ✘ Diarrhoeal diseases are common in children.
- ✘ Indigestion
- ✘ Bottle milk feeding may increase the risk of obesity in early childhood.
- ✘ Affects the mother-baby bonding.

ILL EFFECTS OF INFANT MILK SUBSTITUTES AND BOTTLE FEEDING

- ✘ Exclusive breast feeding boosts mother's immune system and delays next pregnancy.
- ✘ Breast feeding can help to protect the mother from breast and ovarian cancers and osteoporosis.

ILL EFFECTS OF INFANT MILK SUBSTITUTES AND BOTTLE FEEDING

- ✘ In 1981, WHO International Code of Marketing Breast Milk Substitutes was passed.
- ✘ The infant milk substitutes, feeding bottles and infant food act was passed in 1992.
 - No advertising to the public
 - No free samples or gifts to mother
 - No promotion of bottle milks in health care facilities
 - Information given to health workers should be scientific

Short Question

Define maternal and child health

Describe maternal health indicators

Long Question

Describe the importance of breast feeding

Describe the ill effects of bottle feeding .

THANK YOU