

ALWAYS BRING THIS CARD WHEN YOU BRING YOUR CHILD TO THE HEALTH CENTER/CLINIC

Complete Address of Family (House No., Street, City/Province)



Barangay

Purok/Sitio

Child's Name

Mother's Name

Occupation

Occupation

Birth Date

Birth Order

Father's Name

Educational Level

Educational Level

Place of Delivery

Birth Attendant

Doctor

mmunization BCG (at birth)

Measles (9 months) Other Vaccines

/itamin A Supplementation

Developmental Screening

Breastfeeding and Complementary feeding

& bi-annually for 25-71 months)

Dental Check-up (starting at 2-3 years)

Growth Monitoring (monthly for 0-24 months

eworming (every 6 months starting at 1 year old)

ounseling

☐ Midwife

□ Home □ Lying-in

Hospital
Others

Services

Newborn Screening after the first 24 hrs of life

DPT (6 wks, 10 wks, 14 wks old) OPV (6 wks, 10 wks, 14 wks old) Hepatitis B (w/in 24 hrs, 6 wks, 14 wks)

Clinic/Health Center

The Early Childhood Care and Development (ECCD) Card

Gestational Age at Birth

ESSENTIAL HEALTH AND NUTRITION SERVICES

Birth weight

Nurse

□ Hilot



Child's No.

Family No.

Type of Birth

Birth Length

Date of Birth Registration

Others _____

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200,000 LU. (at 1 year and above)

□ Normal □ CS

No. of Pregnancies

Feeding Recommendations for a Healthy Child

Birth to 6 months

Exclusively breastfeed as often as the child wants, day and night, at least 8 times in 24 hours. Do not give other foods or fluids including water.

Six (6) months up to 12 months

Breastfeed as often as the child wants. In addition to frequent breastfeeding, give the child who is:

- 6 months old, 2-3 tablespoons of thick porridge with well mashed foods 2x / day
- 7-8 months old, 2/3 cup* of mashed family foods, 3x / day
- = 9-11 months old, 3/4 cup finely chopped or mashed family foods in 3 meals + 1 snack

Twelve (12) months up to 2 years

Breastfeed as often as the child wants. In addition to frequent breastfeeding, give the child

a cupful of family foods, chopped or mashed in 3 meals + 2 snacks Food may include animal source such as meat, fish,

eggs and fruits and vegetables such as banana, orange, papaya, carrots, squash, beans and nuts.

2 years and older

Breastfeeding for 2 years of age or longer helps a child grow strong and healthy. A growing child needs 3 meals and 2 snacks. Give a variety of foods everyday. Reference: WHO Module on Infant and Young Child Feeding

VISIT NOTES			
Date	Age Today	Reason for Visit	Type of Treatment / Service Provided

For inquiries, please contact the DOH-Disease Prevention and Control Bureau at (02) 651-7800 local 1701, 1704-1705 or NNC at (02) 843-5824.

The ECCD Card was developed by the Interagency Technical Working Group on Child Growth Standards, NNC

100,000 LU.

(starting at 6 months)

















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