



## #carefornewbornandinfant

This includes the first 180 days of a child's life after birth. Quality health services, adequate nutrition, love and care are important for the health and development of the child.

### Health:

- All mothers must make at least four post-natal check-ups (PNC).
- Ensure that the child receives all recommended immunization. Immunization protects the child against several preventable diseases.
- Provided mothers complete all required PNC, Immunization, and other check-ups, she will receive seven (7) tranches of Conditional Cash Transfer (CCT) as financial support from the Government to ensure a safe and healthy mother and child.



### Nutrition:

- Only give breast milk for the first six months. Breast milk is all your baby needs for the first 6 months.
- Always wash hands with soap after using toilet and before feeding the child.



### Love & Care:

- Parents and caregivers must talk, play and sing to the child. It helps to stimulate brain development and observe for any development delay.



Together let us ensure that every mother and child get adequate nutrition, quality health services and care during the first 1000 days.

