

2016PO2477

MINISTRY OF HEALTH AND CHILD WELFARE

# CHILD HEALTH CARD

ZIMBABWE



17 FEB 2018

MATERNITY CLINIC  
PHONE 260464  
HEALTH

### GOOD INFANT FEEDING PRACTICE

Give breast milk only for the first 6 months.  
Introduce solids and liquids from 6 months.  
Continue breast feeding up to 24 months or beyond unless counseled otherwise by a health worker.

29 MAY 2017

### KUDYA KWAKANAKA KWEMWANANA

Ipai mwana mukaka wezamu chete pamwedzi mitanhatu yekutanga.  
Ipai kumwe kudya kana kunwa kubva pamwedzi mitanhatu.  
Rambai muchiyamwisa kusvika pamakore maviri kana kudarika kunze kwekuti makurukura nevetano.

### INDLELA ELUNGILEYO YOKONDLA UMNTWANA

Nika umntwana uchago lwebele lodwa kunyanga eziyisithupha zokuqala zokuzalwa.  
Qalisa ukunika umntwana okunye ukudla lokunathwayo nxa eselenyanga eziyisithupha.  
Qhubeka umunyisa umntwana aze abe leminyaka emibili kusiyaphambili, ngaphandle uxwayiswe ngabezempilakahle.

NAME(S) OF CHILD:	Chanel
SURNAME OF CHILD:	Tsapotsa
SEX:	Girl
DATE OF BIRTH:	1 2 0 3 2 0 1 7
PLACE OF BIRTH:	Kuwadzona Poly
HEALTH CENTRE:	
PHYSICAL ADDRESS:	4340 93 close Kuwadzona 5
FULL NAME OF MOTHER:	Lakwe Kande
FULL NAME OF FATHER:	Nyasha Tsapotsa



MOHCW 2012 version

For more information visit your nearest health facility

### SALT AND SUGAR SOLUTION (SSS)

Give this SOLUTION as often as possible in case of DIARRHOEA and continue feeding and breastfeeding. Take the child to the health facility for further assessment.

### MVURA INE MUNYU NESHUGA

Ipai mwana MVURA iyi nguva dzose kana ane MANYOKA moramba muchimupa zvokudya nekumuyamwisa. Endesai mwana uyu kuchipatara anoongororwa.

### AMANZI ALE TSWAYI LETSHUKELA

Nika umntwana AMANZI la ALETSWAYI LETSHUKELA sikhati sonke uma ele SIHUDO, njalo uqhubeke umupha ukudla kanye lokumunyisa. Hambisa umntwana esibhedlela ukuba ayehlolwa.

6 level teaspoons sugar



Half-a-level teaspoon salt



1 litre boiled water

### NOTES

22/11/17  
 Hh PN  
 Ad  
 PF Tip  
 Hc 3p am  
 Cc 35 am  
 Care off nasal  
 Skin glacial  
 Review presc  
 Eyes hypoaemia  
 Cerebrals - for  
 Spine NAD  
 c/c Satisfactory



# GROWTH AND DEVELOPMENT CHART

DATE OF BIRTH 12 March 2017  
 DURATION OF LABOUR 10 hrs 40 min  
 MODE OF DELIVERY NVD  
 APGAR SCORE 9/10 9/10  
 HEAD CIRCUMFERENCE 35  
 BIRTH LENGTH 50 cm  
 BIRTH WEIGHT 3.52 g

**RECORD ON THE W/H CHART**  
 CHILDHOOD ILLNESSES eg diarrhoea  
 SOLIDS INTRODUCTION  
 CRAWLING, TALKING  
 BREASTFEEDING STOPPED  
 BIRTH OF NEXT CHILD  
 HOSPITAL ADMISSION  
 DEATH OF MOTHER



**AT RISK FACTORS (Write Yes or No)**

BIRTH WEIGHT LESS THAN 2.5 kg  NO

SMALL FOR GESTATION  NO

PRETERM BIRTH  NO

BIRTH INTERVALS LESS THAN 3 YEARS  NO

DIARRHOEA  NO

SOLIDS INTRODUCTION  NO

CRAWLING, TALKING  NO

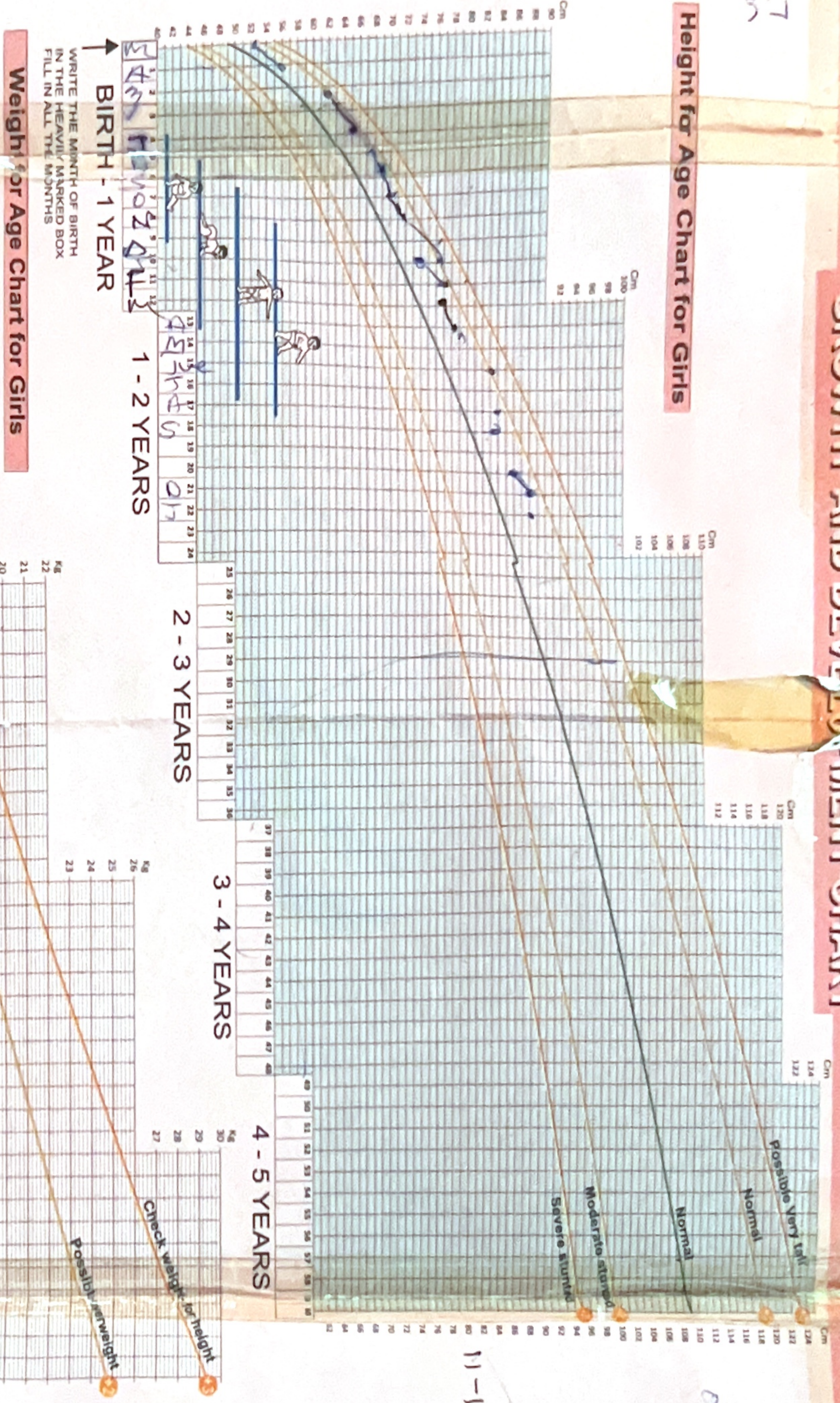
BREASTFEEDING STOPPED  NO

BIRTH OF NEXT CHILD  NO

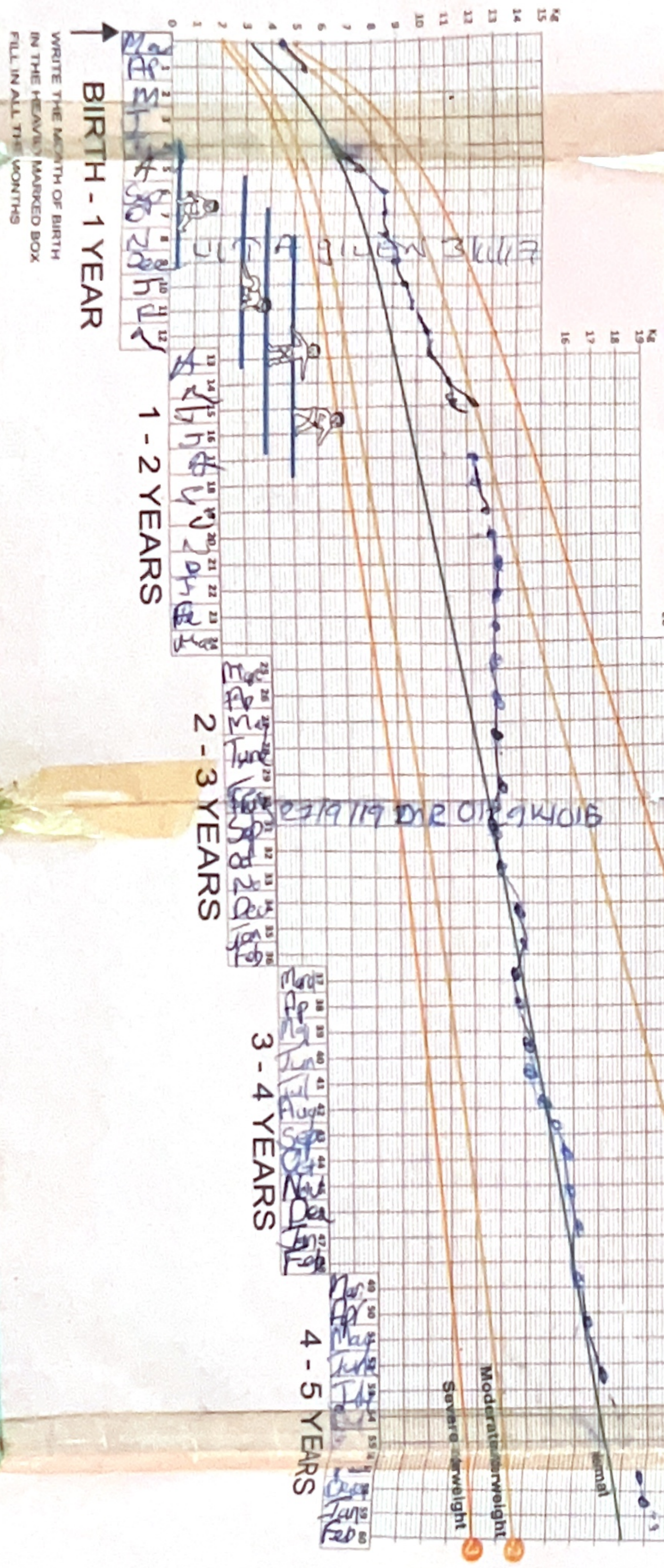
HOSPITAL ADMISSION  NO

DEATH OF MOTHER  NO

Height for Age Chart for Girls



Weight for Age Chart for Girls



DATE	WEIGHT (kg)	HEIGHT (cm)	MUAC (cm)
01/03/17	3.52	50	5.5
01/04/17	4.5	55	6.5
01/05/17	5.5	60	7.5
01/06/17	6.5	65	8.5
01/07/17	7.5	70	9.5
01/08/17	8.5	75	10.5
01/09/17	9.5	80	11.5
01/10/17	10.5	85	12.5
01/11/17	11.5	90	13.5
01/12/17	12.5	95	14.5
01/01/18	13.5	100	15.5
01/02/18	14.5	105	16.5
01/03/18	15.5	110	17.5
01/04/18	16.5	115	18.5
01/05/18	17.5	120	19.5
01/06/18	18.5	125	20.5
01/07/18	19.5	130	21.5
01/08/18	20.5	135	22.5
01/09/18	21.5	140	23.5
01/10/18	22.5	145	24.5
01/11/18	23.5	150	25.5
01/12/18	24.5	155	26.5
01/01/19	25.5	160	27.5
01/02/19	26.5	165	28.5
01/03/19	27.5	170	29.5
01/04/19	28.5	175	30.5
01/05/19	29.5	180	31.5
01/06/19	30.5	185	32.5
01/07/19	31.5	190	33.5
01/08/19	32.5	195	34.5
01/09/19	33.5	200	35.5
01/10/19	34.5	205	36.5
01/11/19	35.5	210	37.5
01/12/19	36.5	215	38.5
01/01/20	37.5	220	39.5
01/02/20	38.5	225	40.5
01/03/20	39.5	230	41.5
01/04/20	40.5	235	42.5
01/05/20	41.5	240	43.5
01/06/20	42.5	245	44.5
01/07/20	43.5	250	45.5
01/08/20	44.5	255	46.5
01/09/20	45.5	260	47.5
01/10/20	46.5	265	48.5
01/11/20	47.5	270	49.5
01/12/20	48.5	275	50.5
01/01/21	49.5	280	51.5
01/02/21	50.5	285	52.5
01/03/21	51.5	290	53.5
01/04/21	52.5	295	54.5
01/05/21	53.5	300	55.5
01/06/21	54.5	305	56.5
01/07/21	55.5	310	57.5
01/08/21	56.5	315	58.5
01/09/21	57.5	320	59.5
01/10/21	58.5	325	60.5
01/11/21	59.5	330	61.5
01/12/21	60.5	335	62.5
01/01/22	61.5	340	63.5
01/02/22	62.5	345	64.5
01/03/22	63.5	350	65.5
01/04/22	64.5	355	66.5
01/05/22	65.5	360	67.5
01/06/22	66.5	365	68.5
01/07/22	67.5	370	69.5
01/08/22	68.5	375	70.5
01/09/22	69.5	380	71.5
01/10/22	70.5	385	72.5
01/11/22	71.5	390	73.5
01/12/22	72.5	395	74.5
01/01/23	73.5	400	75.5
01/02/23	74.5	405	76.5
01/03/23	75.5	410	77.5
01/04/23	76.5	415	78.5
01/05/23	77.5	420	79.5
01/06/23	78.5	425	80.5
01/07/23	79.5	430	81.5
01/08/23	80.5	435	82.5
01/09/23	81.5	440	83.5
01/10/23	82.5	445	84.5
01/11/23	83.5	450	85.5
01/12/23	84.5	455	86.5
01/01/24	85.5	460	87.5
01/02/24	86.5	465	88.5
01/03/24	87.5	470	89.5
01/04/24	88.5	475	90.5
01/05/24	89.5	480	91.5
01/06/24	90.5	485	92.5
01/07/24	91.5	490	93.5
01/08/24	92.5	495	94.5
01/09/24	93.5	500	95.5
01/10/24	94.5	505	96.5
01/11/24	95.5	510	97.5
01/12/24	96.5	515	98.5
01/01/25	97.5	520	99.5
01/02/25	98.5	525	100.5
01/03/25	99.5	530	101.5
01/04/25	100.5	535	102.5
01/05/25	101.5	540	103.5
01/06/25	102.5	545	104.5
01/07/25	103.5	550	105.5
01/08/25	104.5	555	106.5
01/09/25	105.5	560	107.5
01/10/25	106.5	565	108.5
01/11/25	107.5	570	109.5
01/12/25	108.5	575	110.5
01/01/26	109.5	580	111.5
01/02/26	110.5	585	112.5
01/03/26	111.5	590	113.5
01/04/26	112.5	595	114.5
01/05/26	113.5	600	115.5
01/06/26	114.5	605	116.5
01/07/26	115.5	610	117.5
01/08/26	116.5	615	118.5
01/09/26	117.5	620	119.5
01/10/26	118.5	625	120.5
01/11/26	119.5	630	121.5
01/12/26	120.5	635	122.5
01/01/27	121.5	640	123.5
01/02/27	122.5	645	124.5
01/03/27	123.5	650	125.5
01/04/27	124.5	655	126.5
01/05/27	125.5	660	127.5
01/06/27	126.5	665	128.5
01/07/27	127.5	670	129.5
01/08/27	128.5	675	130.5
01/09/27	129.5	680	131.5
01/10/27	130.5	685	132.5
01/11/27	131.5	690	133.5
01/12/27	132.5	695	134.5
01/01/28	133.5	700	135.5
01/02/28	134.5	705	136.5
01/03/28	135.5	710	137.5
01/04/28	136.5	715	138.5
01/05/28	137.5	720	139.5
01/06/28	138.5	725	140.5
01/07/28	139.5	730	141.5
01/08/28	140.5	735	142.5
01/09/28	141.5	740	143.5
01/10/28	142.5	745	144.5
01/11/28	143.5	750	145.5
01/12/28	144.5	755	146.5
01/01/29	145.5	760	147.5
01/02/29	146.5	765	148.5
01/03/29	147.5	770	149.5
01/04/29	148.5	775	150.5
01/05/29	149.5	780	151.5
01/06/29	150.5	785	152.5
01/07/29	151.5	790	153.5
01/08/29	152.5	795	154.5
01/09/29	153.5	800	155.5
01/10/29	154.5	805	156.5
01/11/29	155.5	810	157.5
01/12/29	156.5	815	158.5
01/01/30	157.5	820	159.5
01/02/30	158.5	825	160.5
01/03/30	159.5	830	161.5
01/04/30	160.5	835	162.5
01/05/30	161.5	840	163.5
01/06/30	162.5	845	164.5
01/07/30	163.5	850	165.5
01/08/30	164.5	855	166.5
01/09/30	165.5	860	167.5
01/10/30	166.5	865	168.5
01/11/30	167.5	870	169.5
01/12/30	168.5	875	170.5
01/01/31	169.5	880	171.5
01/02/31	170.5	885	172.5
01/03/31	171.5	890	173.5
01/04/31	172.5	895	174.5
01/05/31	173.5	900	175.5
01/06/31	174.5	905	176.5
01/07/31	175.5	910	177.5
01/08/31	176.5	915	178.5
01/09/31	177.5	920	179.5
01/10/31	178.5	925	180.5
01/11/31	179.5	930	181.5
01/12/31	180.5	935	182.5
01/01/32	181.5	940	183.5
01/02/32	182.5	945	184.5
01/03/32	183.5	950	185.5
01/04/32	184.5	955	186.5
01/05/32	185.5	960	187.5
01/06/32	186.5	965	188.5
01/07/32	187.5	970	189.5
01/08/32	188.5	975	190.5
01/09/32	189.5	980	191.5
01/10/32	190.5	985	192.5
01/11/32	191.5	990	193.5
01/12/32	192.5	995	194.5
01/01/33	193.5	1000	195.5
01/02/33	194.5	1005	196.5
01/03/33	195.5	1010	197.5
01/04/33	196.5	1015	198.5
01/05/33	197.5	1020	199.5
01/06/33	198.5	1025	200.5
01/07/33	199.5	1030	201.5
01/08/33	200.5	1035	202.5
01/09/33	201.5	1040	203.5
01/10/33	202.5	1045	204.5
01/11/33	203.5	1050	205.5
01/12/33	204.5	1055	206.5
01/01/34	205.5	1060	207.5
01/02/34	206.5	1065	208.5
01/03/34	207.5	1070	209.5
01/04/34	208.5	1075	210.5
01/05/34	209.5	1080	211.5
01/06/34	210.5	1085	212.5
01/07/34	211.5	1090	213.5
01/08/34	212.5	1095	214.5
01/09/34	213.5	1100	215.5
01/10/34	214.5	1105	216.5
01/11/34	215.5	1110	217.5
01/12/34	216.5	1115	218.5
01/01/35	217.5	1120	219.5
01/02/35	218.5	1125	220.5
01/03/35	219.5	1130	221.5
01/04/35	220.5	1135	222.5
01/05/35	221.5	1140	223.5
01/06/35	222.5	1145	224.5
01/07/35	223.5	1150	225.5
01/08/35	224.5	1155	226.5
01/09/35	225.5	1160	227.5
01/10/35	226.5	1165	228.5
01/11/35	227.5	1170	229.5
01/12/35	228.5	1175	230.5
01/01/36	229.5	1180	231.5
01/02/36	230.5	1185	232.5
01/03/36	231.5	1190	233.5
01/04/36	232.5	1195	234.5
01/05/36	233.5	1200	235.5
01/06/36	234.5	1205	236.5
01/07/36	235.5	1210	237.5