



Post-Partum Care and Newborn Health: An ASHA's Role



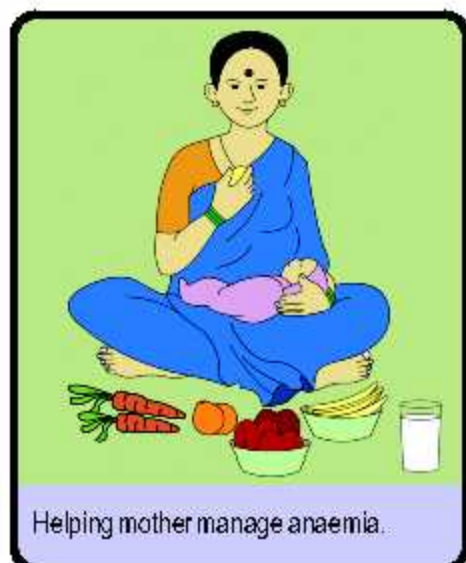
Undertaking regular home visits on the prescribed days to check on health of mother and newborn.



Advising mother about having a nutritious diet and counselling the family about her need for adequate rest for at least six weeks after delivery.



Assessing mother for signs of complications and ensuring appropriate referral.



Helping mother manage anaemia.



Encouraging and supporting exclusive breastfeeding and helping mother deal with problems related to this.



Counselling mother on contraceptive needs (temporary/permanent) as required and helping her family to access family planning services.



Observation and first examination of newborn and recording birth outcome.



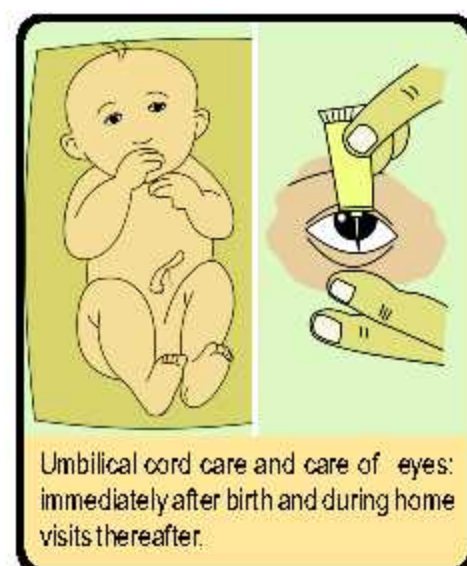
Immediately after delivery, initiating breastfeeding and keeping newborn clean, warm and dry.



Measuring temperature, checking weight and determining if newborn is preterm.



Keeping the newborn warm; dealing with hypothermia; managing fever.



Umbilical cord care and care of eyes: immediately after birth and during home visits thereafter.



Counselling family on caring for the newborn, especially the precautions necessary for preventing infections.



Educating the family on the importance of exclusive breastfeeding and other related facts.



Dealing with asphyxia and neonatal sepsis.



Identifying high risk babies and counselling family on care required, including breastfeeding.