

# Health Literacy level in Expectant mothers and interested partners

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Students Name

Professor

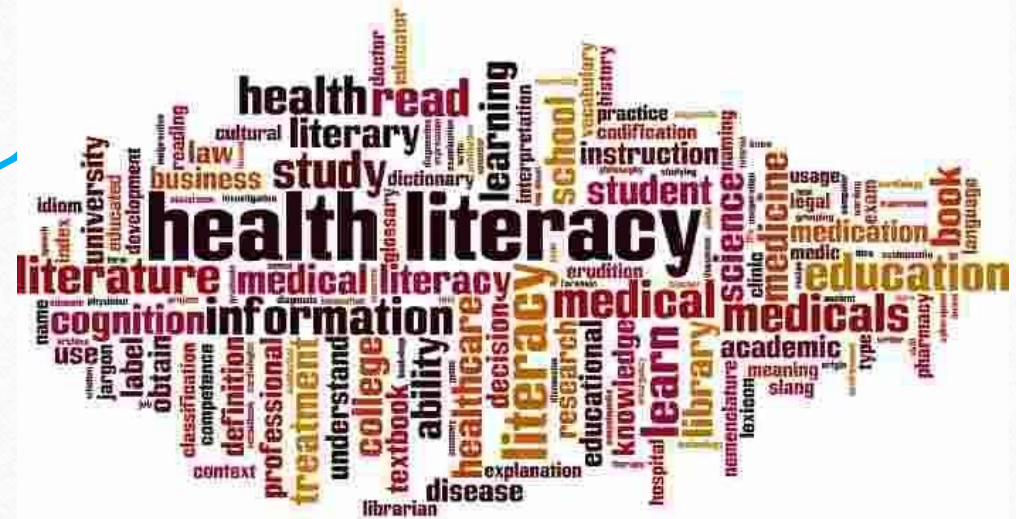
Institution

Date of Submission

# Introduction

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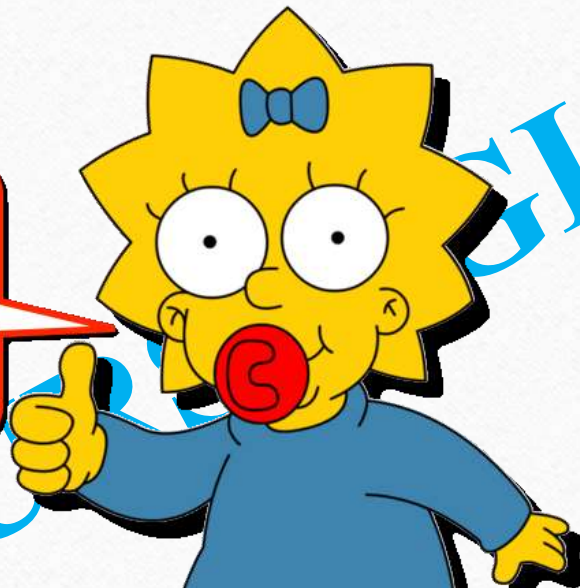
- The bone of contention will be enhance knowledge on some of the important aspects the parents should know in the first year of life.
- Promote safety tips for the parents to eliminate instances of injury to the children (Stormacg et al., 2020).
- The presentation seeks to guide the parents on the best nutrition approaches to promote better health in children.
- The community involvement in enhancing better outcomes for these children through utilization of available resources.





# Developmental milestones

Developmental Milestones are not just for Primary Care visits. They help the vigilant clinician know that I am ok... or not.



- Physical milestones i.e. head lifting
- Cognitive milestone which includes of visual to recognize items
- Social milestone which incorporates the development of trust
- Emotional milestone where they start depicting aspect such as anxiety and shyness.

# Home Safety

- There is the need to baby proofing the gates and outlets to prevent accidents
- Fall prevention is of essence to avoid fall overs (Stormacg et al., 2020).
- Enhancing safe toy management to avoid instances of choking
- Well lighting in the rooms to avoid unnecessary tripping
- Placing sharp items away from children





# Safety in Sleeping



- Share a room with a kid until 6 months
- Placing these kids on their back and ensuring their bed is free from other items
- Enhance crib safety to ensure no loose bedding and bumpers
- Baby friendly covers to prevent suffocation
- Monitor sleeping patterns and ensure constant check up.

# Nutrition

- Overview of infant nutrition needs
- Breastfeeding importance and tips
- Introduction of solid foods around 6 months
- Food allergies and choking hazards
- Maintaining hygiene during feeding to prevent illnesses.





# Illness recognition

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- Constant checking of baby feeding habits
- Looking at the child's skin condition
- Temperature check
- Signs of dehydration
- Unusual restlessness of the baby

# Caring for the sick child

- Prompt medication
- Hydration and nutrition
- Comfort measures
- Medical consultation (Hannigan et al., 2023).
- Prompt feeding and nutrition





# Baby wellness check-up



- Newborn, 2-4 days old
- 1 month, 2 months, 4 months, 6 months
- Assess baby's health as well as anticipatory guidance to parents
- Schedule of immunizations
- Conducting vision, hearing and heart screening.

# Postpartum care for mothers

- Following up on OB appointments
- Addressing emotional health and well being
- Asking for help in areas of challenges during this stage
- Been keen on signs such as fever or swellings (Rahmadhani, 2020).
- Giving oneself room for healing between 4 to 6 weeks.





- When you notice instances of baby fever, you should call the doctor right away

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- Instances of difficulty in breathing
  - Cases of dehydration
  - Persistent vomiting and diarrhea
  - Sudden behavior change such as continuous crying and irritability (Paller et al., 2020) .

## When Should You Call Your Doctor?



# Local resources

- Contact info for nurse line, clinics
- Breastfeeding support groups
- Parenting classes
- Health department contacts for nutrition, screening, and vaccination programs (Paller et al., 2020) .
- Family resource centers and nonprofits serving families in needs





# Questions and Discussion



- Open forum for question and answers
- Giving room for clarification on areas no understood
- Providing more reading resources
- Guidance and counselling on mothers who might require the service.

# References

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