

For physical growth and mental development

- Breastfeeding: lactating mothers practices exclusive breastfeeding for at least four months and, if possible, up to six months. (Mothers found to be HIV-positive require counselling about possible alternatives to breast-feeding.)
- Starting at about six months of age, feed children freshly prepared energy and nutrient rich complimentary foods while continuing to breastfeed up to two years or longer.
- Ensure that children receive adequate amounts of micronutrients (vitamin A and iron, in particular) either in the diet or through supplementation) as well as consummation of iodized salt at the household level.
- Promote mental and social development through talking, playing and providing a stimulating environment.

For disease prevention

- Take children as scheduled to complete the full course of immunization (BCG, DPT, OPV, and measles) before their first birthday.
- Dispose of faeces, including children's faeces, safely; wash hands after defecation, before preparing meals and before feeding children.
- Protect children in malaria-endemic areas by ensuring that they sleep under insecticide treated bed nets.
- Adapt and sustain appropriate behaviour regarding prevention and care for HIV/AIDS affected people, including orphans.

For appropriate home care

- Continue to feed, offer fluids including breastmilk to children when they are sick.
- Give sick children appropriate home treatment for infections.
- Take appropriate actions to prevent and manage child injuries and accidents.
- Prevent child abuse and neglect, and take appropriate action when it has occurred.
- Ensure that men actively participate in providing childcare, and are involved in the reproductive health of the family.

For seeking care and basic planning activities

- Recognize when sick children need treatment outside the home and seek care from appropriate healthcare providers.
- Follow advice of health workers about treatment, follow-up and referral.
- Ensure that the pregnant woman has adequate antenatal care. This includes having at least four antenatal visits with an appropriate health care provider and receiving the recommended doses of the tetanus toxoid vaccination. Mother has support from her family/community in seeking care at time of delivery/postpartum/lactation period.