

Head Measurement

Today, the nurse will also measure the size of your child's head. Your child's head measurement should be between 38 and 43cm. Speak to your nurse if your child's head measurement is bigger or smaller than this.



Development

At 14 weeks, your child should be able to:

- Follow close objects with his/her eyes
- Lift his/her head when held against your shoulder
- Make “cooing” sounds and react to loud noises



Next Clinic Visit

You will need to return to your clinic every month to check your child's growth. At the 6 month visit, your child will also receive his/her first vitamin A dose, which will help your child to grow and to fight infection.

Danger Signs

You should return to the clinic **immediately** if your child has any of these problems:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes
- Diarrhoea with blood
- Lethargic or unconscious
- Convulsions/fits
- If anyone in close contact with your child has TB



Disclaimer:

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health

Department:
Health
PROVINCE OF KWAZULU-NATAL

Caring for your Child

14 Weeks



Immunisations

At the 14 week visit, your child will receive 4 immunisations – 3 will be injections and 1 will be oral drops.

These vaccines will protect your child from getting chest infections, diarrhoea, whooping cough, tetanus, polio, meningitis, hepatitis and infections in the ears and throat.

Your child may develop fever or pain where the injections were given – this is normal.

Photo courtesy gatesfoundation



Return to your clinic immediately if:

- The fever does not settle
- The child cries without stopping for more than 3 hours
- The area where the vaccine was given becomes swollen, or
- The child has any convulsions/fits



HIV Status of Mother and Child

If child is HIV-positive:

- If child has tested HIV-positive, he/she needs to be on antiretroviral treatment (ART)
- It is important for child to get the ART medicine twice a day every day
- At each clinic visit, your child will be weighed and the nurse will tell you how much ART medication to give your child
- You should continue to breastfeed and to give your child the antibiotic Cotrimoxazole/Bactrim daily. This antibiotic prevents serious chest infections



If child's mother is HIV-positive and child tested negative for HIV at 6 weeks:

- If you are breastfeeding, continue to give your child the antibiotic Cotrimoxazole/Bactrim
- If you are breastfeeding, you must be on ART to prevent your child from getting HIV through the breastmilk
- If your child becomes ill at any time, return to the clinic for another HIV test

If child's mother tested HIV-negative in pregnancy:

- It is important for all women who are breastfeeding to have an HIV test every 3 months

Feeding

Continue to feed your child only breastmilk until he/she is 6 months old.

- Breastfeed as often as the child wants, both day and night
- Eat a healthy diet and avoid alcohol while breastfeeding



Your child should be gaining weight every month. Ask the nurse at the clinic to show you how your child is growing on the growth chart in your child's Road to Health Booklet. If your child is not gaining weight every month, speak to your nurse.

