

## Development



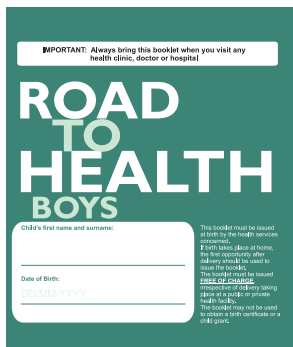
Around 6 weeks of age your child should:

- Start to smile
- Sleep for 1 – 3 hours after every feed
- Sleep on his/her back

It is also important for you to rest as much as you can while your child is sleeping.

## Next Clinic Visit

Your child will need to return to the clinic in 1 month for his/her 10 week visit. At this visit, your child's weight will be checked and immunisations will be given. Always remember to bring your Road to Health Booklet to the clinic or hospital with you at every visit.



## Danger Signs

Go to the clinic immediately if your child has any of these danger signs:

- Refuses to eat
- Unable to breathe well or fast breathing
- Is vomiting everything he/she eats
- Diarrhoea with sunken eyes
- Diarrhoea with blood
- Convulsions/fits
- Still under 2 months old with a fever
- Child lethargic or unconscious
- If anyone in close contact with your child has TB



### Disclaimer:

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# Caring for your Child

## 6 Weeks



## Immunisations

At the 6 week clinic visit, your child will receive immunisations. There will be 3 injections and 1 oral drop.

These vaccines protect your child from getting pneumonia, diarrhoea, meningitis, whooping cough, tetanus, hepatitis, polio and ear infections.

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



Return to your clinic immediately:

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

## HIV Status of Mother and Child

If child's mother is HIV-negative:

- If you tested HIV-negative in pregnancy and are breastfeeding, you should have an HIV test every 3 months

If child's mother is HIV-positive:

- After your child is born, the first HIV test is done at 6 weeks
- This test is called a PCR test and is different from the kind of test done in an adult
- The results are usually ready in 1 week
- Babies with HIV can get sick very quickly so do not delay going back to the clinic for the results



If child tests HIV-positive:

- Child needs to start antiretroviral therapy (ART) as soon as possible (within 2 weeks)

If child tests HIV-negative:

- You must continue with your own ART while you are breastfeeding to protect your child from getting HIV
- Child will need another HIV test after breastfeeding stops and again at 18 months of age to make sure that your child is HIV-negative

## Feeding



At 6 weeks of age, your child needs only breastmilk every 2 – 3 hours

- You know that child is getting enough milk if he/she makes 5 – 6 wet nappies every day
- Babies do not need water at this age
- Do not give child any solid food or porridge until 4 – 6 months of age

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.

