

EXERCISE – 3

The girl child Bunni was born on 12 June, 2012 in a remote farm house in the Muktsar district of Punjab with assistance of local ANM. The birth weight of Bunni was 2.7kg. Both father (Jarnail Singh) and mother (Mariyam Bipasa) were careful towards nutritional and health care of Bunni. As a result, the growth of the child was good and the weight of Bunni was progressing as per her age in a proportional manner. The weight of Bunni was regularly taken by local AWW. The monthly weight of Bunni from June, 2012 to March, 2014 are as stated below:

12 June 2012	2.7 kg
11 July, 2012	3.5 kg
13 August, 2012	4.4 kg
14 Sept. 2012	5.0 kg
13 Oct. 2012	5.6 kg
11 Nov. 2012	6.0 kg
12 Dec. 2012	6.3 kg
11 Jan. 2013	6.7 kg
13 Feb. 2013	6.9 kg
13 Mar. 2013	7.1 kg
12 Apr. 2013	7.6 kg
12 May, 2013	7.8 kg
12 June, 2013	7.9 kg
11 July, 2013	8.1 kg
11 Aug, 2013	8.2 kg
12 Sept. 2013	8.4 kg
13 Oct., 2013	8.6 kg
13 Nov., 2013	8.9 kg
12 Dec., 2013	9.1 kg
13 Jan., 2014	9.3 kg

11 Feb.,2014	9.4 kg
14 Mar.,2014	9.6 kg.

2. Prepare the growth chart of Bunni and chalk down possible counselling sessions to be taken by the AWW at various stages of Bunni's infancy for showing the positive growth curve moving in a particular trajectory in green zone.

Exercise 3

A-Growth Chart of Bunni is at Annexure- III

B-Possible counselling sessions taken by the AWW at various stages of Bunni's infancy and thereafter showing for the positive growth curve moving in a particular trajectory under green zone

From the Growth Chart of Bunni, it may be inferred that counselling sessions with mother might have been done in the following months:

Month	Reason for Counselling
June, 2012	<ul style="list-style-type: none">• Counselling for immediate and exclusive breastfeeding (avoid pre-lacteals), personal hygiene & sanitation, recognition of maternal and new-born complications, birth spacing, support for exclusive breastfeeding until to 6 months, monthly weighing• Immunization schedules
December, 2012	<ul style="list-style-type: none">• Appropriate complementary feeding on completion of 6 months• Continued breastfeeding upto 2 years or beyond• Monthly weighing and supplementary nutrition
February, 2013	<ul style="list-style-type: none">• Measles vaccine and vitamin A at 9 months• Identify family's problem like food insufficiency if any, gender discrimination if present, improved caring skills of caretaker to keep the weight gain in a proper trajectory
May, June and	<ul style="list-style-type: none">• Appropriate complementary feeding i.e., gradually increasing the

July 2013	<p data-bbox="537 197 1101 233">amount, frequency and consistency of food</p> <ul data-bbox="492 275 1073 470" style="list-style-type: none"><li data-bbox="492 275 1073 310">• Supplementation of IFA after 12 months<li data-bbox="492 352 1073 388">• Increased feeding during and after illness<li data-bbox="492 430 1073 466">• Timely completion of immunization
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