

A stylized graphic of an apple. The apple is red with a teal stem and leaf. The background is a mix of orange, purple, and teal. The text 'Learning about the first 1000 days' is written in white on the orange background.

Learning about the first 1000 days

Visual Aids

First Trimester



5 Weeks

Second Trimester



16 Weeks

Third Trimester



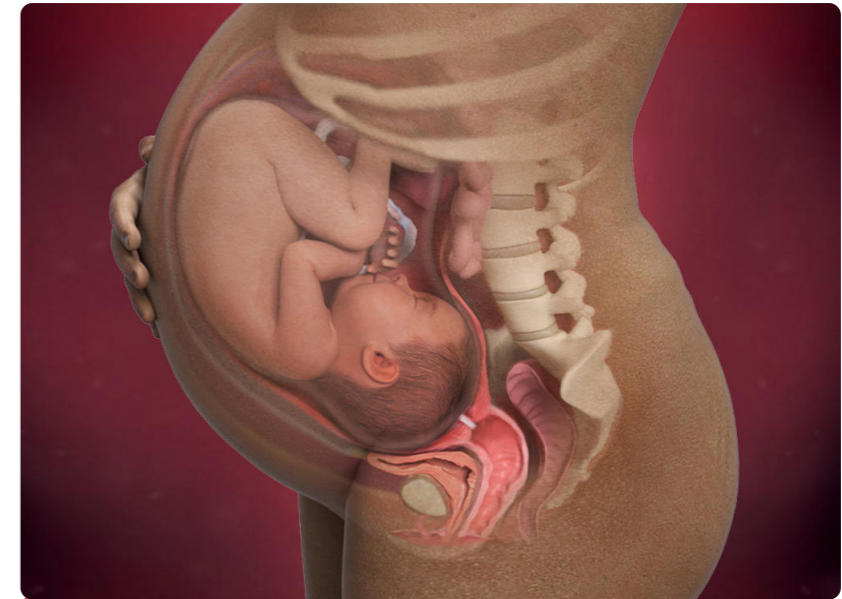
32 Weeks



12 Weeks



20 Weeks



40 Weeks

Visual aid 1.1

Picture of foetus

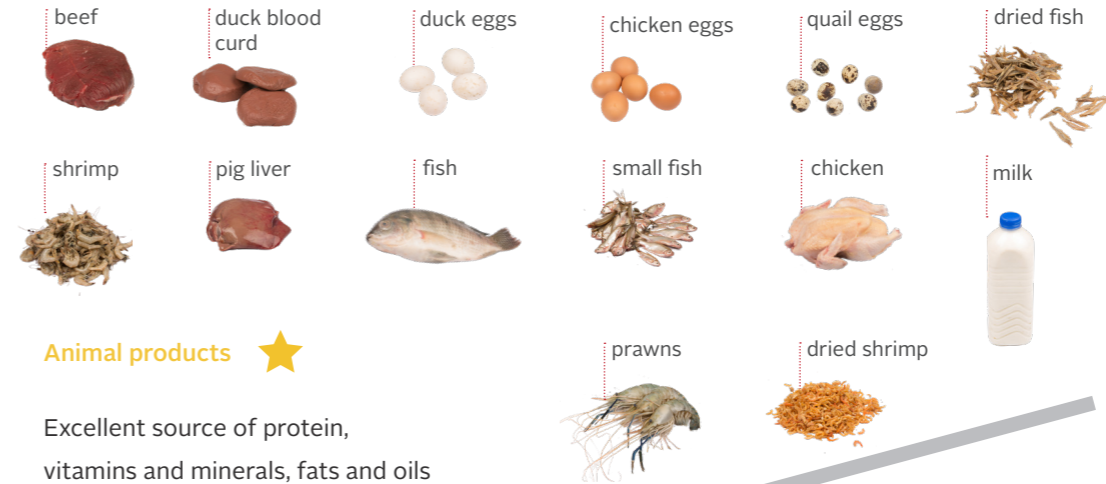
PLACEHOLDER IMAGES



Body-building foods

Legumes and oilseeds ★

Good source of protein, some vitamins and minerals and fibre and oils



Animal products ★

Excellent source of protein, vitamins and minerals, fats and oils



Protective foods ★

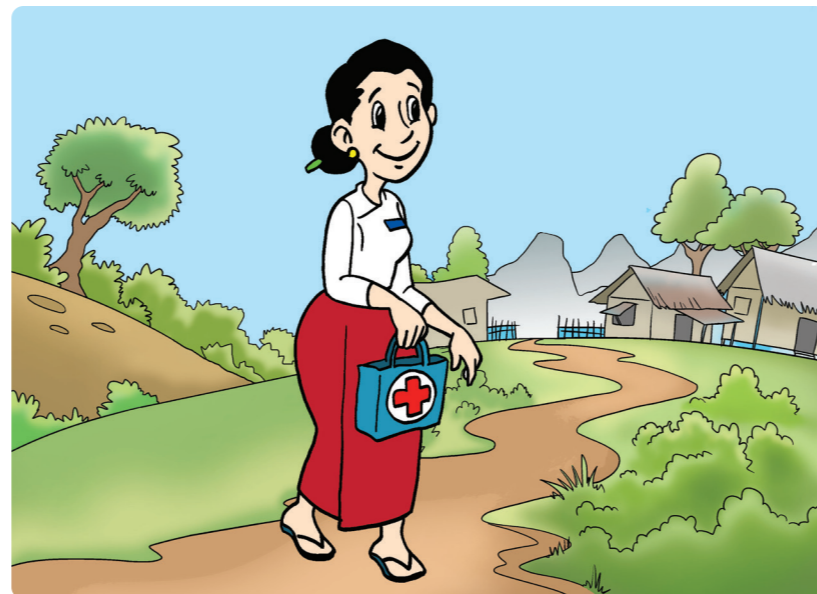
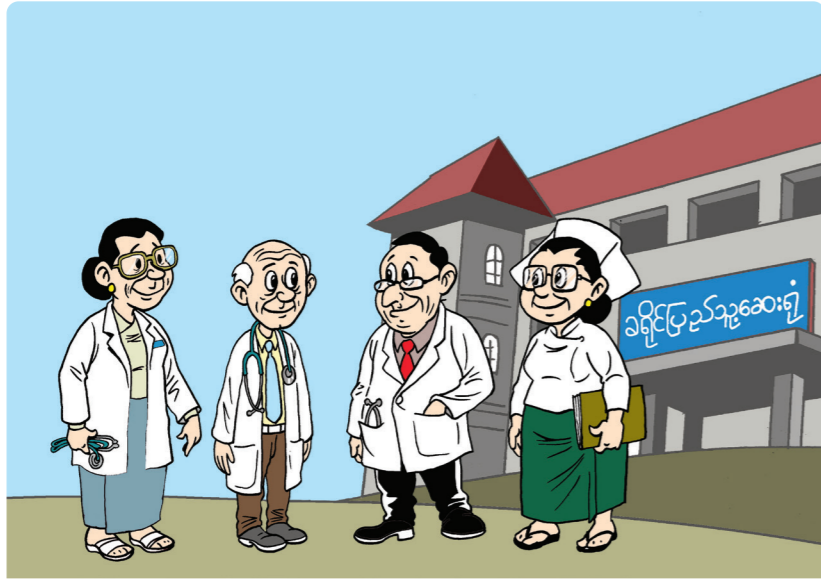
Excellent source of vitamins and minerals and fibre

Energy-giving foods ★

Good source of energy, protein, and some vitamins and minerals. Unrefined cereals are also a good source of fibre

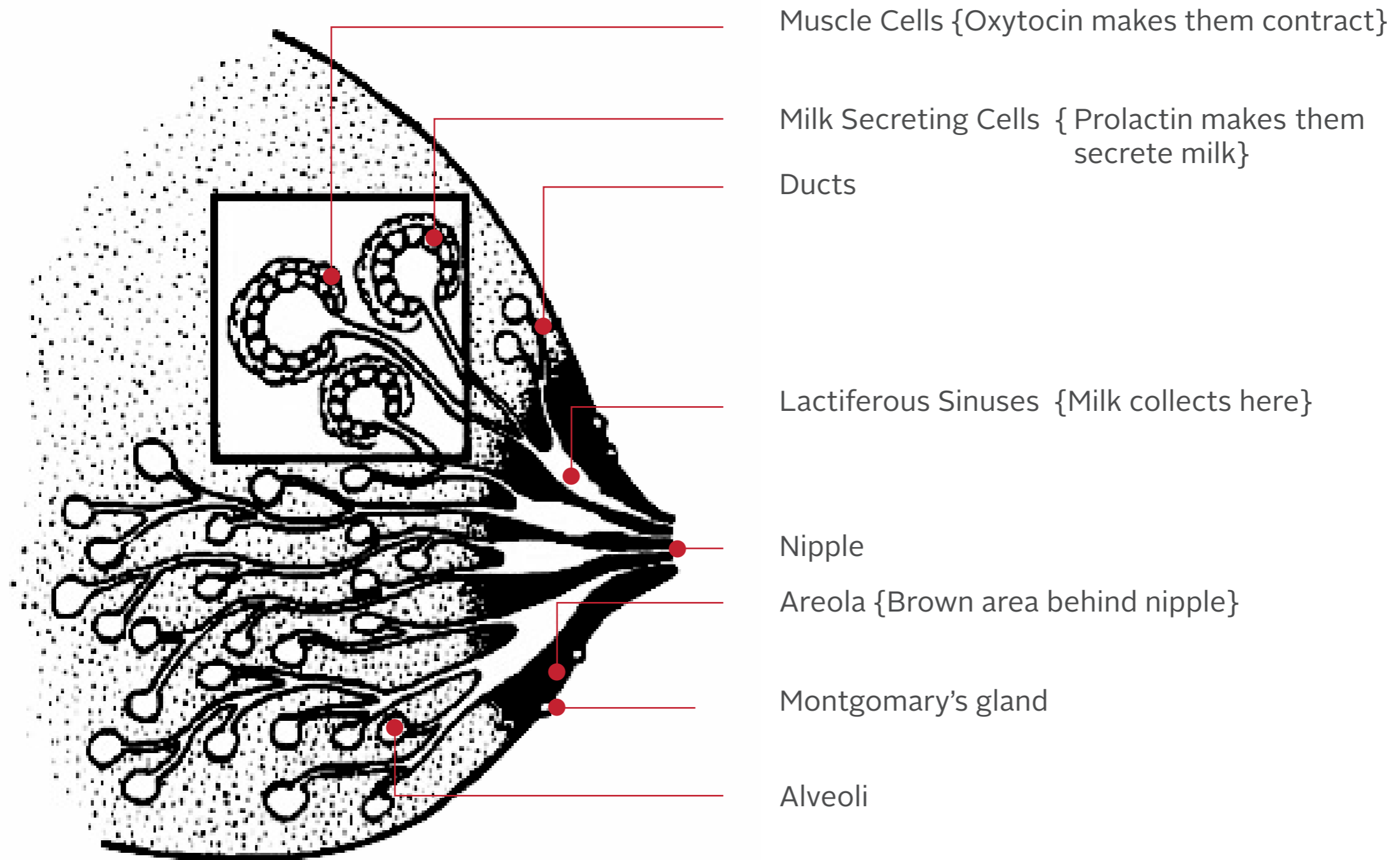


PLACEHOLDER IMAGES



Visual aid 1.3

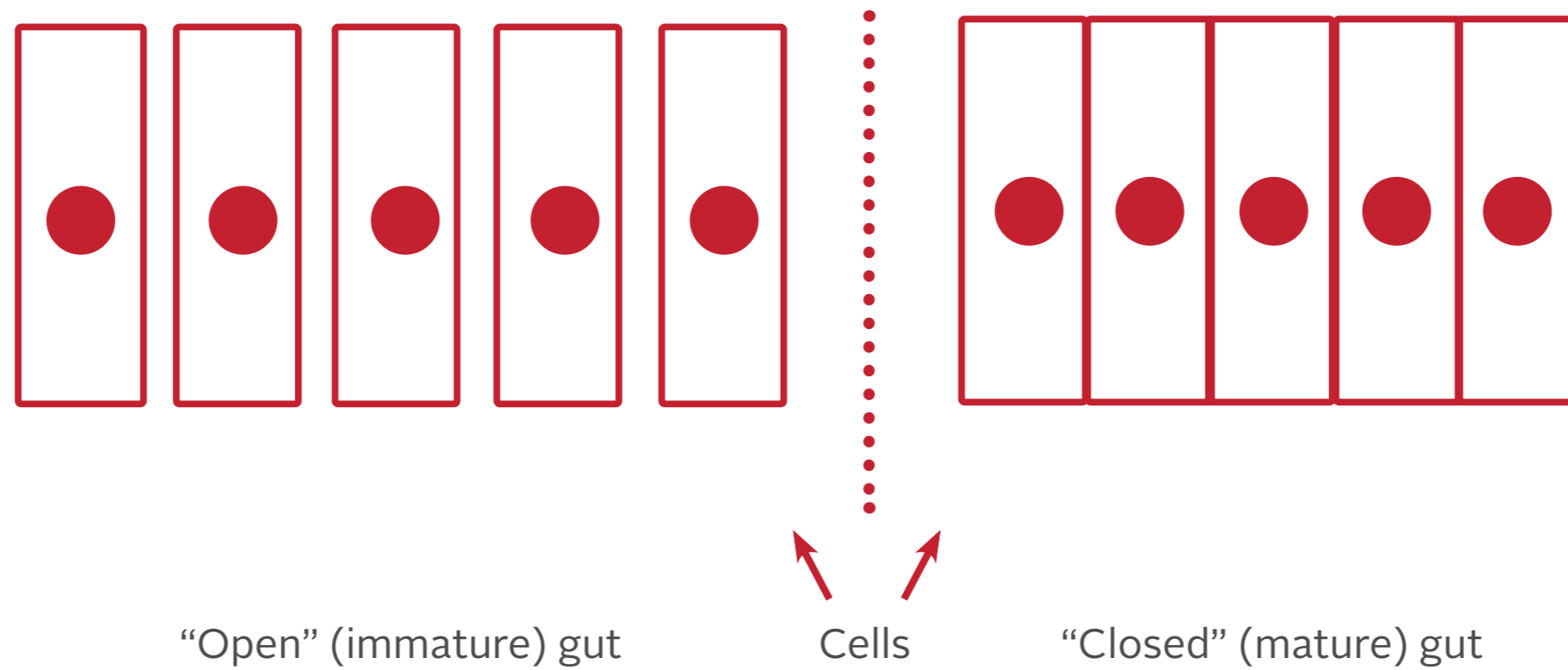
Maternal and Neonatal Health Care Providers in Myanmar



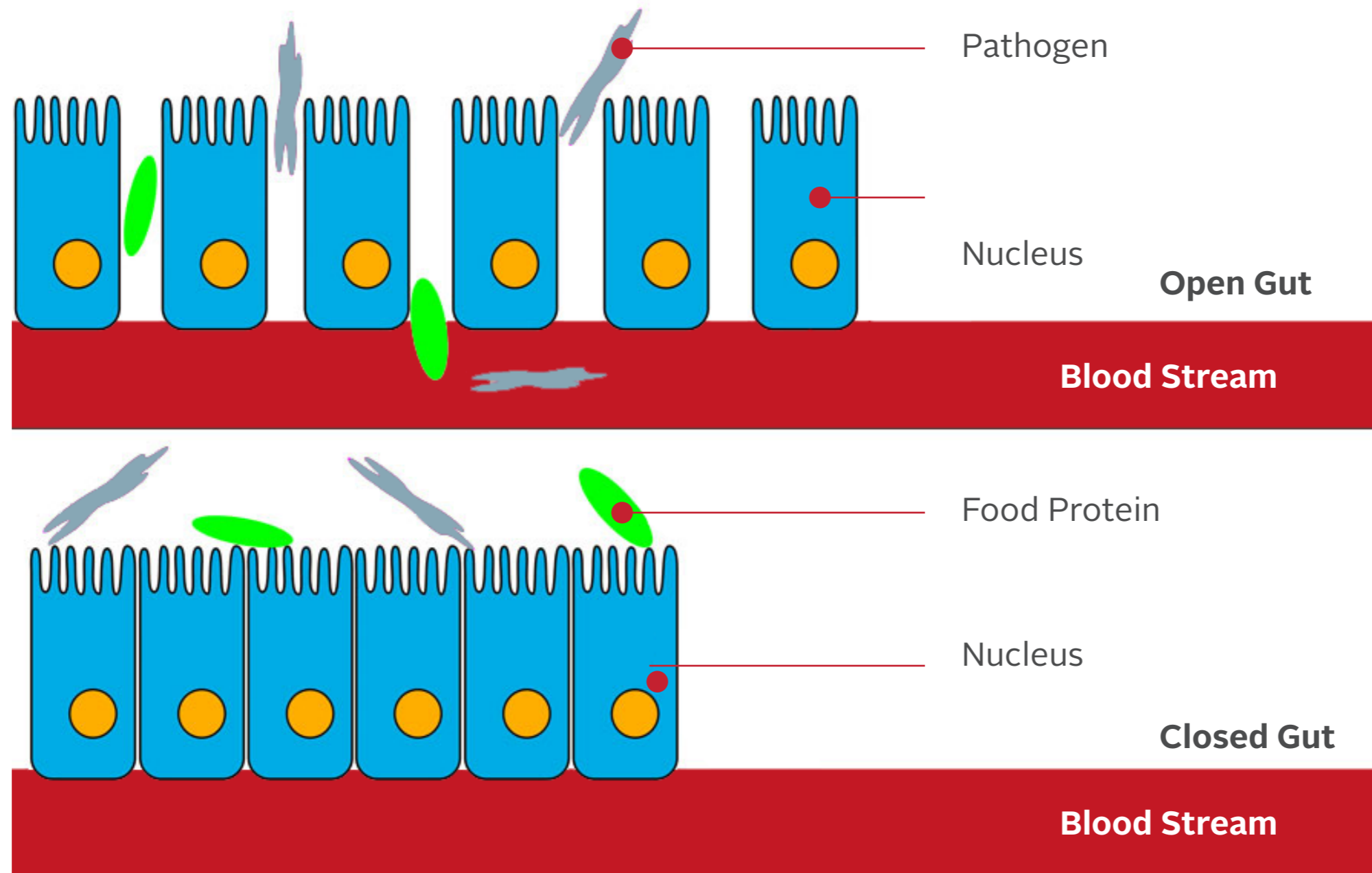
Visual aid 2.1.1 Anatomy of a breast



Visual aid 2.1.2 Types of breast milk



Visual aid 2.1.3 a Comparing the gut walls of children under and above six months



Visual aid 2.1.3 b Comparing the gut walls of children under and above six months

Marble



Day 1
5 - 7 ml

Ping Pong Ball



Day 3
22 - 27 ml

Egg

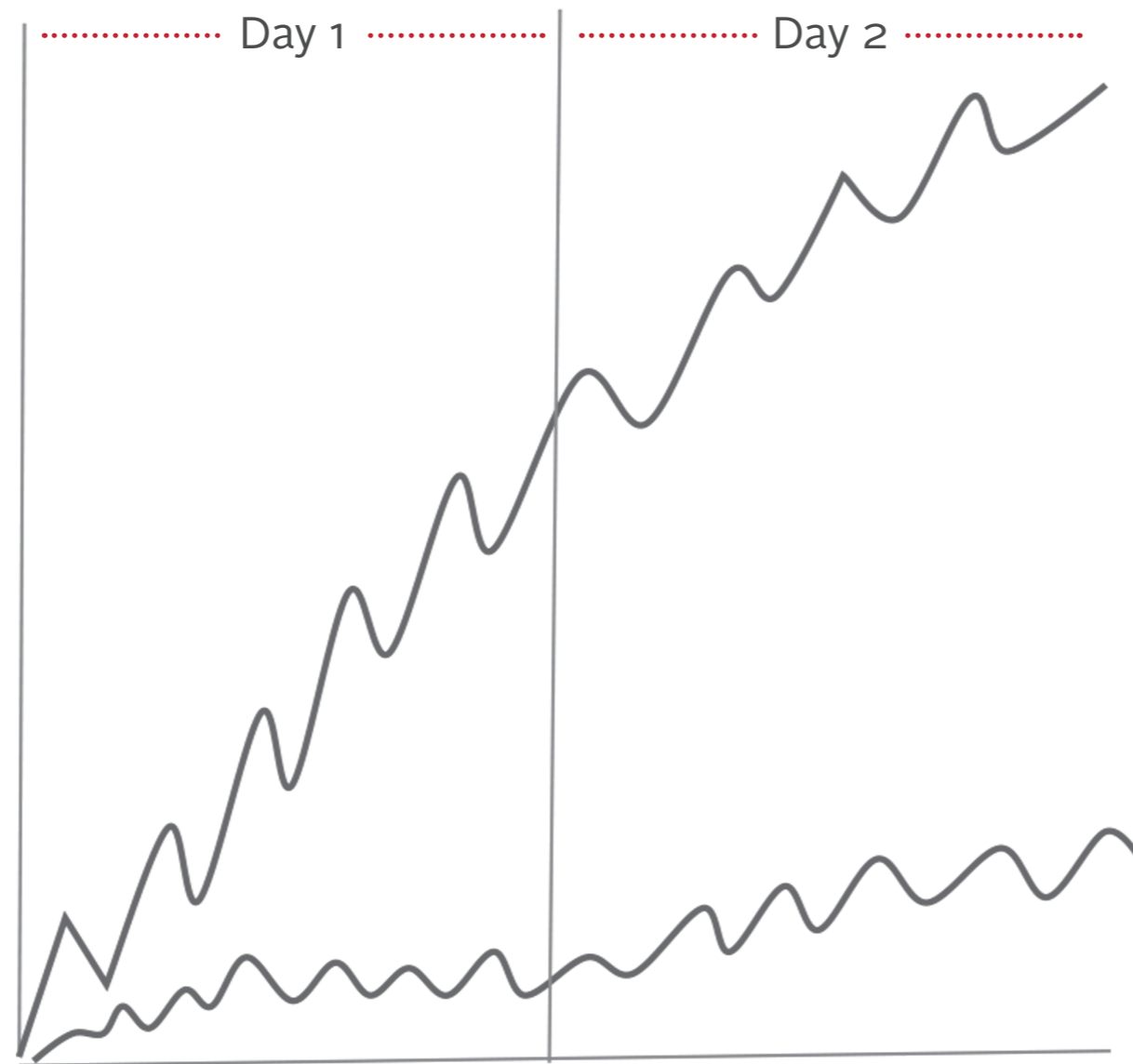


Day 10
60 - 81 ml

Visual aid 2.1.4 The average size of a newborn's stomach



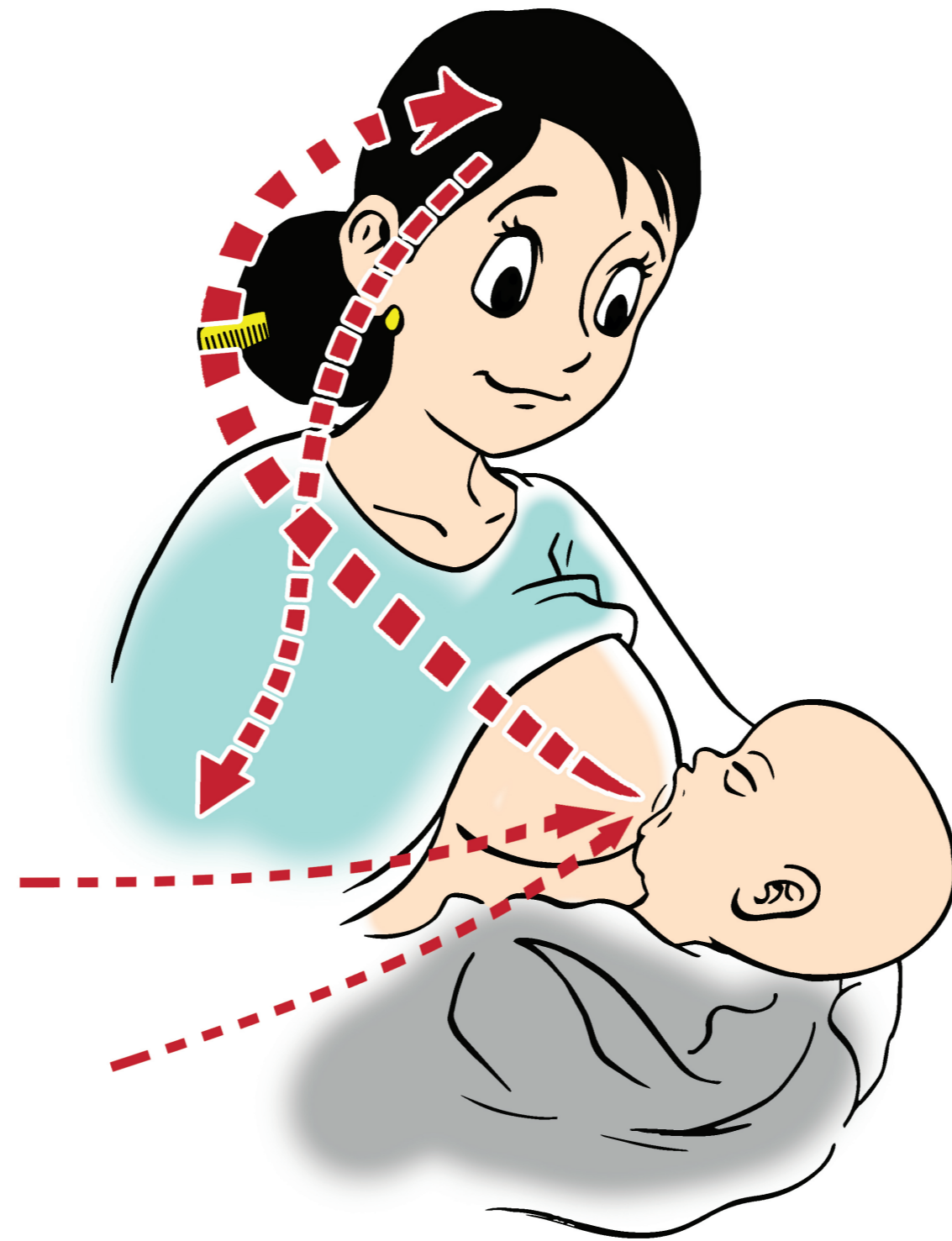
Visual aid 2.2.1 Skin-to-skin contact immediately after birth



Prolactin level is increased due to early initiation & continued BF

Prolactin level is not increased enough due to lack of early initiation of breast feeding

Visual aid 2.2.2 Prolactin levels and breastfeeding



Visual aid 2.2.3 Milk “let down” process

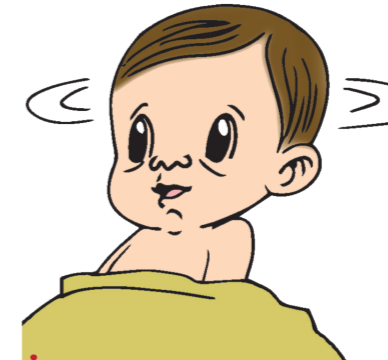
EARLY CUES
"I'm hungry"



Stirring



Mouth opening



Turning head/
Seeking Rooting

MID CUES
"I'm really hungry"



Stretching



Increasing physical
movement



Hand to mouth

LATE CUES
"Calm me,
then feed me"



Crying

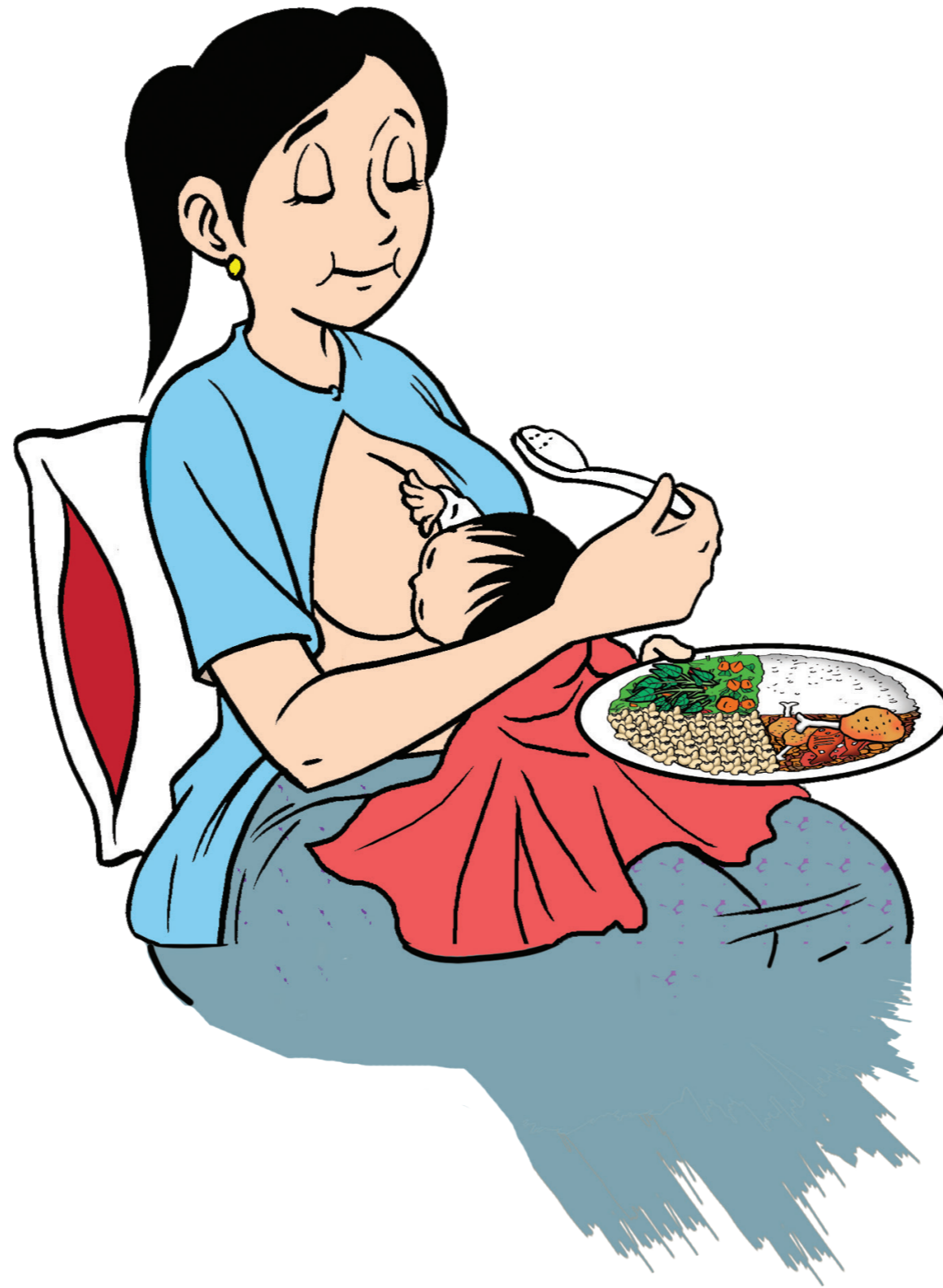


Agitated body
movements



Turning red

Visual aid 2.2.4 Hunger signs of a baby



Visual aid 2.2.5

Eating together

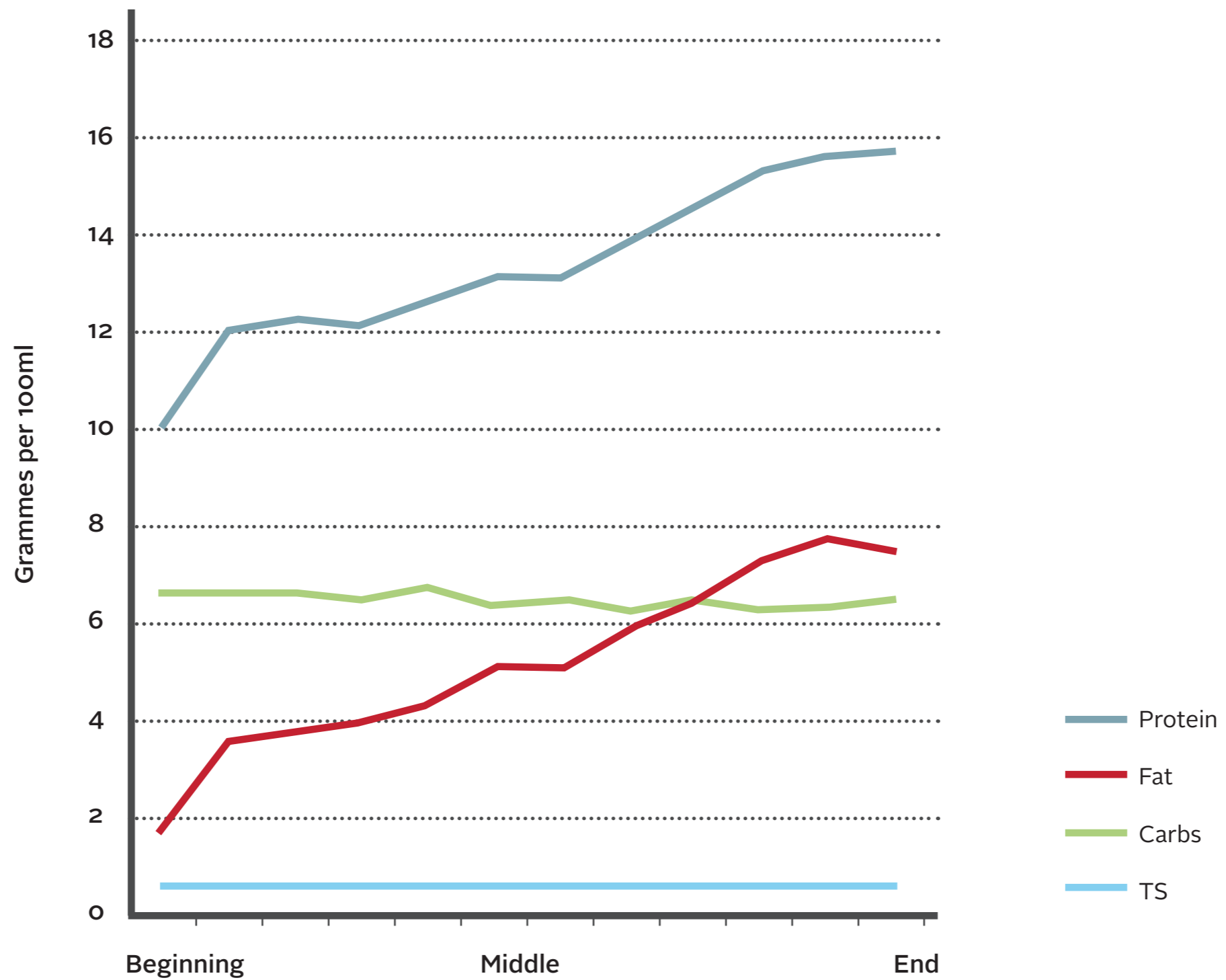


Foremilk

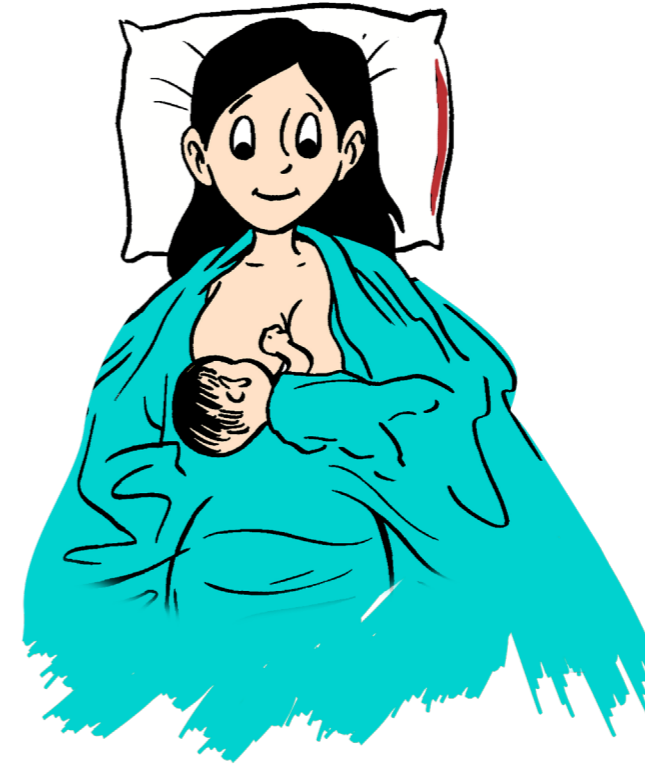


Hindmilk

Visual aid 2.2.6 Foremilk and hindmilk

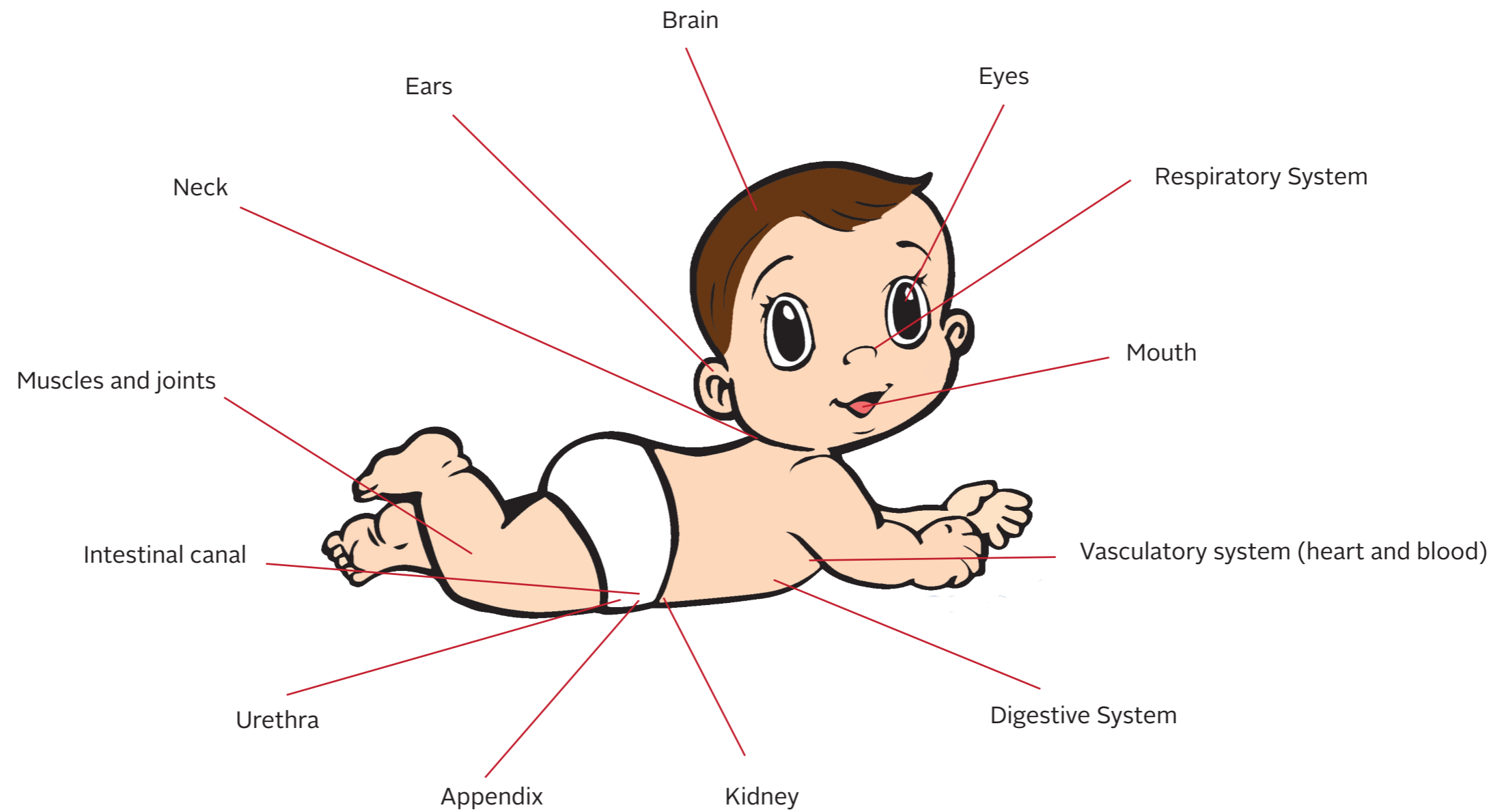


Visual aid 2.2.7 Constituents of the breast milk from start to finish of the feed



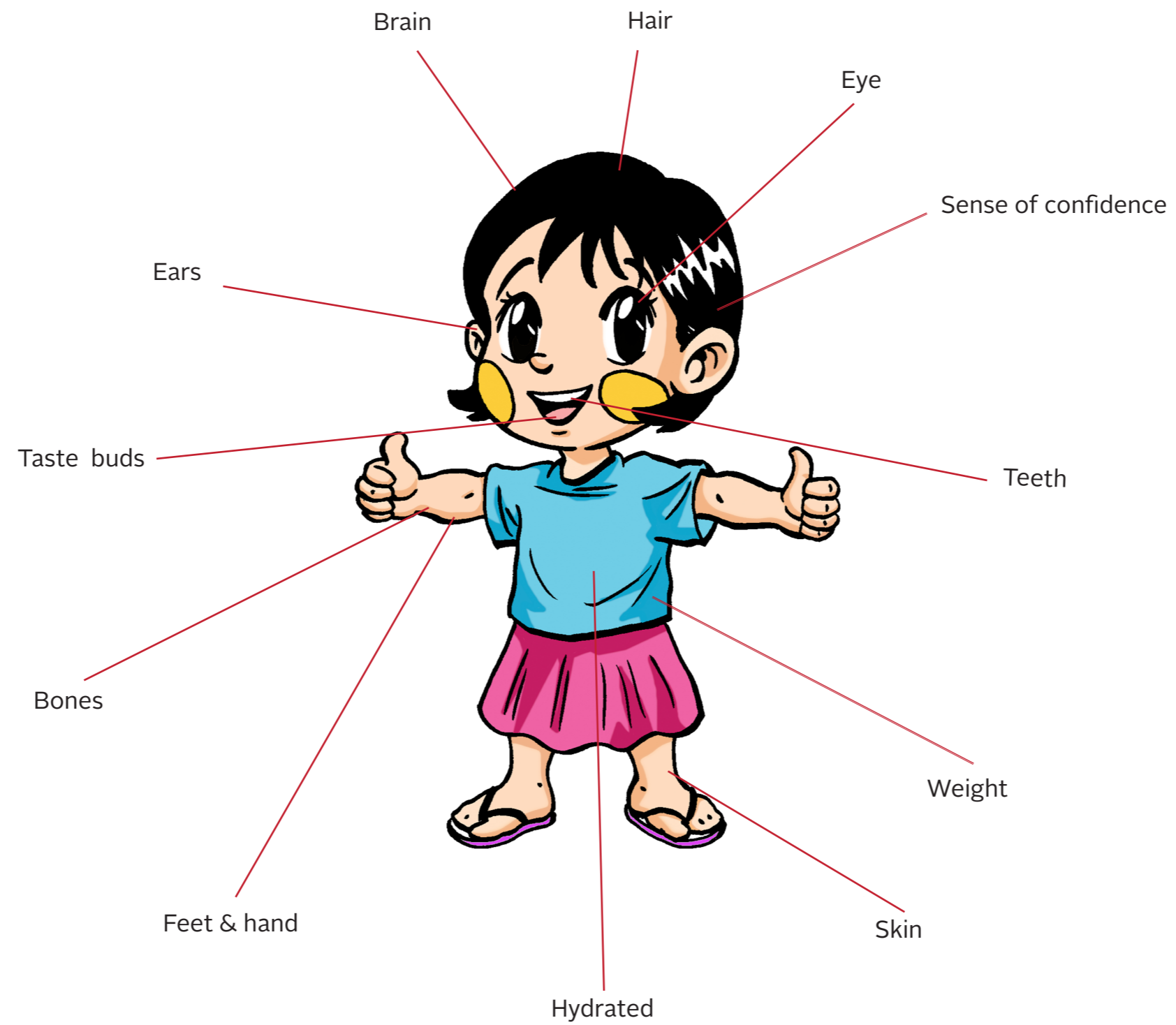
Visual aid 2.2.8

Breastfeeding practices



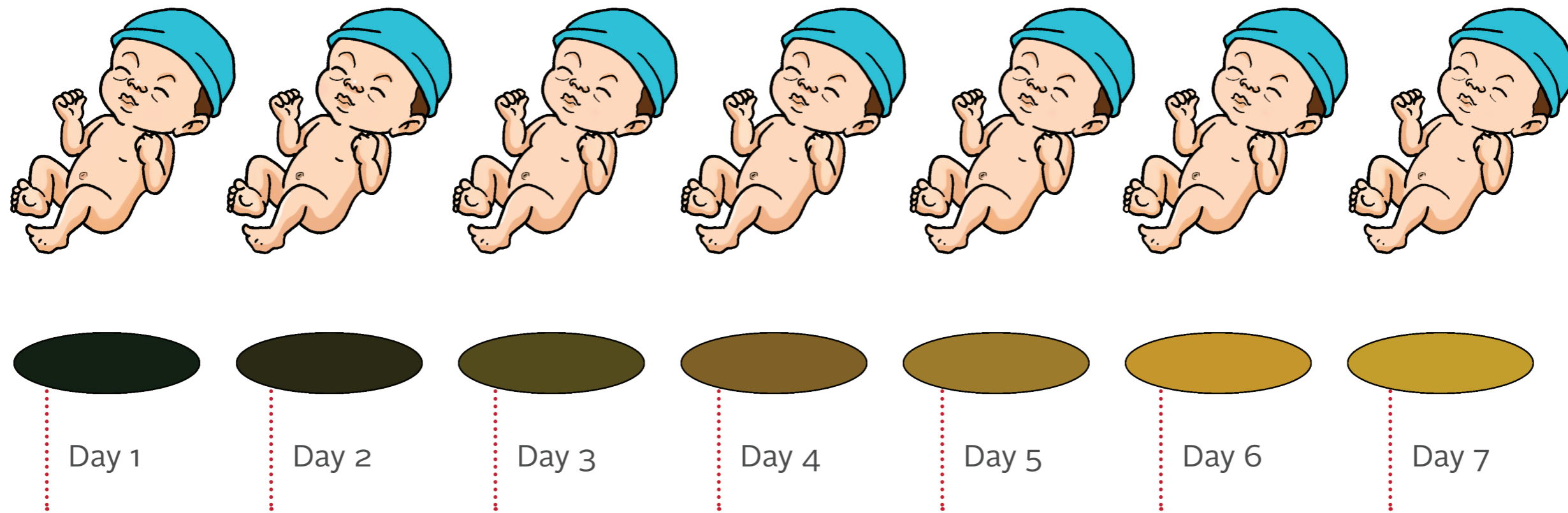
Visual aid 2.3.1

The breastfed baby

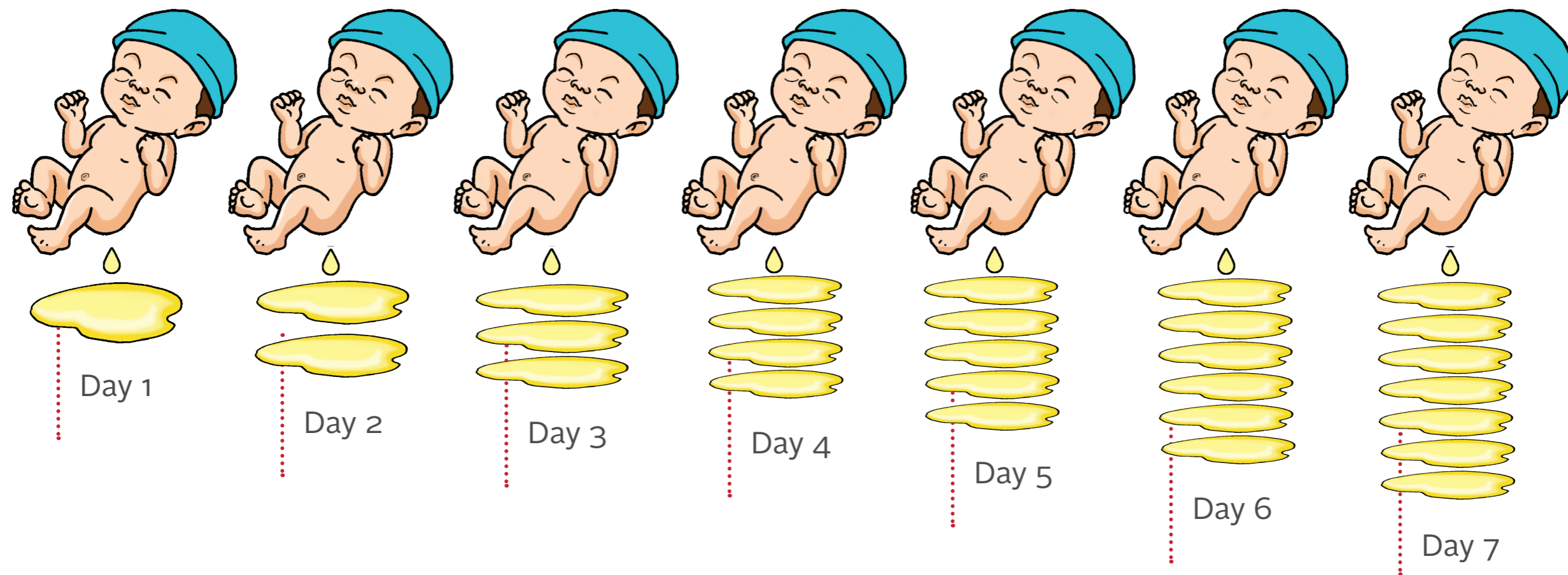


Visual aid 2.3.2

The breastfed toddler

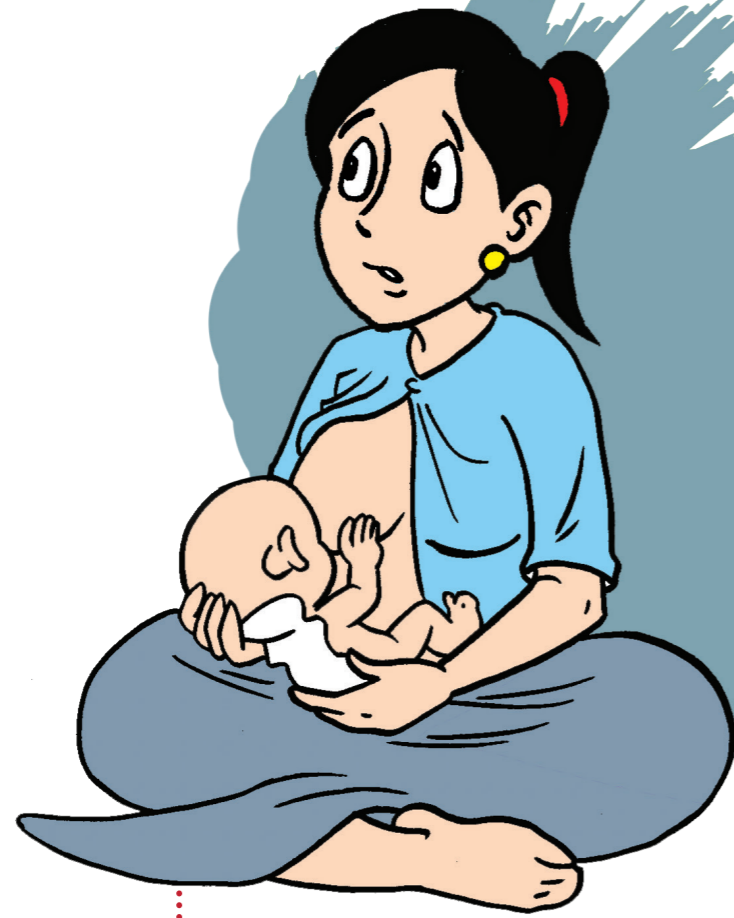


Visual aid 2.4.1 Typical color of stools of a normal infant during the first week



Visual aid 2.4.2

Typical frequency of urination of a normal child during the first week after birth

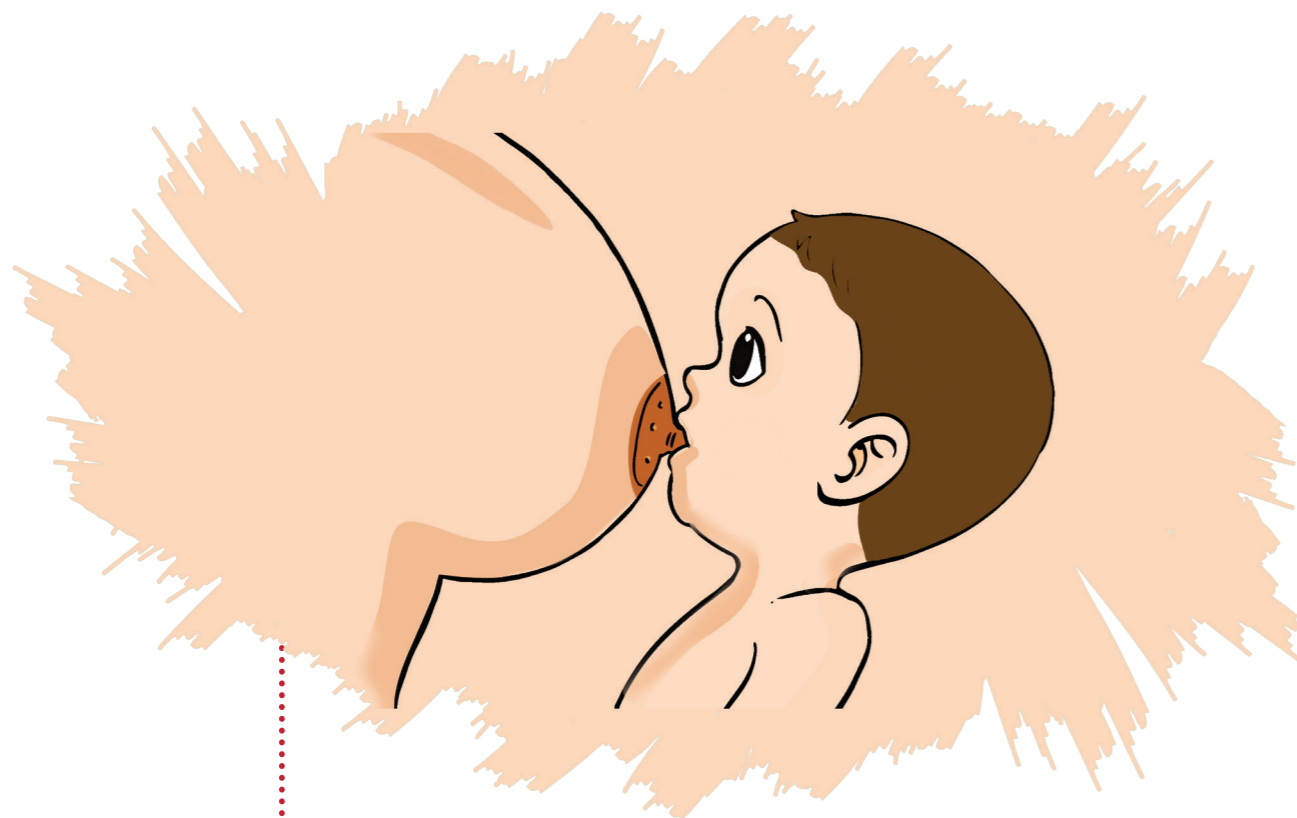


Incorrect

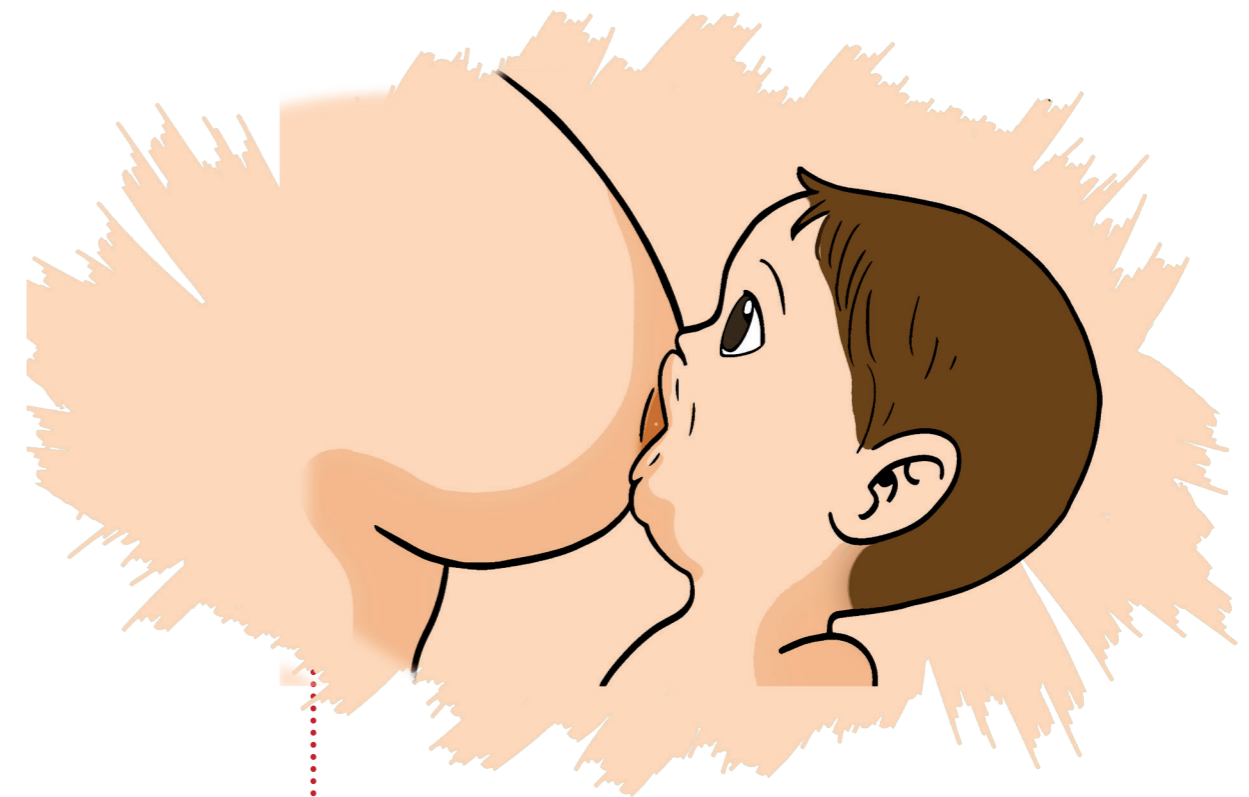


Correct

Visual aid 2.4.3 Breastfeeding positions



Incorrect



Correct

Visual aid 2.4.4 Attachment



Cradle position



Cross-cradle position



Under-arm position
(football/clutch position)



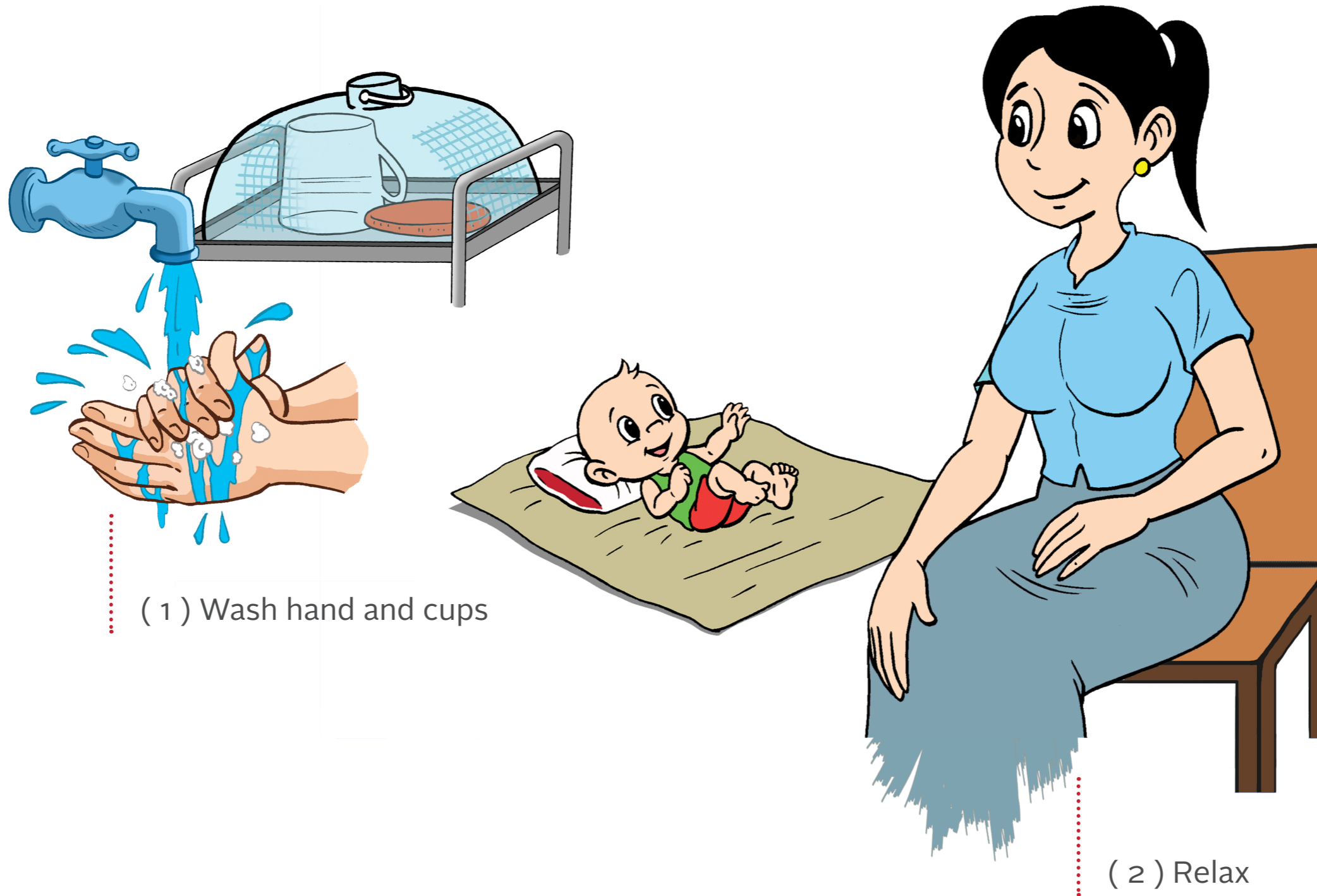
Lying-down position



Breastfeeding twins
with under-arm position

Visual aid 2.4.5

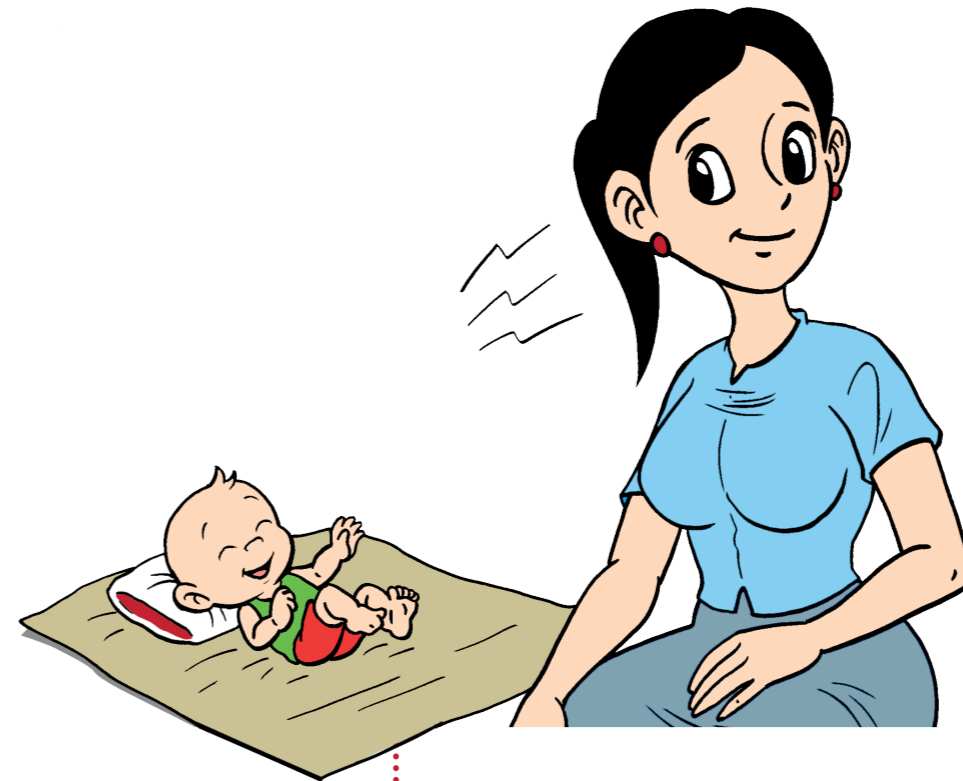
Breastfeeding positions



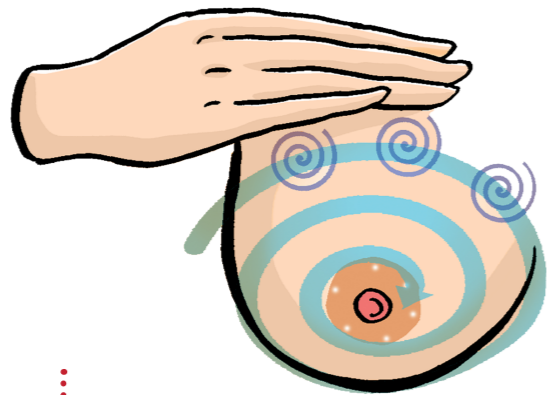
Visual aid 2.5.1 Steps of expressing breast milk



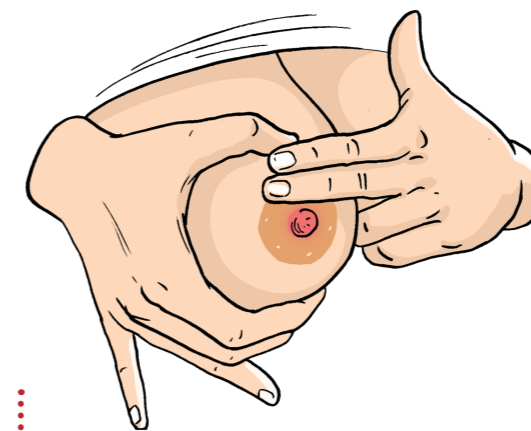
(3) Smell the scent of the infant



(4) Listen to the sound of the infant

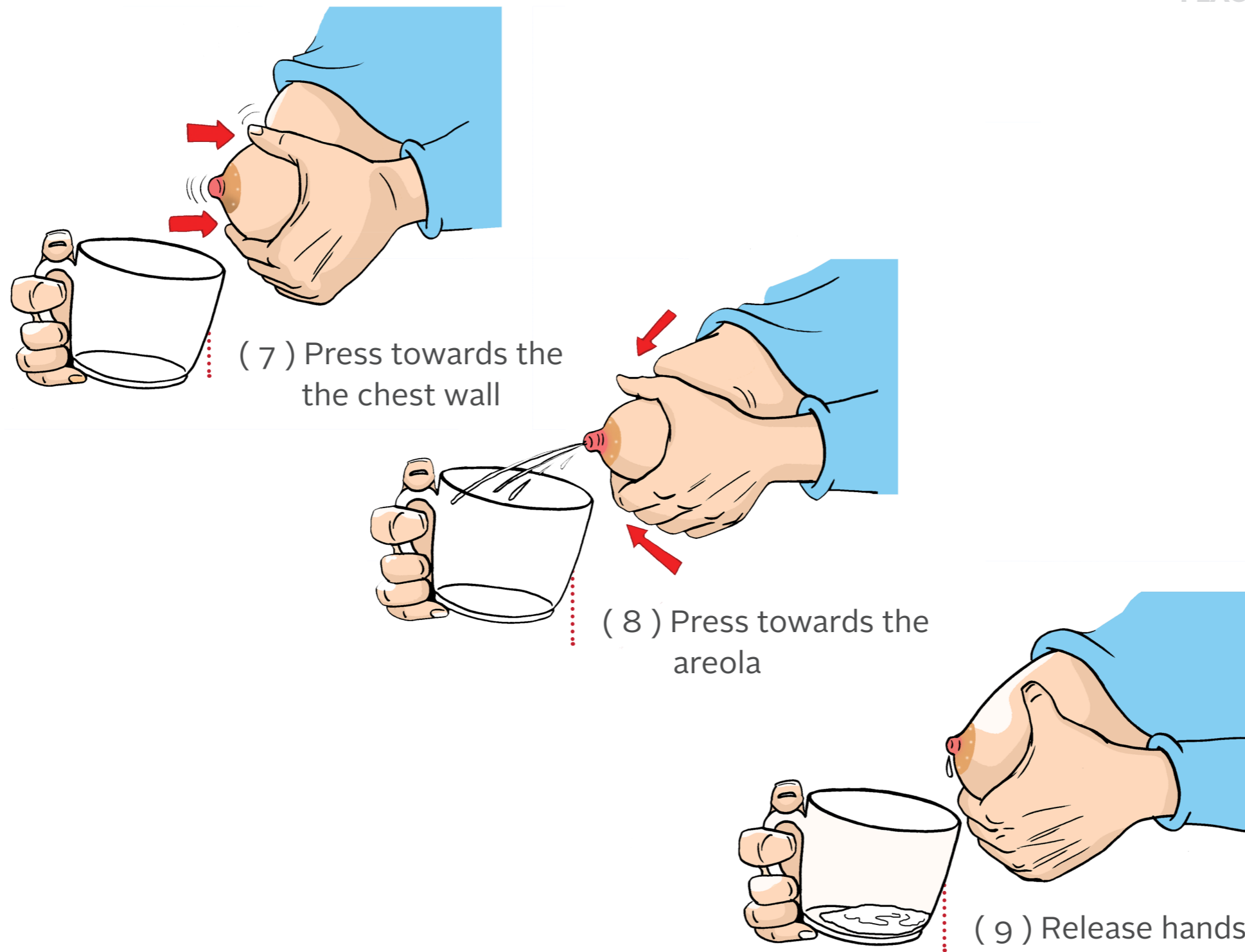


(5) Massage the breasts

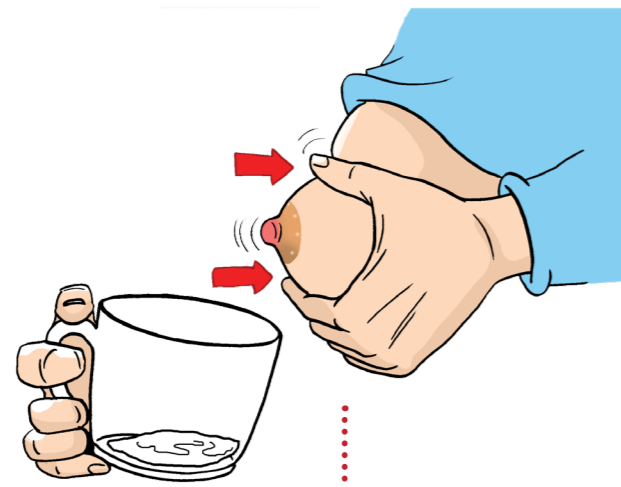


(6) Position hands to express milk

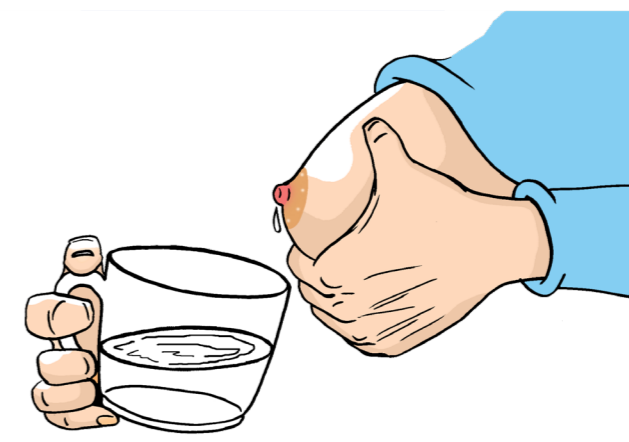
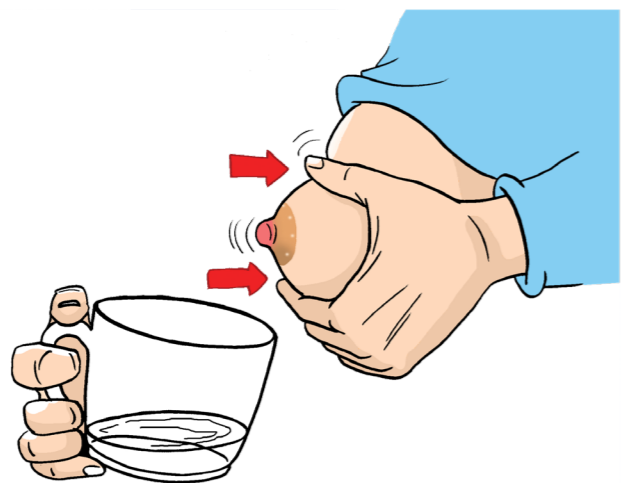
Visual aid 2.5.2 Continued expressing breast milk



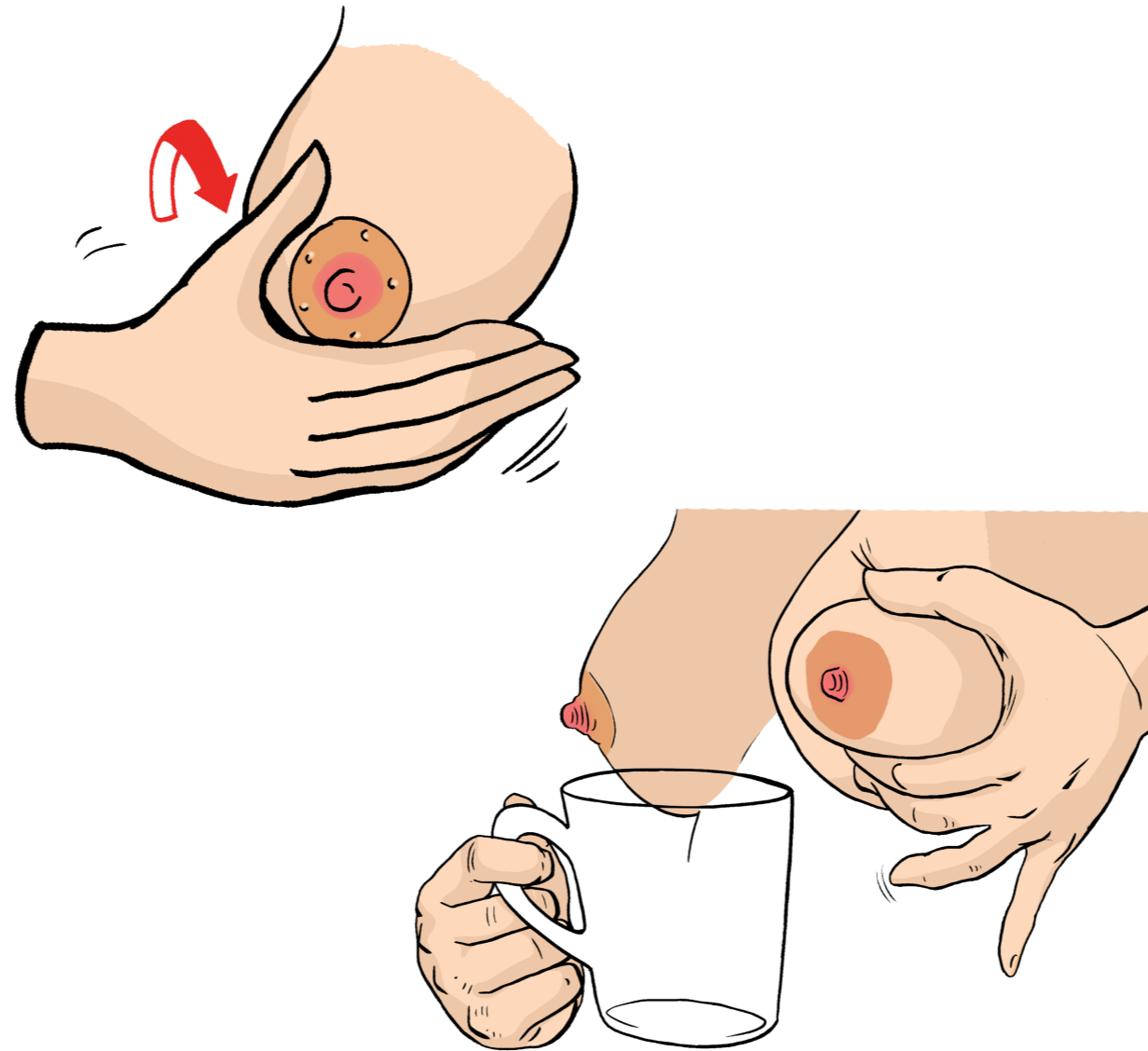
Visual aid 2.5.3 Continued expressing breast milk



(10) Reposition the hand and repeat the actions



Visual aid 2.5.4 Continued expressing breast milk: change the position of the hand and repeat the actions; expressing into the same cup



Visual aid 2.5.5

Continued steps of expressing breast milk: change the position of the hand and repeat the actions; expressing into a clean cup



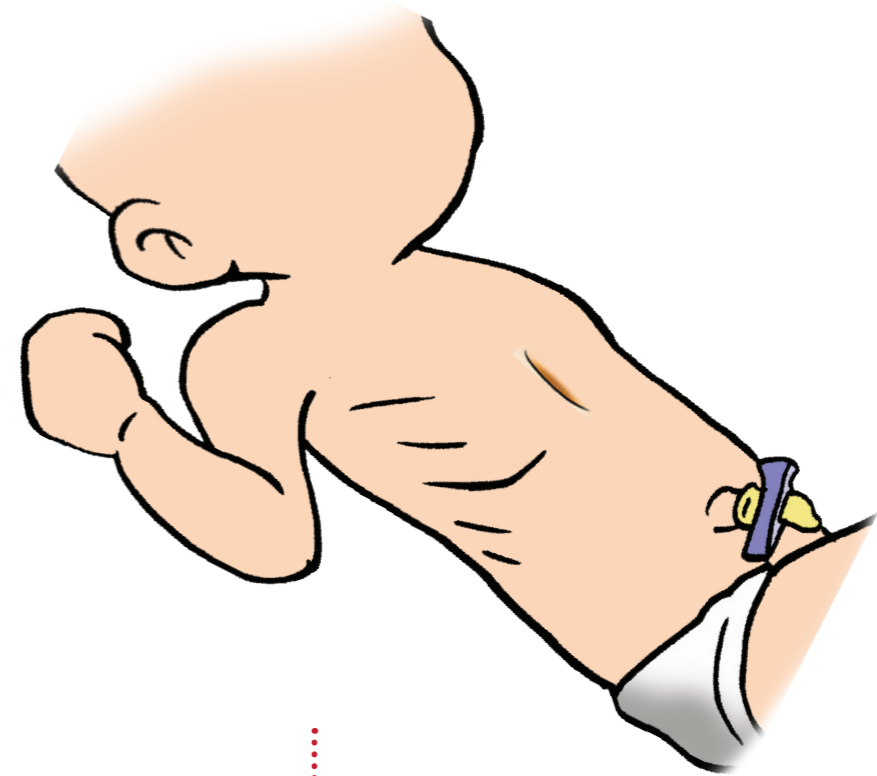
Visual aid 2.5.6 Storing expressed breast milk



Breathing out



Breathing in

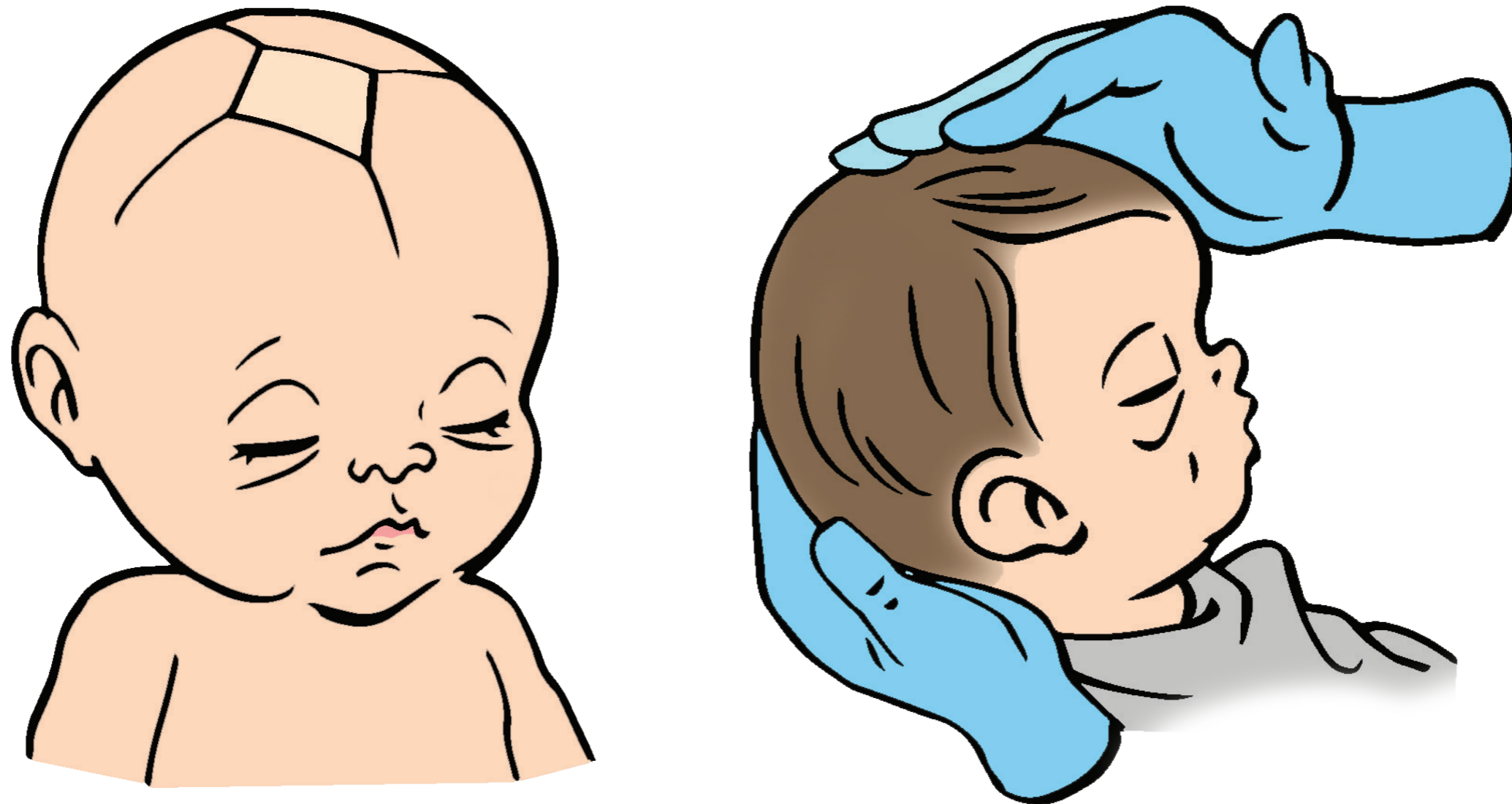


Severe chest in-drawing

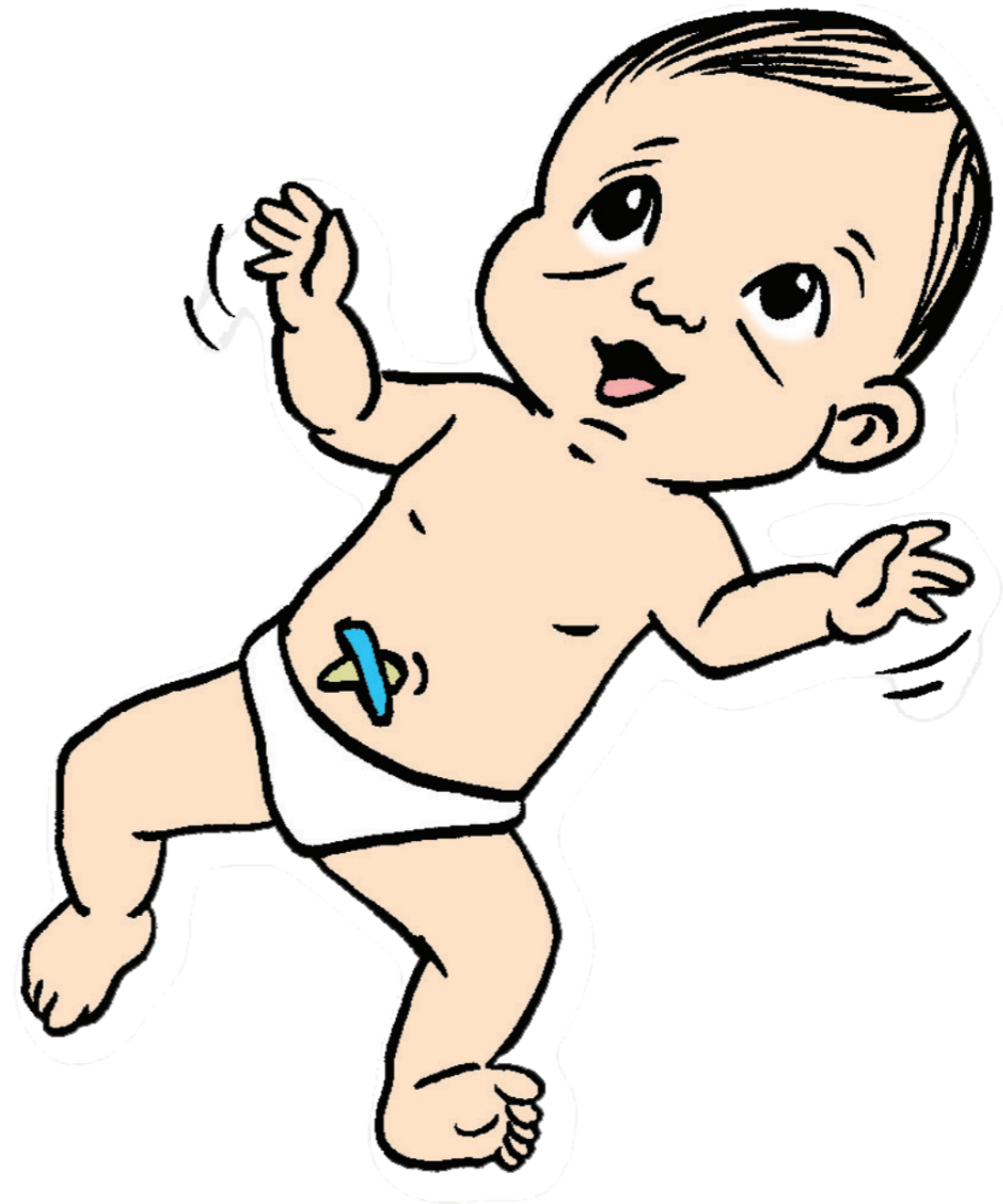
Visual aid 4.1.1 Chest in-drawing



Visual aid 4.1.2 Flaring nostrils



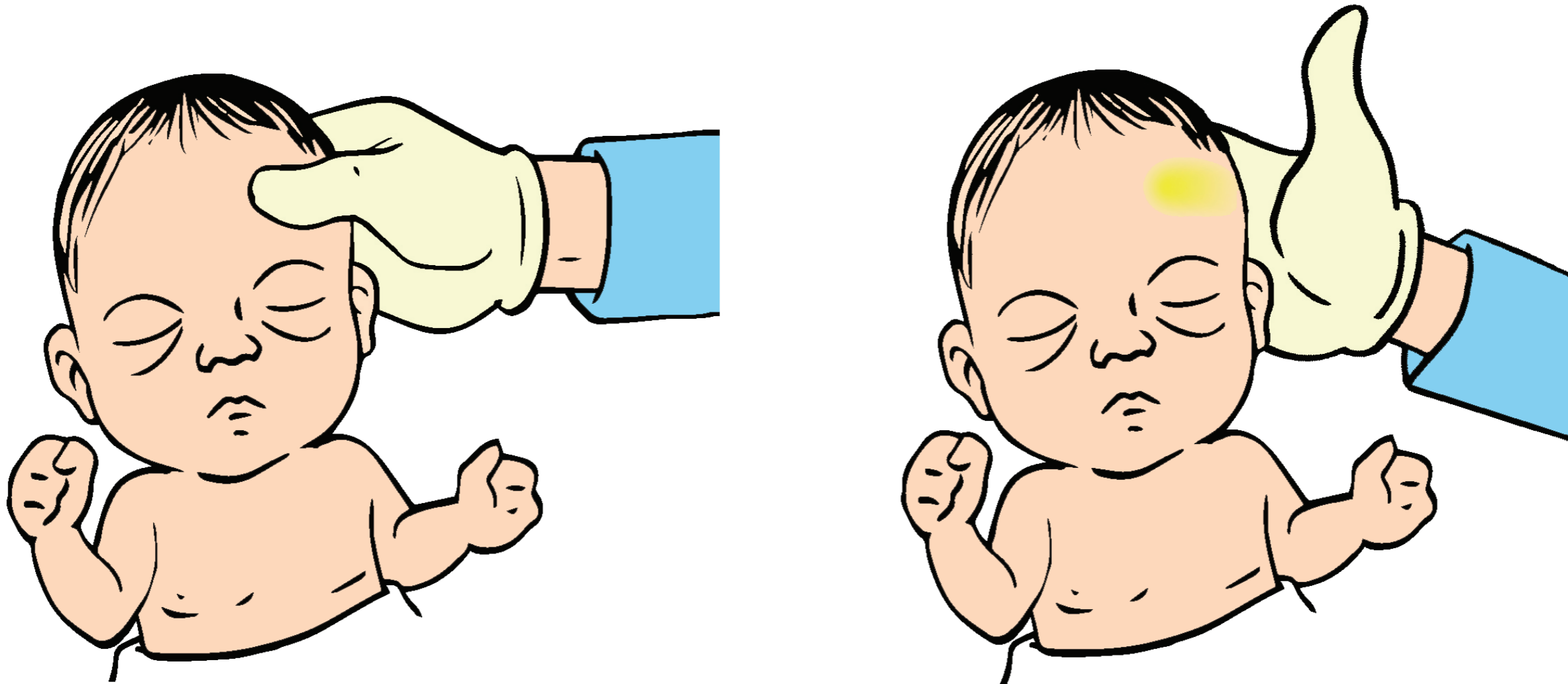
Visual aid 4.1.3 Examining the anterior fontanelle of a baby



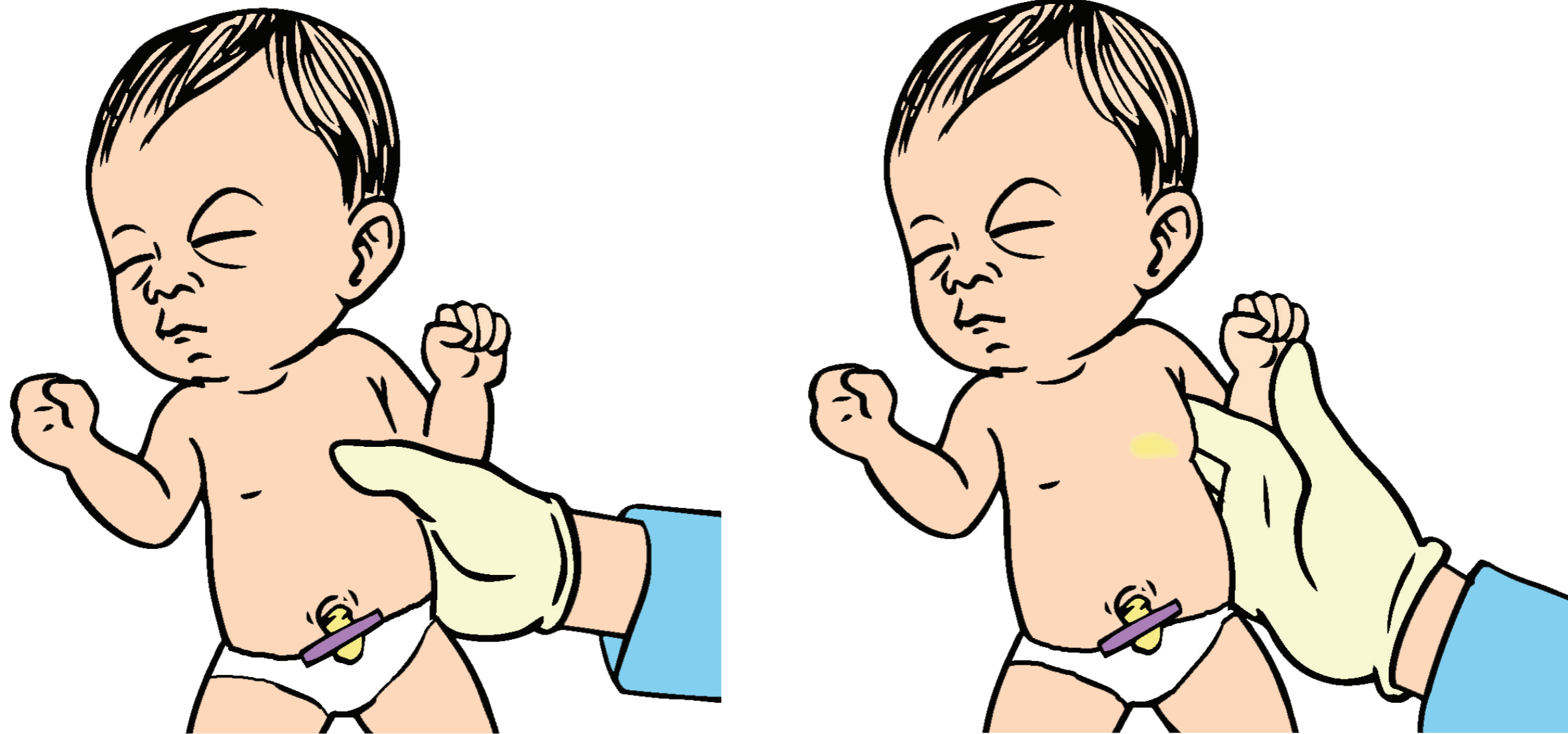
Visual aid 4.1.4 Sleepy and well-rested baby



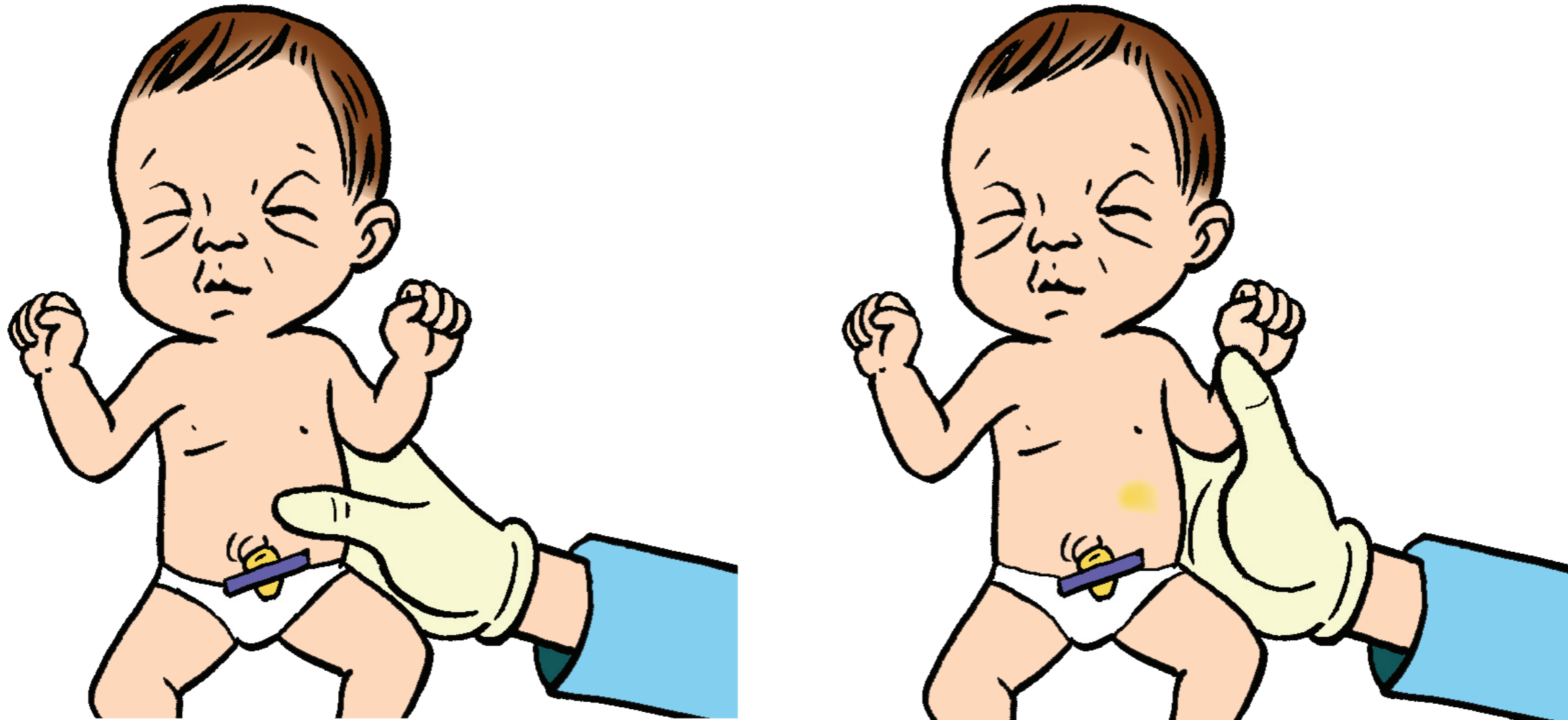
Visual aid 4.1.5 Are the movements of the hands and legs symmetrical?



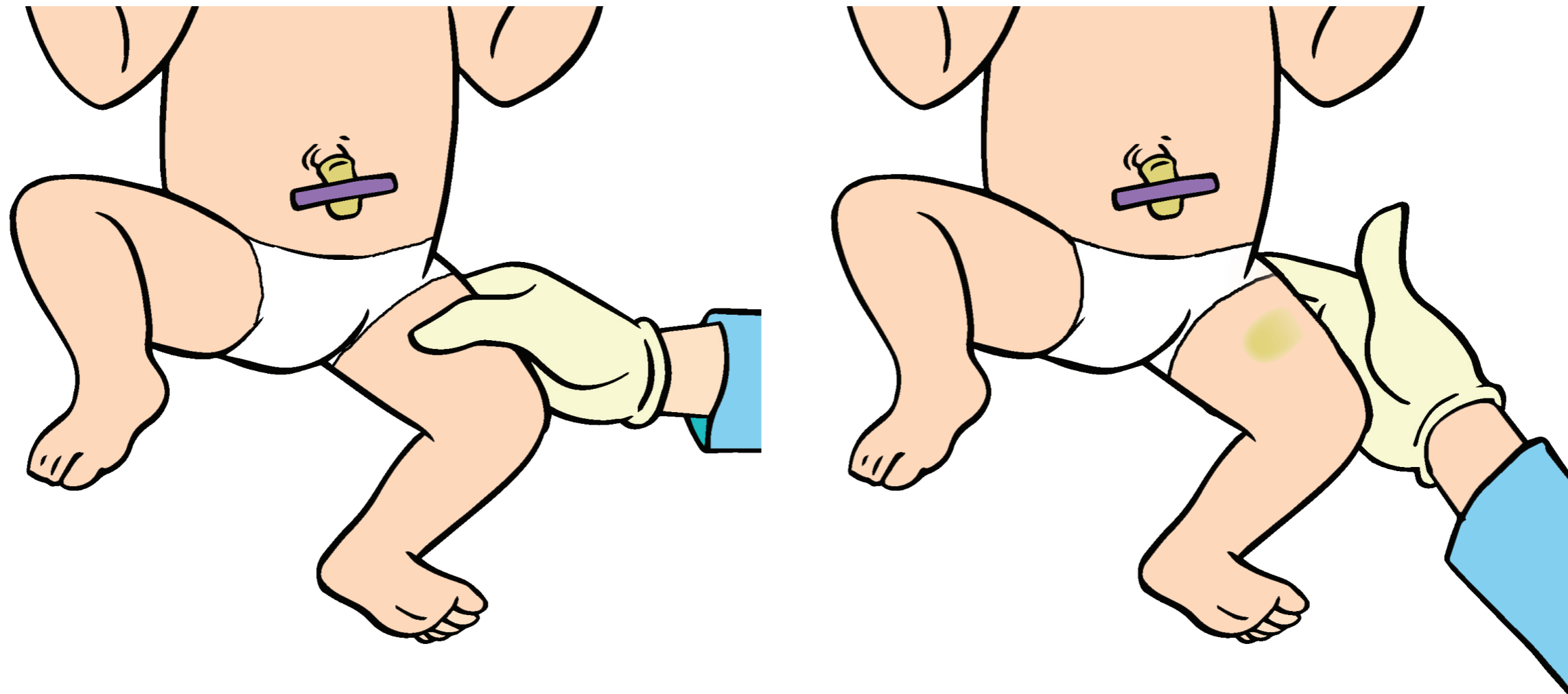
Visual aid 4.1.6 a Examining jaundice on the forehead



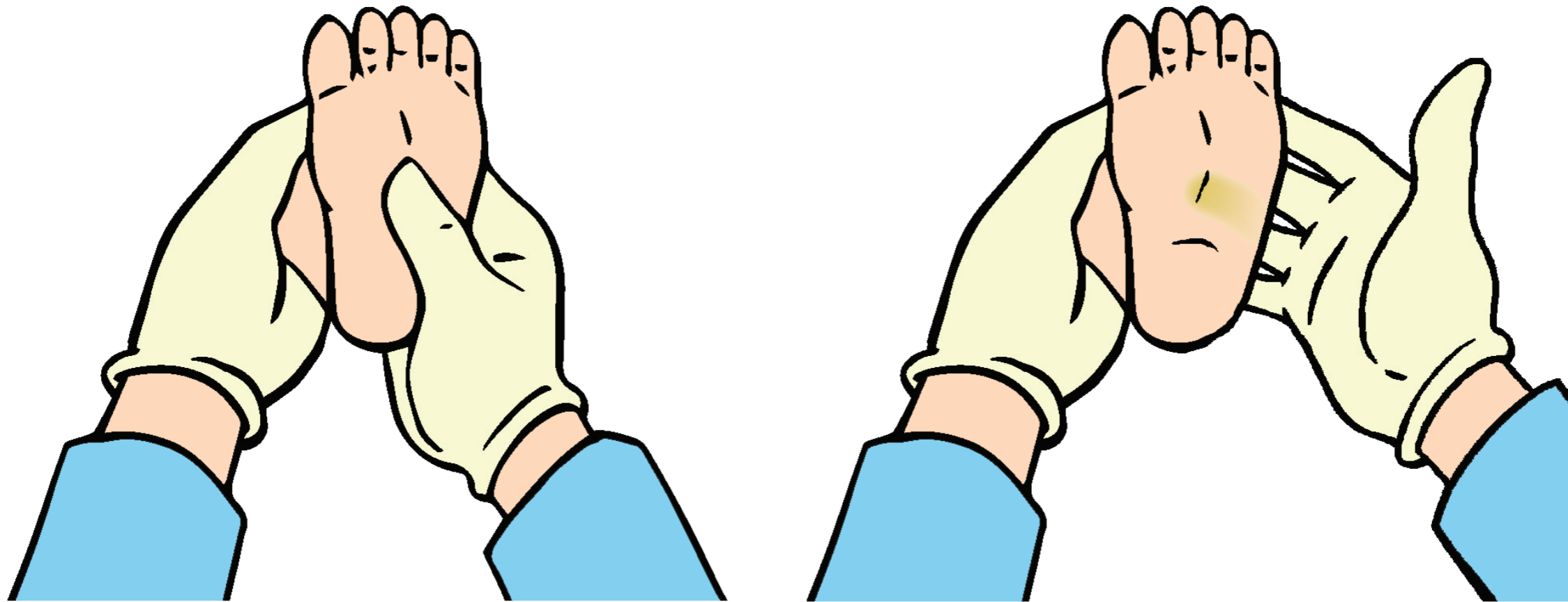
Visual aid 4.1.6 b Examining jaundice on the chest



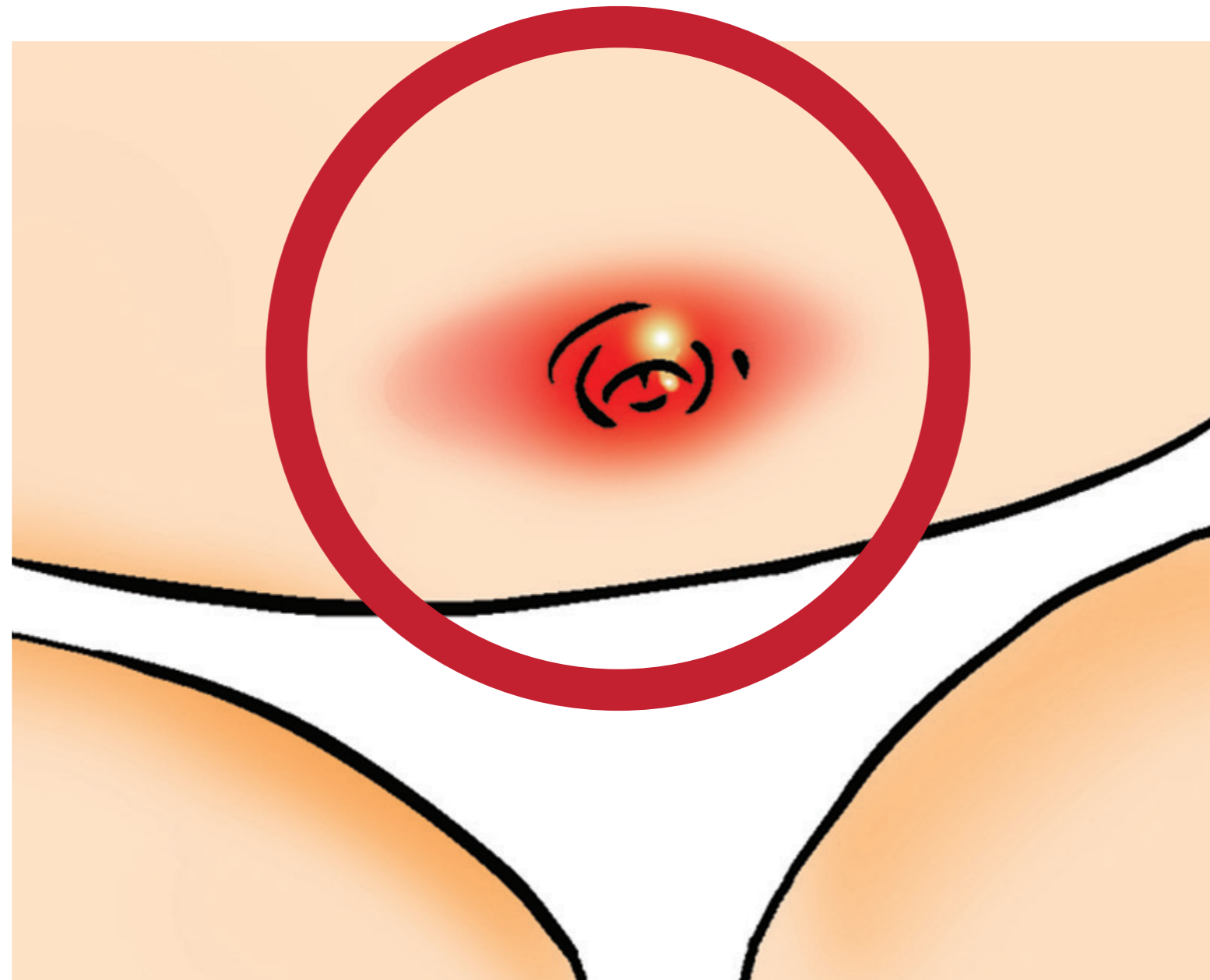
Visual aid 4.1.6 c Examining jaundice on the abdomen



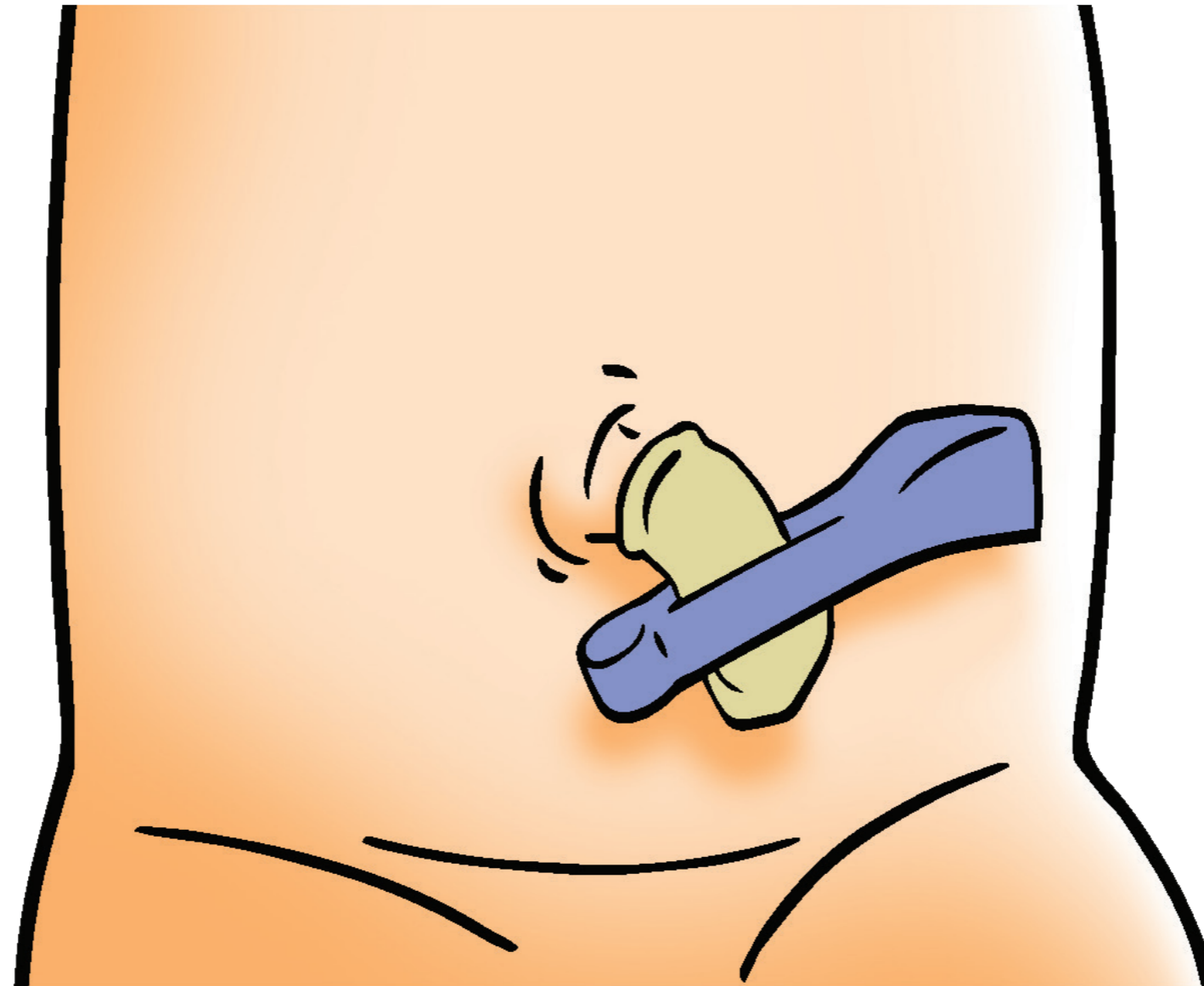
Visual aid 4.1.6 d Examining jaundice on the thigh



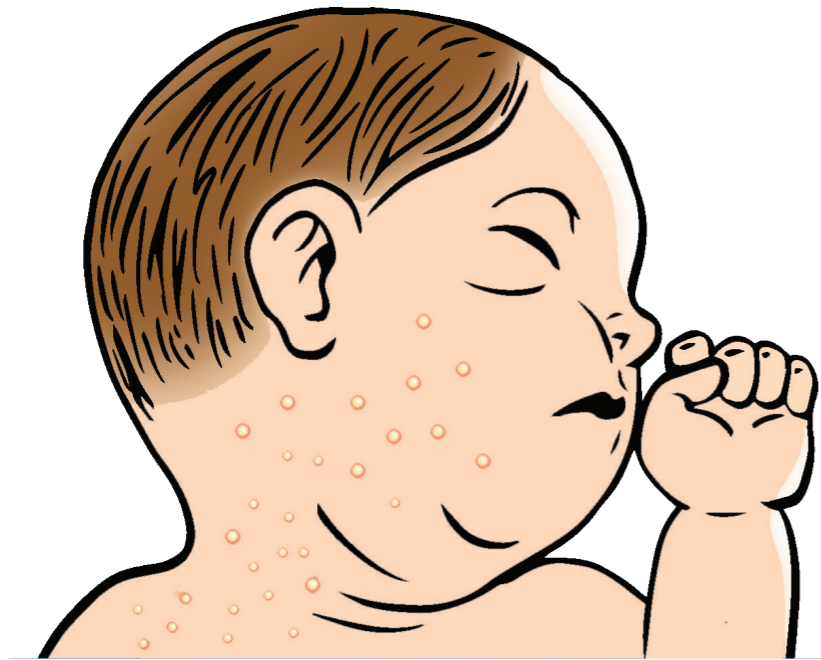
Visual aid 4.1.6 e Examining jaundice on the foot



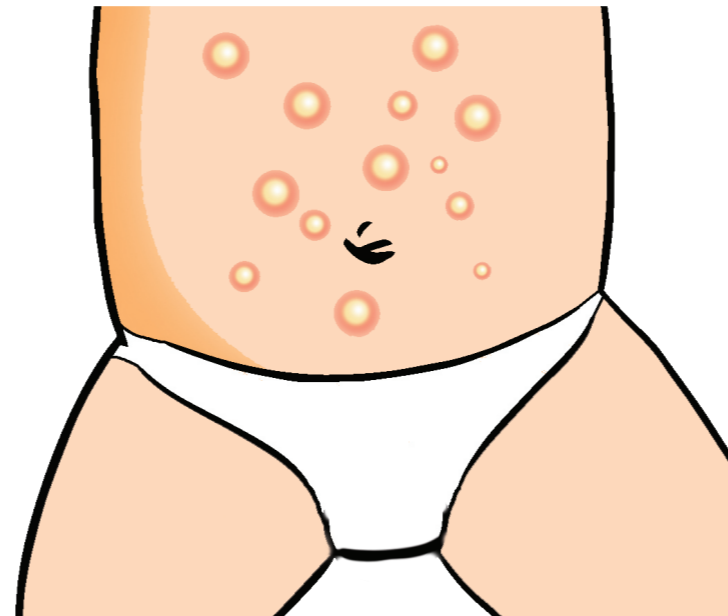
Visual aid 4.1.7 Redness of skin around umbilicus



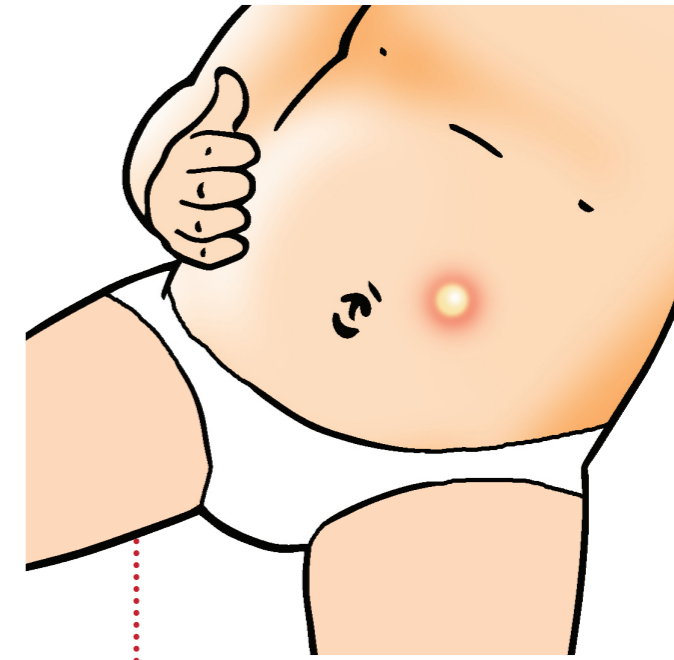
Visual aid 4.1.8 Normal umbilicus



Having more than 10 small vesicles

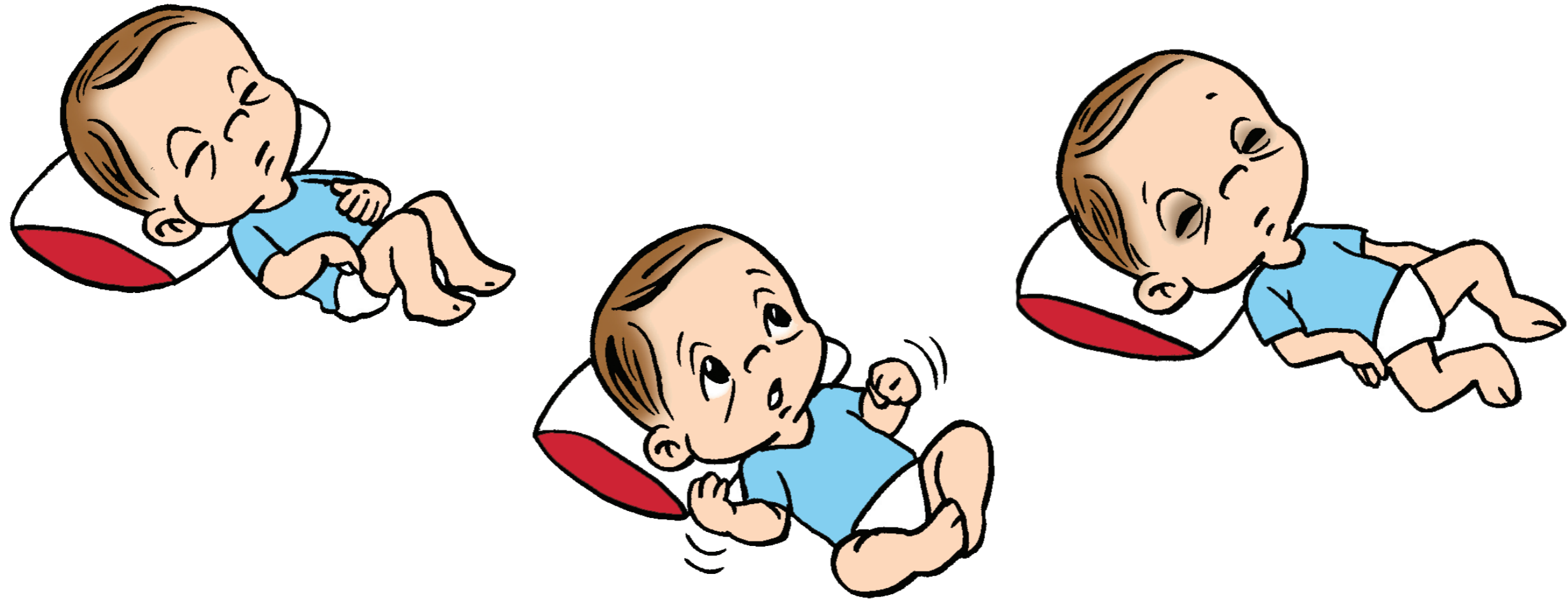


Having more than 10 large vesicles

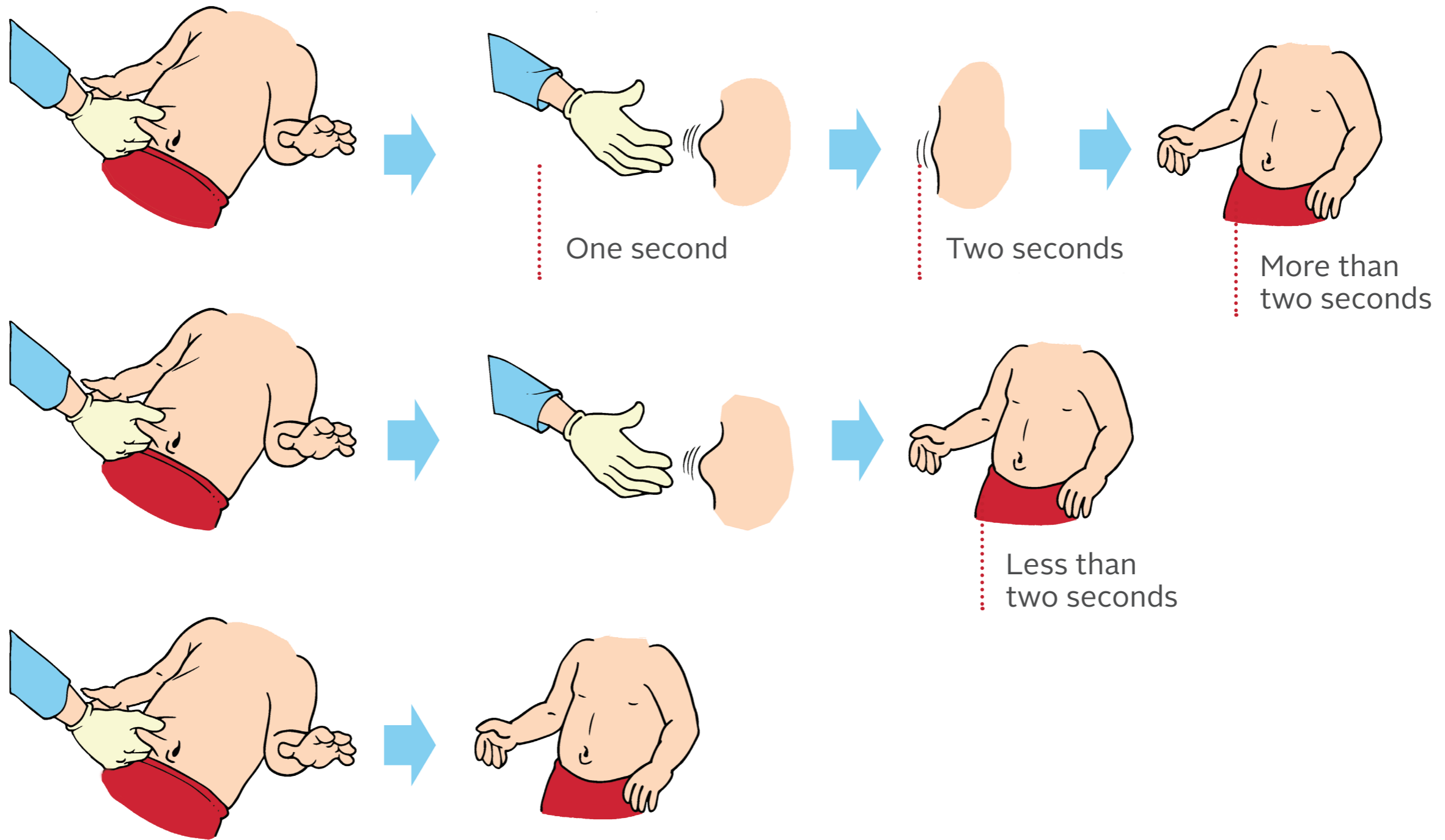


One large vesicles

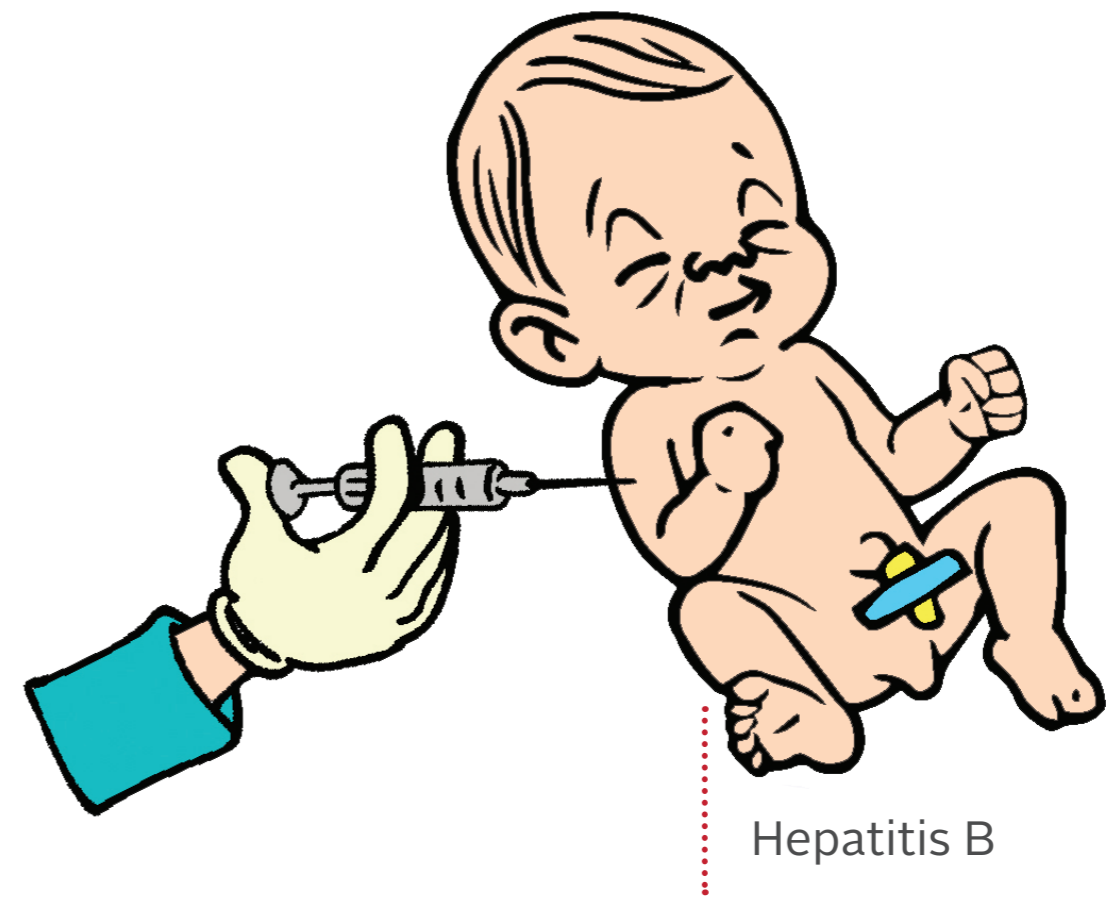
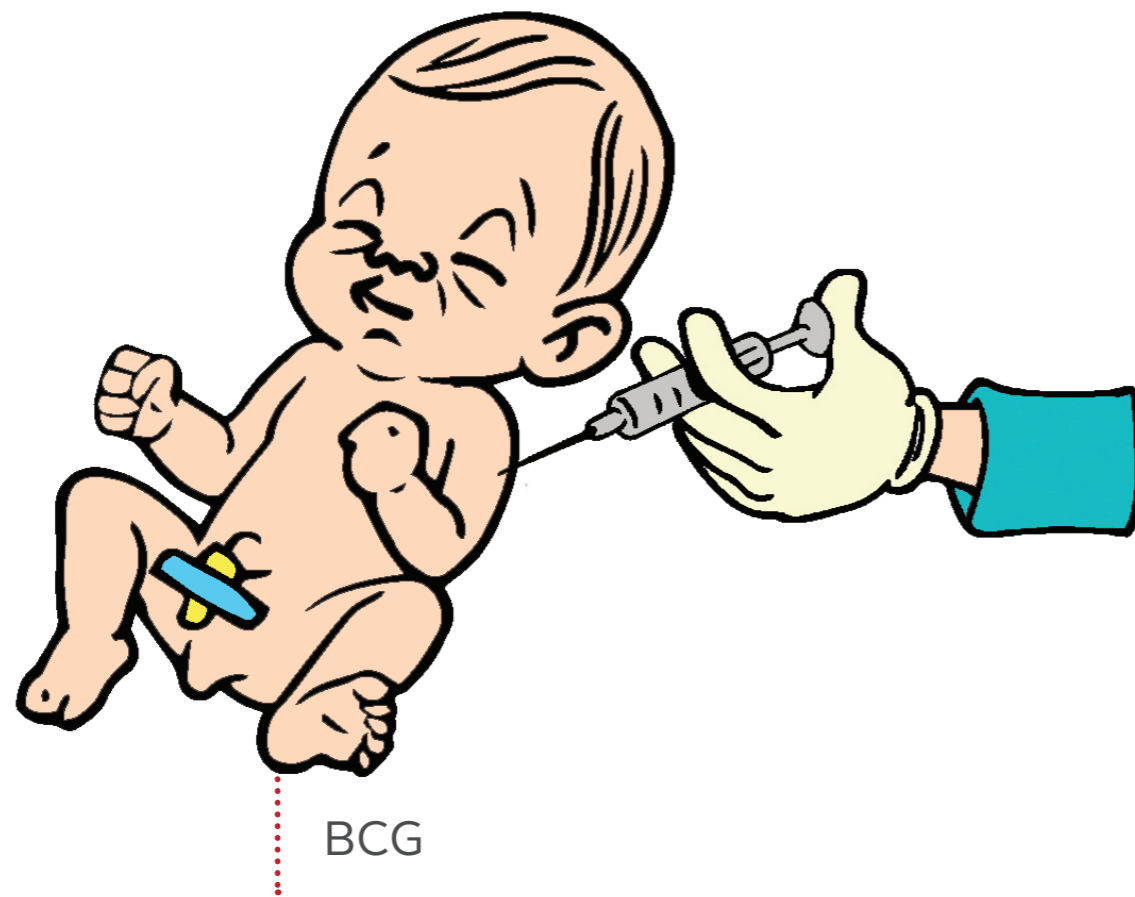
Visual aid 4.1.9 Skin vesicles



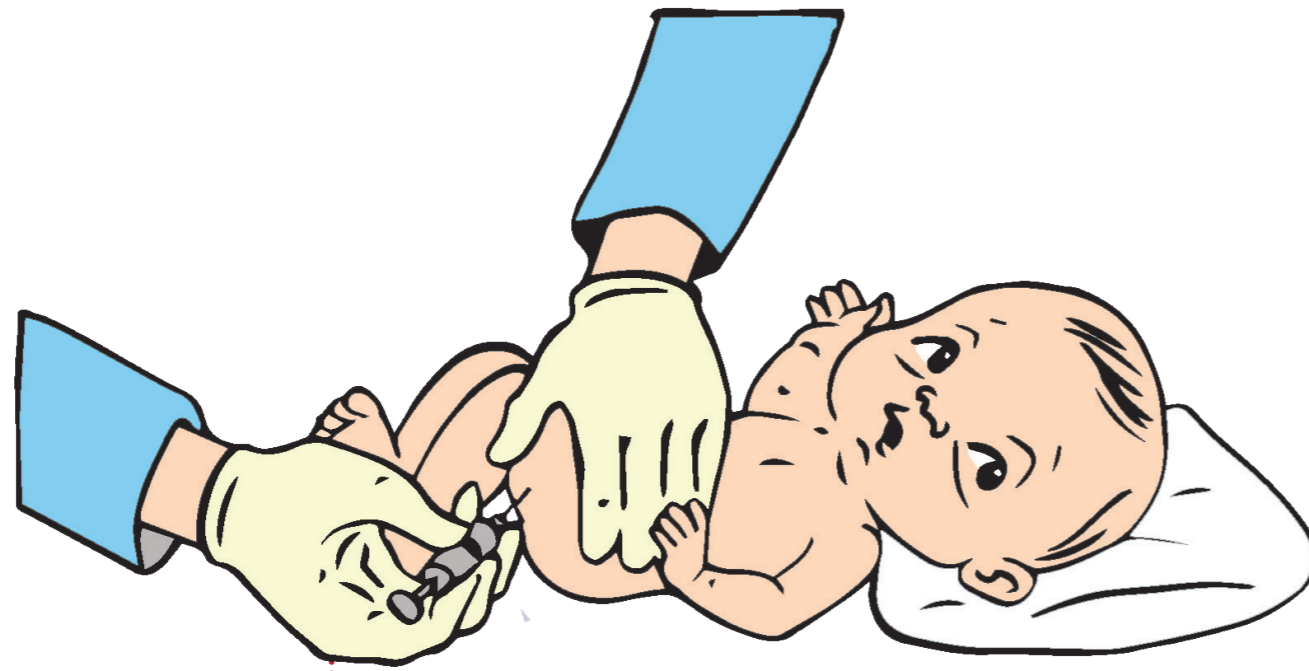
Visual aid 4.1.10 Being sleepy, being restless and having sunken eyes



Visual aid 4.1.11 Checking for signs of dehydration



Visual aid 4.2.1 Vaccines administered at birth

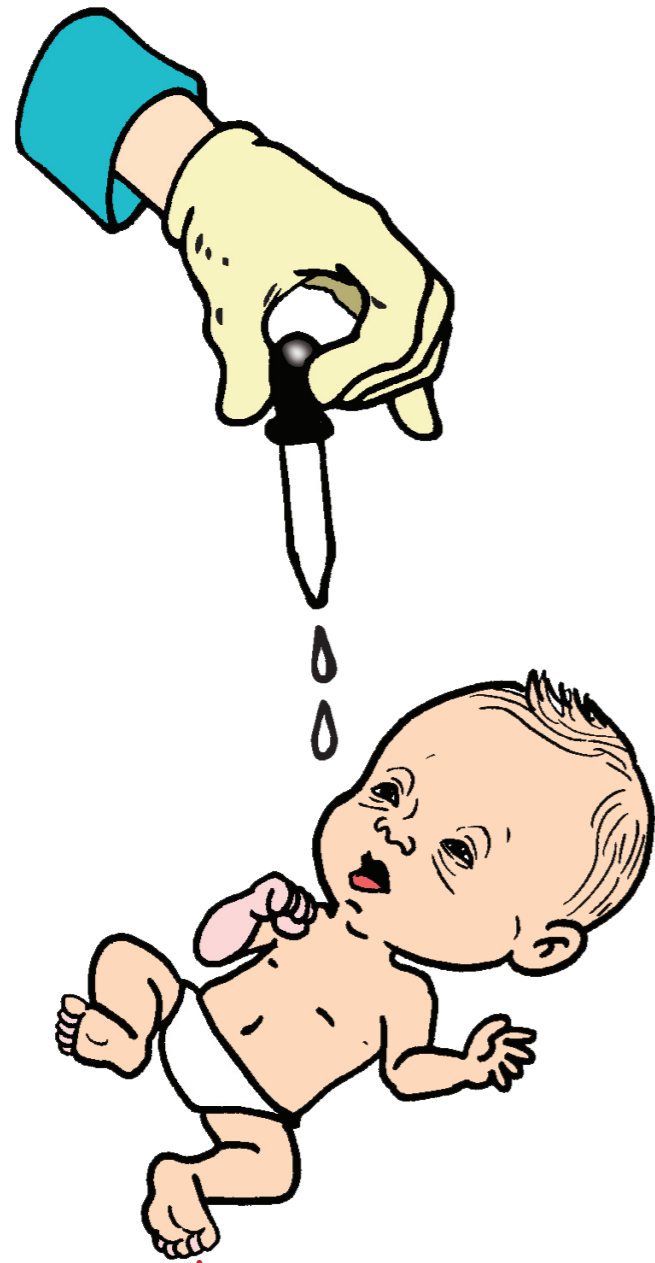


Pentavalent - 1



Pneumococcal
Conjugate Vaccine - 1

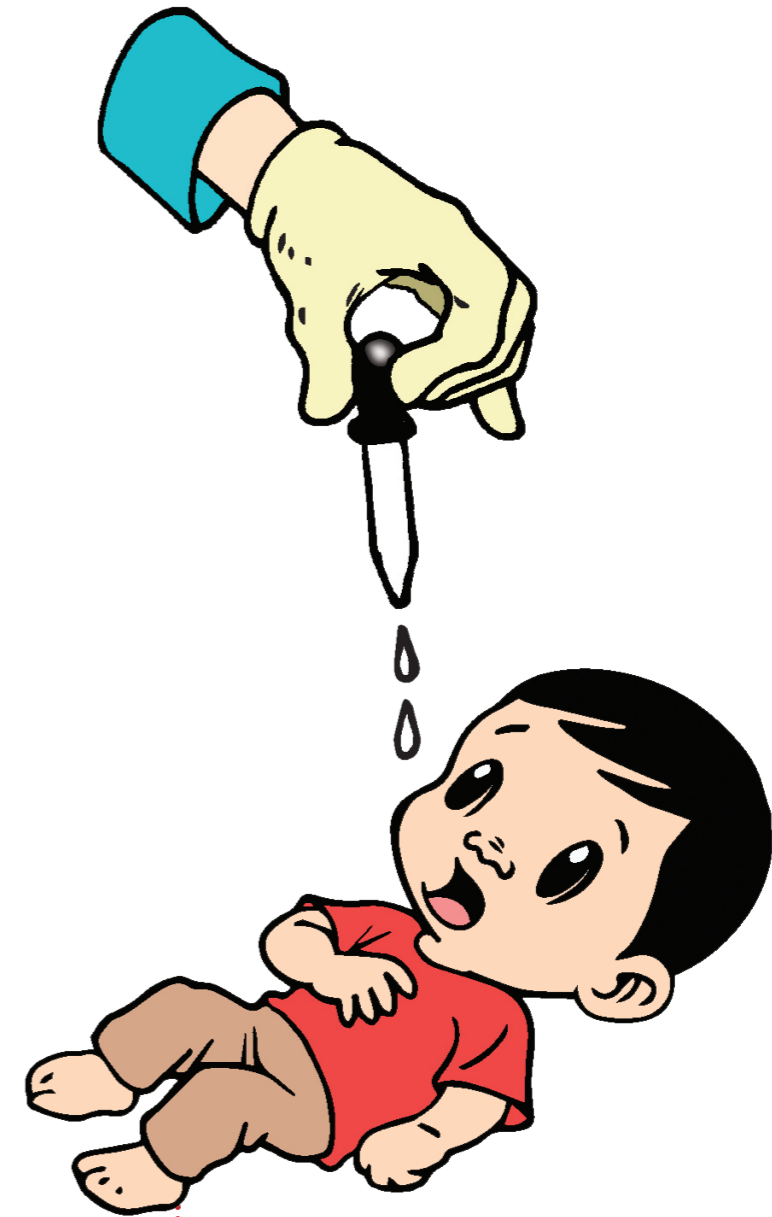
Visual aid 4.2.2 Vaccines administered at 2 months



2 months

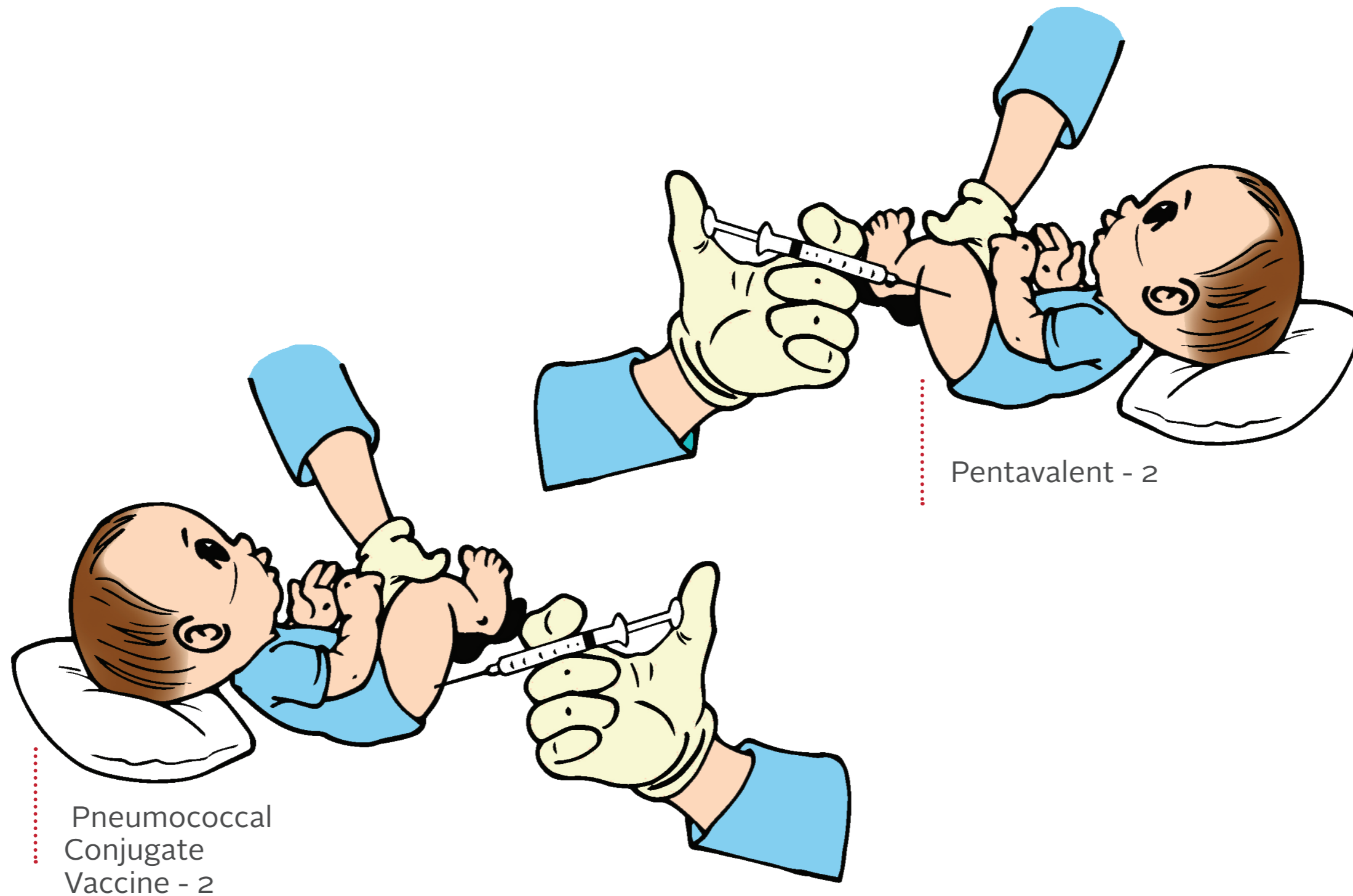


4 months

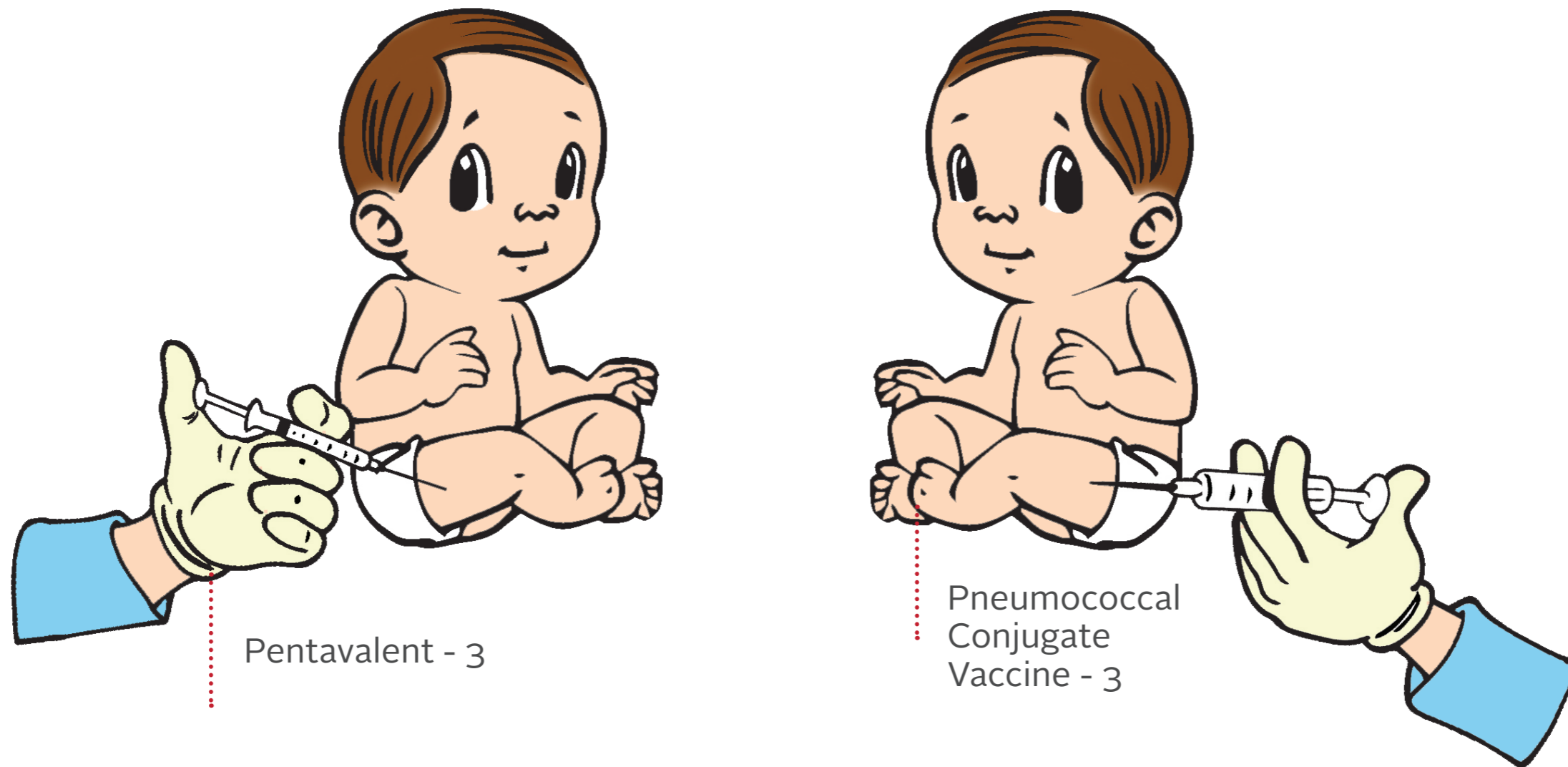


6 months

Visual aid 4.2.3 Oral polio vaccines



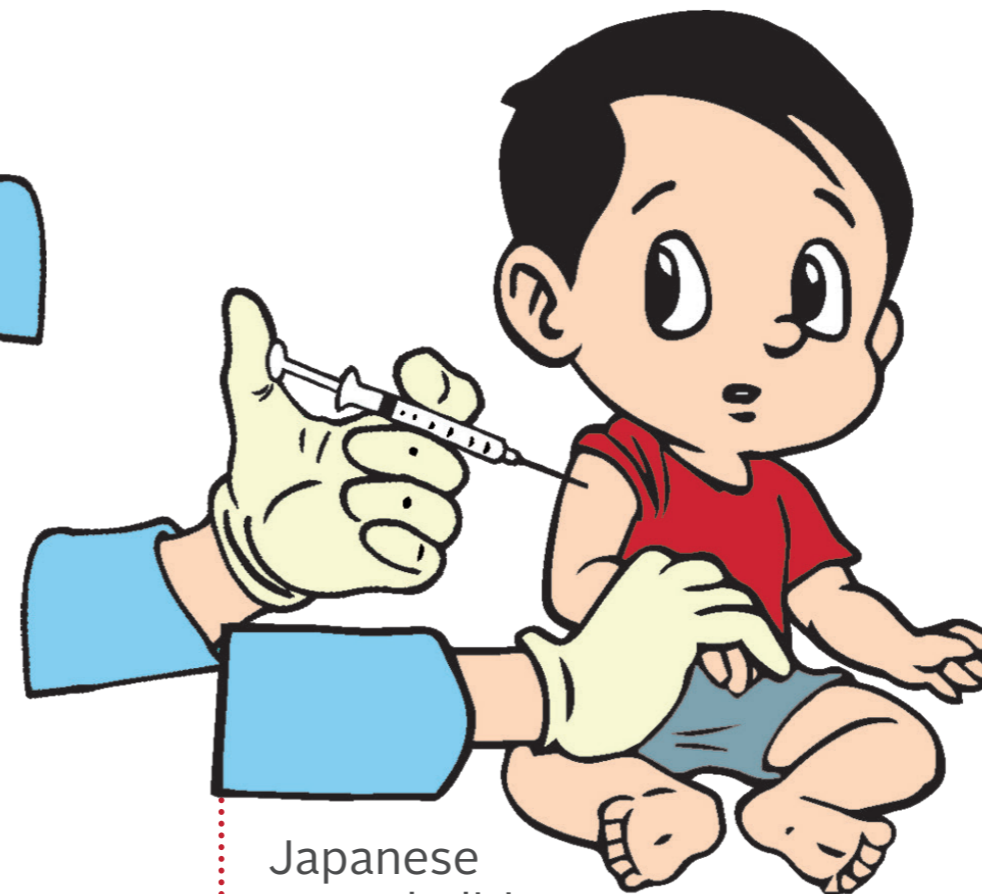
Visual aid 4.2.4 Vaccines administered at 4 months



Visual aid 4.2.5 Vaccines administered at 6 months

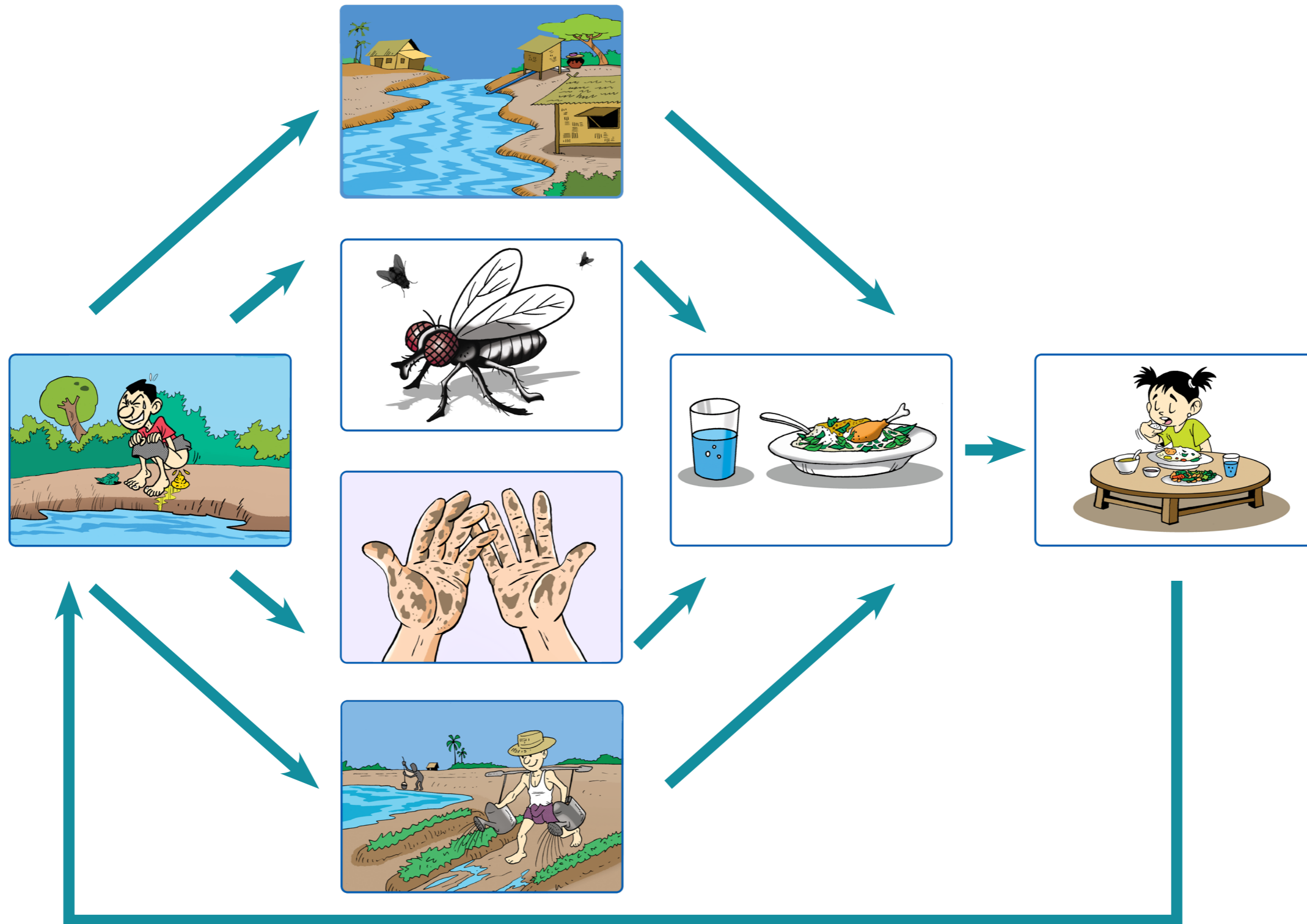


Measles - 1

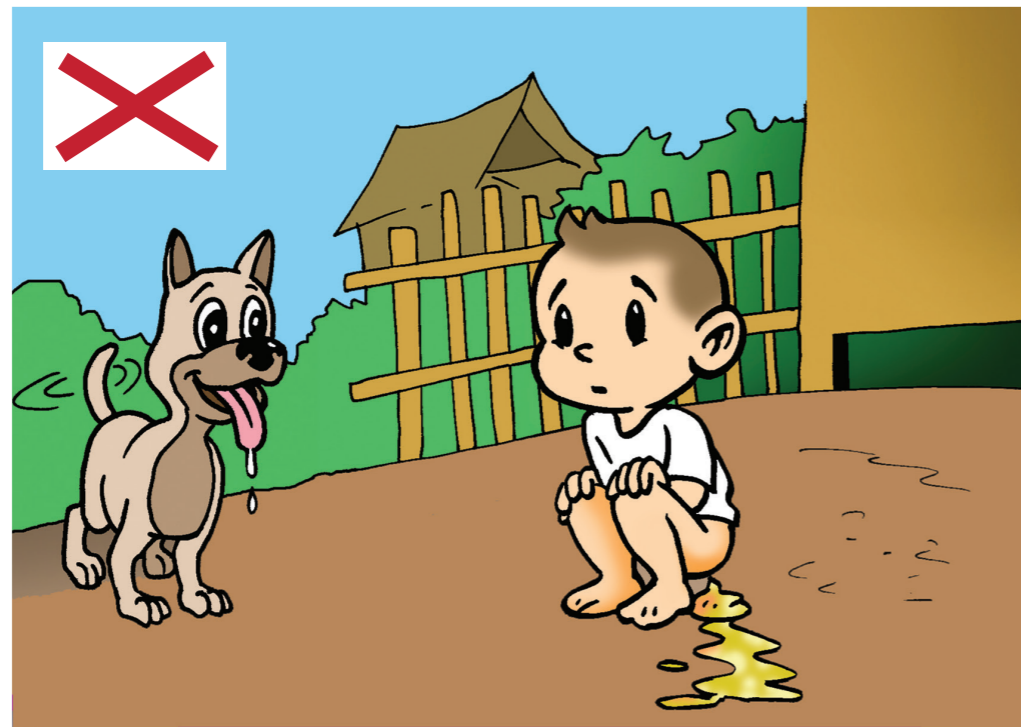


Japanese
Encephalitis

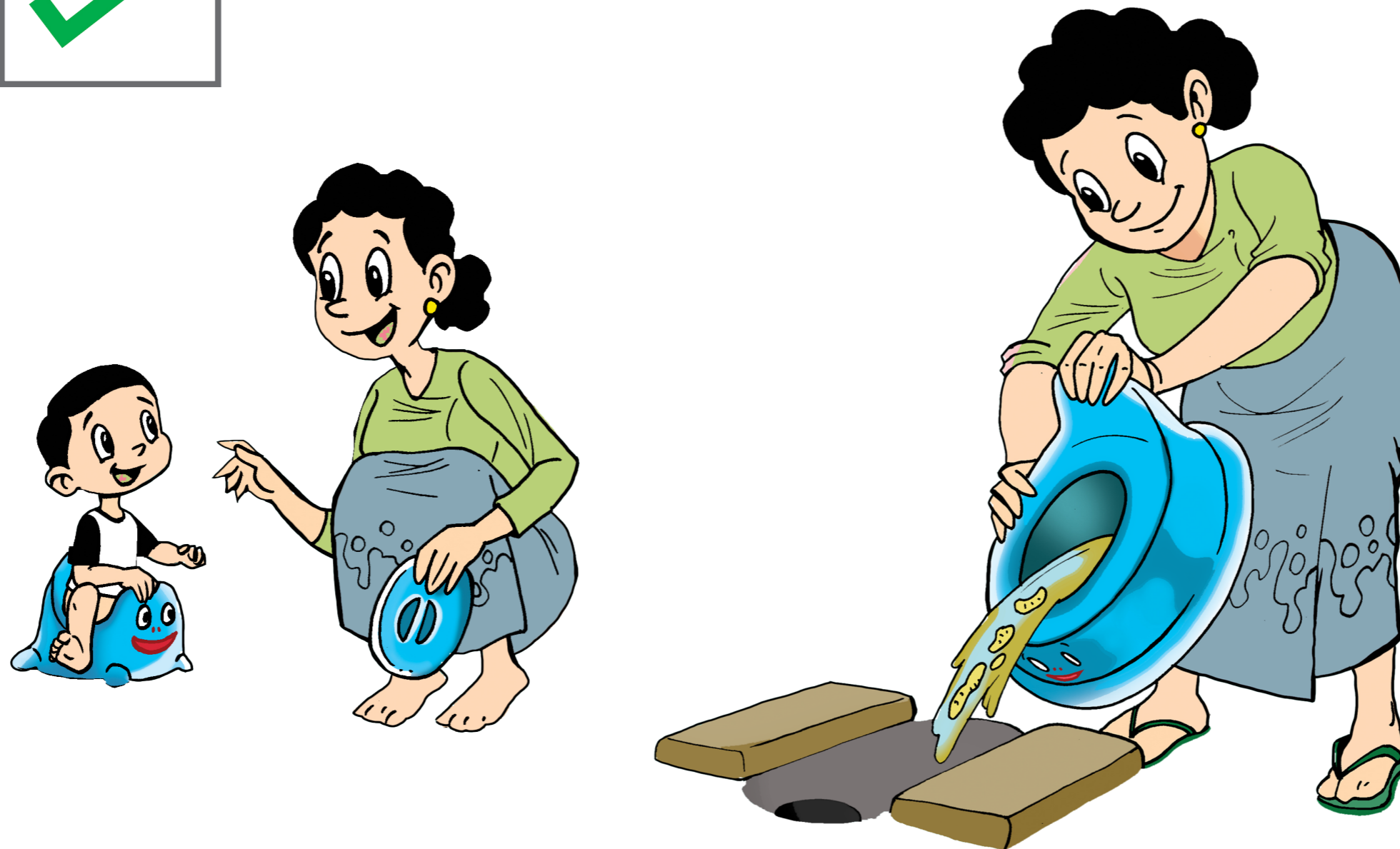
Visual aid 4.2.6 Vaccines administered at 9 months



Visual aid 4.4 F-Diagram: Chains of contamination



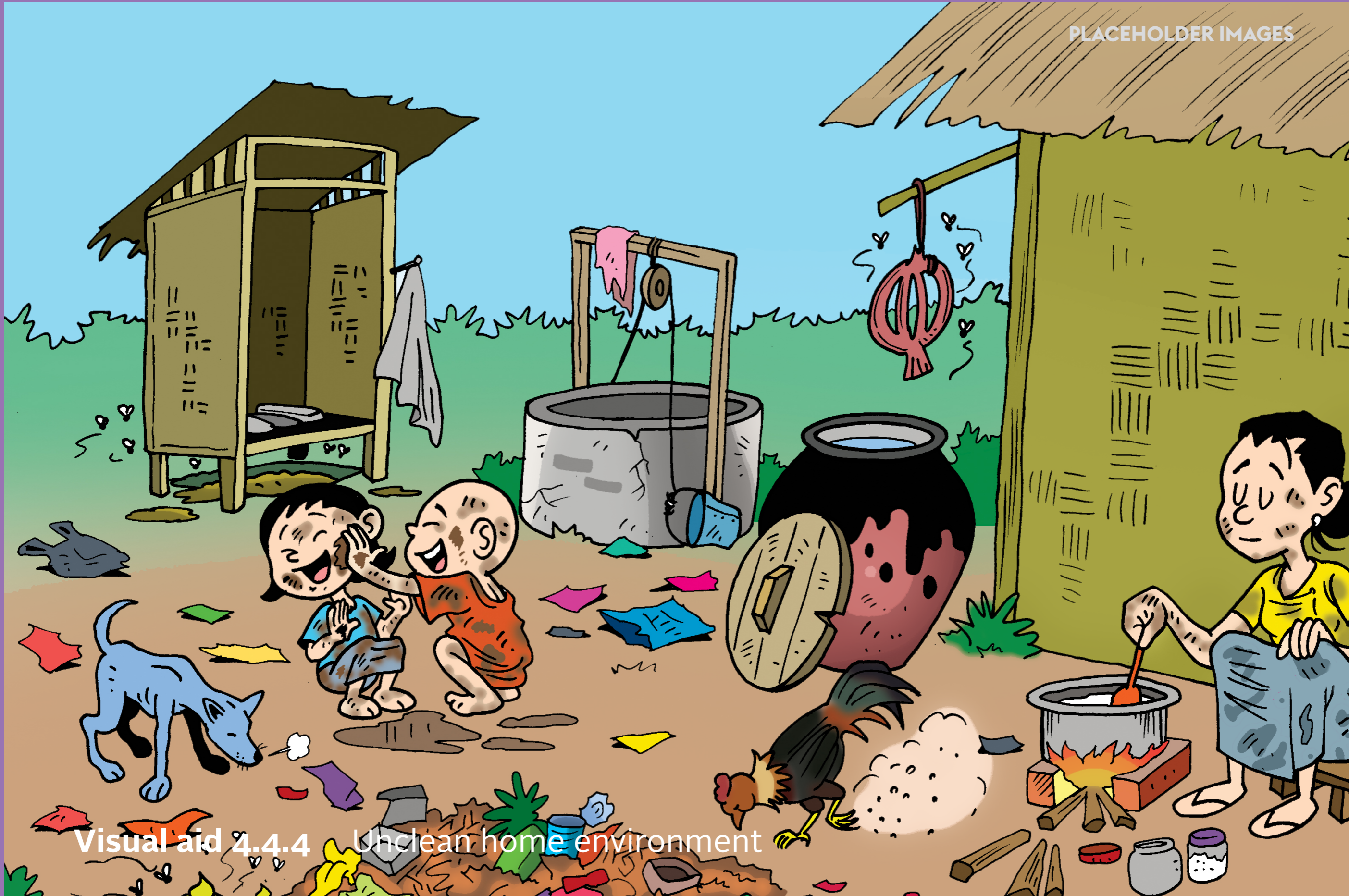
Visual aid 4.4.1 Unclean child defecation



Visual aid 4.4.2 Using the pan and disposing the feces into the toilet



Visual aid 4.4.3 Clean home environment



Visual aid 4.4.4 Unclean home environment

PLACEHOLDER IMAGES



Visual aid 4.4.5 Clean road in a village

PLACEHOLDER IMAGES



Visual aid 4.4.6 Unclean road in a village

PLACEHOLDER IMAGES



Visual aid 4.4.7 Clean stream beside the village



Visual aid 4.4.8 Dirty stream beside the village

PLACEHOLDER IMAGES



Visual aid 4.4.9  Clean beach

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