

# Home Based Newborn Care (HBNC)

Strengthening of Health and Nutrition through Home visits

**Do you know?**

ASHA home visits in first 42 days of life supports both mother and newborn



First* visit	on 3 <sup>rd</sup> day
Second visit	on 7 <sup>th</sup> day
Third visit	on 14 <sup>th</sup> day
Fourth visit	on 21 <sup>st</sup> day
Fifth visit	on 28 <sup>th</sup> day
Sixth visit	on 42 <sup>nd</sup> day

\*In case of home delivery, an extra visit on the day of birth

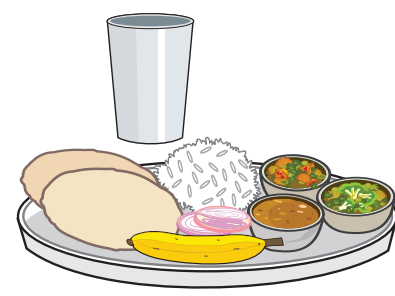
## ASHA TO CHECK AND COUNSEL THE FAMILY TO ENSURE:



Newborn receives colostrum



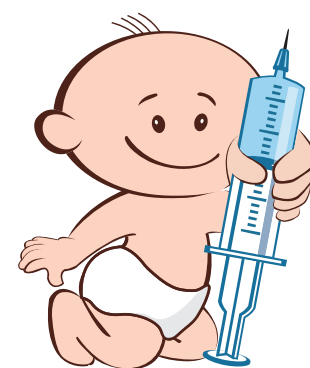
Newborn is kept warm



Mother receives adequate diet



Mother and newborn both receive regular health checkup



Newborn receives timely vaccination



Handwashing using soap by all care givers



Age appropriate play and communication

## EARLY INITIATION AND EXCLUSIVE BREASTFEEDING SAVES LIVES

Under JSSK, free treatment and referral for sick children up-to one year of age