Post-Partum Care and Newborn Health: An ASHA's Role

1. Undertaking regular home visits on the prescribed days to check on the health of mother and newborn.
2. Advising mother about having a nutritious diet and counseling the family about her need for adequate rest for at least six weeks after delivery.
3. Assessing mother for signs of complications and ensuring appropriate referral.
4. Helping mother manage anemia.
5. Encouraging and supporting exclusive breastfeeding and helping mother deal with problems related to this.
6. Communication mother on contraceptive needs (temporary/permanent) as required and helping her family to access family planning services.
7. Observation and first examination of newborn and recording birth outcome.
8. Immediately after delivery, initiating breastfeeding and keeping newborn clean, warm and dry.
9. Measuring temperature, checking weight and determining if newborn is preterm.
10. Keeping the newborn warm; dealing with hypothermia; managing fever.
11. Umbilical cord care and care of eyes; immediately after birth and during home visits thereafter.
12. Counselling family on caring for the newborn, especially the precautions necessary for preventing infections.
13. Educating the family on the importance of exclusive breastfeeding and other related issues.
15. Identifying high risk babies and counseling family on care required, including breastfeeding.