



### Mga Garantisadong Paraan sa Pangangalaga ng Bata

- Kung buntis, magpa-alaga sa midwife, nars o doktor hanggang manganak.
- Sundin ang mga karampatang pangangalaga sa bagong silang na sanggol.
- Pasusuhin ng gatas ng ina lamang ang sanggol hanggang ika-6 na buwan.
- Kumpletuhin ang bakuna ng bata at buntis.
- Bigyan ng bitamina A at purgahin ang bata kada 6 na buwan.
- Kung may sintomas ng sakit, agad komunsulta para sa karampatang paggagamot.
- Turuan ang bata ng tamang paghuhugas ng kamay, pagsisipilyo at pagdumi sa palikuran.
- Huwag manigarilyo.
- Panatilihing ligtas at malinis ang tahanan at kapaligiran.
- Magplano ng pamilya.

**Bumisita sa pinakamalapit na health center para sa karagdagang kaalaman.**



**Kalusugan ng bata, sigurado.**

# BASTA i-GP MO!

**Ang Bagong GP ay...**

	para sa mga batang edad <b>0-14</b>
	tungkol sa mga gawaing pangkalusugan
	<b>araw-araw</b>
	sa Health Center, tahanan, paaralan at pamayanan
	tungkulin ng lahat





**BASTA i-GP MO!**  
*Kalusugan ng bata, sigurado.*

**Children have a right to universal access to quality health care.**

Starting October 2010, the Department of Health (DOH), Department of Social Welfare and Development (DSWD), Department of Education (DepEd), and Department of Interior and Local Government (DILG) will present a (new) Garantisadong Pambata (GP) that provides health, nutrition and environment information and services for children aged 0 to 14 years.

Although health centers continuously provide health care

services for children, GP goes beyond medical facilities to promote

healthy behaviors that can be practiced at home, in school, in day care

centers and in other settings where children are.

Homes and schools will progressively become healthy places

for children. In communities where the Pantawid Pamilyang Pilipino

Program (4Ps) is implemented, health promotion and health services will

be strengthened. GP seeks to empower parents, caregivers and children

themselves to become truly health competent.

More than just a program, GP aims to be a way of life. Anything

to ensure that children are healthy and living in a safe environment

is Garantisadong Pambata. Good child health under GP is not just

important for children and families now, but a critical foundation for a

healthy adulthood.

GP invites NGOs, private institutions and civic organizations to do their part in making GP effective, so come and join us.

*Dr. Enrique T. Ona*

*Secretary, Department of Health*



DOH



**Kalusugan ng bata,  
sigurado.**

**BASTA i-GP MO!**



**Magpasuso**



**Magpabakuna**



**Mag-bitamina A**



**Magpurga**



**Maghugas ng kamay**



**Magsipilyo**



**Gumamit  
ng palikuran**



**Huwag  
manigarilyo**

**Kahit saan, kahit kailan,  
kahit sino, kayang alagaan  
ang kalusugan ng kabataang Filipino.**