

Child Health Passport



HealthyFamiliesBC.ca



Child's Name

Use this passport to record important health information. Keep it in a safe place for future reference.

Parent/Guardian Name

Phone Number

Health Care Providers

Public Health Office

Phone Number

Public Health Nurse

Phone Number

Doctor

Phone Number



ImmunizeBC

The British Columbia Ministry of Health encourages parents to:

Contact a public health office for information about your child's:

- Growth and development
- Feeding and nutrition
- Speech and language development
- Behaviour
- Immunizations

Check out the Parent Resources:

- Baby's Best Chance: www.health.gov.bc.ca/library/publications/year/2012/bbc.pdf
- Toddler's First Steps: www.health.gov.bc.ca/library/publications/year/2012/toddlers-first-steps-2rev2ed.pdf
- Pregnancy and Parenting: www.healthyfamiliesbc.ca/parenting

Get trusted, non-emergency health information 24 hours a day. Call 8-1-1 or visit www.HealthLinkBC.ca

- Speak to a nurse about your child's symptoms
- Consult with a pharmacist
- Get healthy eating advice from a dietitian
- Translation services are available in over 130 languages on request
- For deaf and hearing-impaired assistance (TTY), call 7-1-1

Visit www.ImmunizeBC.ca to learn more about immunizations.

Birth Information

Child's name: _____

Boy Girl Date of birth: _____

Place of birth: _____

Personal Health Number: _____

Doctor/Midwife: _____

Length of pregnancy (number of weeks): _____

Birth weight: _____

Head size: _____

Length: _____

Hospital discharge: _____ Date: _____

Weight: _____

Always take this Child Health Passport with you when your child gets immunized. Keep it with other important papers, as your child will need this immunization record when he or she is older.

Monitoring Growth

- It is important to use a growth chart when checking the growth of your child.
- Ask your local public health office or doctor for a growth chart, how to interpret the results, and how often to weigh and measure your child.
- For more information, see the resource *Tracking Children's Growth* at www.dietitians.ca/Dietitians-Views/Children-and-Teens/Tracking-Childrens-Growth.aspx.

Growth Record

Date (y/m/d)	Weight	Length/Height	Head Size
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Hearing, Dental and Vision Checks

Please contact your local public health office to learn where specific services are available.

Hearing Check (newborn)

Date: _____ By: _____

Result: _____

Dental Check (by 12 months of age)

Date: _____ By: _____

Result: _____

Vision Check

By 6 months of age, your child's eyes should appear "straight" and work together. Babies and children with symptoms like "wandering eye" or crossed eyes should be seen by an eye doctor (optometrist or ophthalmologist).

All young children should have their vision screened.

Date: _____ By: _____

Result: _____

Your Child's Immunizations

What are immunizations?

Other words for immunization are shot, needle, inoculation, booster, vaccine, or vaccination. Immunizations protect against diseases caused by germs such as bacteria or viruses. Immunizations help your child's body to make antibodies to fight diseases. Children need different immunizations at different ages, starting at 2 months of age.

What diseases do immunizations help prevent?

Immunizations help to prevent the following diseases: measles (red measles), mumps, rubella (German measles), hepatitis B, diphtheria, tetanus, pertussis (whooping cough), polio, meningitis caused by *Haemophilus influenzae* type b, influenza (the "flu"), chickenpox, certain types of pneumococcal infections (including severe brain, blood, ear and lung infections), certain types of meningococcal infections (including severe brain and blood infections), rotavirus, and human papillomavirus infection. Without immunizations, your child could get very sick from these diseases.

Are immunizations safe?

Immunizations are very safe. Most immunizations cause only a slight fever or minor soreness where the needle went into the arm or leg. These reactions do not last long and can be treated easily. Serious reactions are very rare.

If your child gets one of these diseases, the risks of the disease are far greater than the risk of a serious reaction to the immunization.

What is Informed Consent for Immunizations?

Informed consent means that you:

- have been given enough information about
 - immunization safety and the disease(s) the immunization protects against,
 - the benefits, risks and potential side effects of the immunization, and
 - any medical reason(s) why an immunization should not be given to your child;
- understand the information;
- have been given a chance to ask questions; and
- give permission for the immunization to be given.

Someone other than you may take your child for his or her immunizations. Call your public health office or doctor for information on what to do in this case.

Do you need more information?

For more details about immunizations, visit www.ImmunizeBC.ca or call your public health nurse, doctor, or HealthLinkBC at 8-1-1.

Make sure you get all of your child's immunizations and get them on time for the best protection from serious childhood diseases.

Basic Schedule and Record of Immunization

The basic schedule for immunizations can change. Talk to your doctor, public health nurse, visit www.ImmunizeBC.ca or call HealthLinkBC at 8-1-1 if you have questions.

2 months of age - 1st set of immunizations

Date (y/m/d)

- Diphtheria, Pertussis, Tetanus,
Polio, *Haemophilus influenzae*
type b (Hib), Hepatitis B _____
- Pneumococcal Conjugate _____
- Meningococcal C Conjugate _____
- Rotavirus _____

4 months of age - 2nd set of immunizations

Date (y/m/d)

- Diphtheria, Pertussis, Tetanus,
Polio, *Haemophilus influenzae*
type b (Hib), Hepatitis B _____
- Pneumococcal Conjugate _____
- Rotavirus _____

6 months of age - 3rd set of immunizations

Date (y/m/d)

- Diphtheria, Pertussis, Tetanus,
Polio, *Haemophilus influenzae*
type b (Hib), Hepatitis B _____

Influenza (flu) vaccine is available each year as early as October and can be given to children 6 months of age and older. Please speak with your immunization provider for more information. Record your child's influenza vaccine on page 10 of this passport.

Child's Name: _____ Date of Birth: _____

On, or after 1st birthday - 4th set of immunizations Date (y/m/d)

- MMR (Measles, Mumps, Rubella) _____
- Pneumococcal Conjugate _____
- Meningococcal C Conjugate _____
- Varicella (Chickenpox) _____

These doses will need to be repeated if given before the 1st birthday

18 months of age - 5th set of immunizations Date (y/m/d)

- Diphtheria, Pertussis, Tetanus, Polio,
Haemophilus influenzae type b (Hib) _____

Kindergarten Booster (starting at age 4) Date (y/m/d)

- Diphtheria, Pertussis, Tetanus, Polio _____
- Varicella (Chickenpox) _____
- MMR (Measles, Mumps, Rubella) _____

Grade 6 level Date (y/m/d)

- Meningococcal C Conjugate _____
- Hepatitis B – dose 1* _____
- Hepatitis B – dose 2* _____
- Human Papillomavirus (HPV) – dose 1** _____
- Human Papillomavirus (HPV) – dose 2** _____
- Varicella (Chickenpox) – dose 1*** _____
- Varicella (Chickenpox) – dose 2*** _____

Grade 9 level

Date (y/m/d)

Tetanus, Diphtheria, Pertussis

Human Papillomavirus (HPV) – dose 3**

* If 3 doses not received in infancy

** For girls only

*** If not received previously

Other Immunizations

(including influenza, travel, hepatitis A, special indications, or any other vaccines)

Type of Immunization

Date (y/m/d)

A Better Immunization Experience for Your Child

New parents are often concerned about the discomfort caused by immunization injections for their infants, toddlers and young children. The following strategies can help reduce discomfort. These strategies can be tried one at a time or in combination.

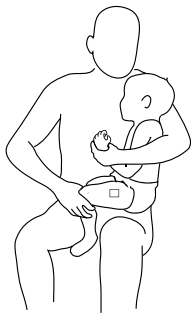
Strategies for use with infants:

Before the visit:

Prepare yourself and your child before the appointment. Children are very sensitive to the emotions of their caregivers. Although you may feel anxious, try to remain calm by taking deep breaths and speaking in an even and soft tone of voice. You may want to purchase a numbing cream or patch for your child. These products are available without a prescription at pharmacies. Apply the product according to the package instructions generally 60 minutes before the appointment. For specific information on where to apply numbing creams or patches, ask your health care provider or refer to the diagrams on pages 11 and 12 of this book. Supervise your child carefully while the product is applied.

During the visit:

Cuddle your baby firmly in your lap in a seated position, as shown in the diagram. Being held close to your body is comforting, and remaining upright helps the infant feel more secure.



A Better Immunization Experience (continued)

Encourage your baby to breastfeed throughout the immunizations. Closeness comforts babies, and sucking provides a distraction. As well, breast milk contains naturally occurring substances that calm babies and reduce pain.

If your baby is formula fed and is 12 months of age or younger, he or she can be given a sucrose solution immediately before the immunization. Research shows that this solution causes the brain to release pain-reducing substances. The oral rotavirus vaccine recommended for infants at the 2 and 4 month visits, contains sucrose and should have a similar effect as an oral sucrose solution. For information on how to prepare a sucrose solution see HealthLink BC File 50e '*A Better Immunization Experience for your Child*' at www.healthlinkbc.ca/healthfiles/hfile50e.stm.

Sugar or sucrose solutions should not be used at home to calm upset or crying babies.

Distraction with a light-up toy, bubbles, or a pinwheel can be used immediately before and during the injection. The part of the brain that processes pain is less active when infants and children are distracted.

Strategies for use with toddlers and young children:

Before the visit:

As with infants, toddlers and young children respond to their caregiver's level of anxiety about immunization visits. Use a matter-of-fact, non-apologetic approach when talking to your toddler or young child about immunization visits.

Inform your child about the immunization as close to the actual appointment time as possible.

When discussing the visit with your child, stay calm and speak in an even and soft tone of voice. Answer questions honestly, using words that reduce anxiety (for example, “you may feel pressure, squeezing, or poking”). Don’t use words such as “pain,” “hurt,” or “sting”.

Try not to use words that focus the child’s attention on the needle (e.g., “It’ll be over soon and you’ll be okay”), give false reassurance (e.g., “It won’t hurt”), or apologize (e.g., “I’m really sorry you have to go through this”).

Numbing creams or patches may be used as described in the infant section. Over the age of 12 months, immunizations are usually given in the upper arms, not the thighs.

During the visit:

Have your immunization provider help you position your toddler in a secure, comforting, upright position.

Use distractions such as bubbles, a pinwheel or a squeaky, light-up or musical toy to distract your child immediately before and during the

injection. Invite your child to participate in the distraction by blowing the bubbles or pinwheel. Remind your child to engage in the distraction throughout the immunization.

Trying these techniques can turn immunization appointments into a chance to teach children skills for dealing with potentially scary or difficult situations in the future.



What to Do if Your Child Has a Reaction Following Immunization

Your child may get a slight fever and be cranky for a short time after an immunization. Here are some things you can do to help your child be more comfortable.

For a fever:

- let your child breastfeed more, or offer more to drink
- take off extra clothes that your child is wearing
- give your child medicine to help bring down the fever and make him or her more comfortable (see pages 16 and 17 for more information)

If your child cries more than normal or has soreness in the arm or leg where the immunization was given:

- cuddle your child
- hold your child in an upright position
- put a cool cloth on the arm or leg where your child got the immunization
- give your child medicine to help make him or her comfortable (see pages 16 and 17 for more information)

If your child gets a small hard lump in the arm or leg where the immunization was given:

- The lump may last 1 to 4 weeks but it will go away and it doesn't hurt. There is no reason for concern.

If your child has a serious reaction to an immunization:

- report the reaction to the public health nurse or doctor who gave the immunization, prior to your child's next immunization, and
- record the details of the reaction on page 19.

If you are concerned about any reactions, call your public health nurse, doctor or HealthLinkBC at 8-1-1.

Medicines to Help with Fever and Pain

There are two kinds of medicines to choose from to help bring a child's temperature back to normal or to help with pain. They are acetaminophen and ibuprofen. Acetaminophen is the one recommended to use for your child following immunizations.

Some brand names of acetaminophen are:

- Tempra
- Tylenol
- Atasol
- Abenol

Ibuprofen (Advil) may sometimes be used, but only when advised by your doctor.

If you have any questions about which medicine to use, contact your doctor, public health nurse, pharmacist, or call HealthLinkBC at 8-1-1.

See page 17 for information on how much acetaminophen to give your child.

Do not give your child Aspirin or other drugs that have acetylsalicylic acid (ASA) in them. Medicines that contain ASA may cause Reye syndrome in children and teenagers (a condition that causes damage to the brain and liver).

Acetaminophen Medication Table

Weight		Acetaminophen Dosage
kilograms	pounds	
2.7 - 5.4	6 - 11	40 mg
5.5 - 7.9	12 - 17	80 mg
8.0 - 10.9	18 - 23	120 mg
11.0 - 15.9	24 - 35	160 mg
16.0 - 21.9	36 - 48	240 mg
22 - 26.9	49 - 60	320 mg

There are different strengths of acetaminophen medicine based on the brand. Always check the label carefully so that you give the right amount of medicine for your child.

If you are unsure about what amount of medication is right for your child, contact your public health nurse, doctor, pharmacist, or HealthLinkBC at 8-1-1.

It is important to remember to:

- Give acetaminophen every 4 to 6 hours as needed.
Do not give more than 5 doses in 24 hours.
- Give the right amount of medicine, based on how much your child weighs.

Child Safety

- Use a correctly installed, approved car seat or booster seat for every ride, even short trips. For more information, visit www.bcaaroadsafety.com/child-passenger-safety.
- Put your baby to sleep on their back, and in their own government safety-approved crib.
- Keep quilts, pillows, plush toys and soft bedding (including bumper pads) out of your child's crib.
- Keep your child away from second-hand cigarette smoke.
- Check bath water temperature before placing your child in the water. Water should feel warm, not hot.
- Check product recalls regularly at www.hc-sc.gc.ca/cps-spc/index-eng.php, 1 866 662-0666 or by visiting manufacturers' websites.
- Stay with your child when they are eating, in the bathtub or near water.
- Know what to do if your child is choking, and be sure your child's caregivers know what to do too.
- Do not heat baby bottles in the microwave.
- Install smoke alarms in all sleeping areas of the home.
- Protect your infants and children from sunburn.

For more information on child health and safety, see *Baby's Best Chance*, *Toddler's First Steps*, www.healthyfamiliesbc.ca/parenting, or www.HealthLinkBC.ca. Or you can contact your public health office, doctor or HealthLinkBC at 8-1-1.



Health Office Stamp

The B.C. Ministry of Health is committed to promoting breastfeeding and protecting the health of mothers and infants. Exclusive breastfeeding is recommended for the first six months of life because breast milk is the best food for optimal growth. At six months, infants should be introduced to nutritious, solid foods (with particular attention to iron) and continue to breastfeed for up to two years and beyond.

Get more information on breastfeeding, healthy lifestyles and your child's development in the Pregnancy & Parenting section at HealthyFamiliesBC.ca.



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