

Child Health Passport



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 Practitioners

Public Health Unit

Phone Number

Doctor

Phone Number

The British Columbia Ministry of Healthy Living and Sport encourages parents to:

Visit a public health unit.

Read the Parent Publications:

- Baby's Best Chance
www.health.gov.bc.ca/cpa/publications/babybestchance.pdf
- Toddler's First Steps
www.health.gov.bc.ca/children/initiatives/toddler.html

Get a copy of the BC HealthGuide.

- From your local pharmacy
- www.bchealthguide.org

Check out the BC HealthFiles for more health information.

- www.bchealthguide.org/healthfiles/index.stm

Call the BC NurseLine, available 24-hours-a-day, if you have questions about health.

- In Greater Vancouver: 604 215-4700
Toll-free in BC: 1 866 215-4700
Deaf and hearing impaired (toll-free): 1 886 889-4700
- Pharmacists are available after hours,
5 p.m. to 9 a.m. every day.
Translation services are available in over
130 languages.

Call Dial a Dietitian, if you have questions about nutrition.

- www.dialadietitian.org
- In Greater Vancouver: 604 732-9191
Toll-free in BC: 1 800 667-3438

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 vaccinated. Keep it with other important papers as your child will need this immunization record when older.

Monitoring Growth

- It is important to use a growth chart when checking the growth of your child.
- Ask your local public health unit or doctor for a growth chart, how to interpret the results and how often to weigh and measure your child.

Growth Record

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

Growth Record (Continued)

Date (y/m/d)

Weight

Length/Height

Head Size

Your Child's Vaccinations

What are vaccinations?

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

What diseases do vaccinations help prevent?

Vaccines help to prevent the following diseases: measles, mumps, rubella (German Measles), hepatitis B, diphtheria, tetanus, pertussis (whooping cough), polio, meningitis caused by *Haemophilus influenzae* type b, influenza (the "flu"), chicken pox, pneumococcal infections (including certain types of meningitis, and blood, ear and lung infections), meningococcal infections (including certain types of meningitis and blood infections) and human papillomavirus infection (causes cancer of the cervix). Without the vaccinations, your child could get very sick from these diseases.

Are vaccines safe?

Vaccines are very safe. Most vaccinations 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.

Remember, 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 vaccine.

What is Informed Consent for Vaccinations?

Informed consent means that you:

- have been given enough information about the benefits and risks of the vaccines, possible reactions, plus any medical reason(s) why a vaccine should not be given to your child;
- understand the information;
- have been given a chance to ask questions; and
- give permission for the vaccination to be given.

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

Do you need more information?

For more details about vaccinations, call your public health nurse, doctor or the BC NurseLine. You can also see Baby's Best Chance, Toddler's First Steps, the BC HealthGuide, the BC HealthFiles or visit www.immunizebc.ca.

It is important for your child to be vaccinated on time for the best protection from serious childhood diseases.

Basic Schedule and Record of Vaccination

The basic schedule for vaccinations can change. Talk to your doctor, public health nurse, or the BC NurseLine if you have questions.

Remember to get your child vaccinated on time.

2 months of age - 1st set of vaccinations	Date (y/m/d)
<input type="checkbox"/> Diphtheria, Pertussis, Tetanus, Polio, Haemophilus Influenzae Type b (Hib)	_____
<input type="checkbox"/> Hepatitis B	_____
<input type="checkbox"/> Pneumococcal Conjugate	_____
<input type="checkbox"/> Meningococcal C Conjugate	_____
4 months of age - 2nd set of vaccinations	Date (y/m/d)
<input type="checkbox"/> Diphtheria, Pertussis, Tetanus, Polio, Haemophilus Influenzae Type b (Hib)	_____
<input type="checkbox"/> Hepatitis B	_____
<input type="checkbox"/> Pneumococcal Conjugate	_____
6 months of age - 3rd set of vaccinations	Date (y/m/d)
<input type="checkbox"/> Diphtheria, Pertussis, Tetanus, Polio, Haemophilus Influenzae Type b (Hib)	_____
<input type="checkbox"/> Hepatitis B	_____

12 months of age - 4th set of vaccinations

Date (y/m/d)

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

18 months of age - 5th set of vaccinations

Date (y/m/d)

- Diphtheria, Pertussis, Tetanus, Polio, Haemophilus Influenzae Type b (Hib)
- MMR (Measles, Mumps, Rubella)

4-6 years of age

Date (y/m/d)

- Diphtheria, Pertussis, Tetanus, Polio
- Varicella (Chickenpox) - if susceptible

11 years of age (Grade 6 level)

Date (y/m/d)

- Meningococcal C Conjugate (if not previously immunized)
- Hepatitis B (2 doses, if not previously immunized)
- Varicella (Chickenpox) - if susceptible
- Human papillomavirus (HPV) 3 doses

14 years of age (Grade 9 level)

Date (y/m/d)

- Tetanus, Diphtheria, Pertussis
- Human papillomavirus (HPV) (3 doses, if not previously immunized)

What to do if Your Child has a Reaction Following Vaccination

Your child may get a slight fever and be cranky for a short time after the vaccinations. 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 12 and 13 for more information)
- give your child a lukewarm bath

If your child cries more than normal or has soreness in the arm or leg where the vaccination 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 vaccination
- give your child medicine to help make him or her more comfortable (see pages 12 and 13 for more information)

If your child gets a small hard lump in the arm or leg where the vaccination 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 a vaccination:

- call your public health nurse, doctor or the BC NurseLine.
- report the reaction to the public health nurse or doctor who gave the vaccine prior to your child's next vaccination.
- record the details of the reaction on page 16

If you are concerned about any reactions, call your public health nurse, doctor or the BC NurseLine.

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 vaccinations.

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, phone your doctor, public health nurse, pharmacist, or the BC NurseLine.

See page 13 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. A child or teenager may get Reye syndrome, a condition that causes damage to the brain and liver, from medicines that contain ASA.

Acetaminophen Medication Table

Age	Weight		Acetaminophen Dosage
	kilograms	pounds	
0-3 months	2.7 - 5.4	6 - 11	40 mg
4-11 months	5.5 - 7.9	12 - 17	80 mg
12-23 months	8.0 - 10.9	18 - 23	120 mg
24-36 months	11.0 - 15.9	24 - 35	160 mg
4-5 years	16.0 - 21.9	36 - 48	240 mg
6-8 years	22 - 26.9	49 - 60	320 mg

There are different strengths of acetaminophen medicine based on the brand that you buy. Always check the label carefully so that you give the right amount of medicine for your child. You may contact your public health nurse, doctor, or pharmacist about what amount of medication is right for your child.

It is important to remember to:

- Give acetaminophen every 4 to 6 hours. Do not give more than 5 doses in 24 hours.
- Give the amount of medicine needed based on how much your child weighs. If you do not know your child's weight, give the amount of medicine based on your child's age.

Hearing, Dental and Vision Checks

Please contact your local public health unit 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 six months, child's eyes should appear "straight" and work together. Babies with symptoms like wandering eye or crossed eyes should be seen by an eye doctor (optometrist or ophthalmologist).

Date: _____ By: _____

Result: _____

Child Safety

- Use correctly installed, approved car seat or booster seat for every ride, even short trips. For more information, visit www.childseatinfo.ca
- Put your baby to sleep on their back (until they are strong enough to roll over on their own) and in their own government safety-approved crib
- Keep quilts, pillows, plush toys and soft bedding (including bumper pads) out of child's crib
- Keep your child away from second-hand cigarette smoke
- Check bath water for temperature before placing child in the water
- Check product recalls regularly at www.hc-sc.gc.ca/cps-spc/index_e.html, 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*, BC HealthGuide, BC HealthFiles or contact your public health unit, doctor or the BC Nurseline.



Health Office Stamp

The BC Ministry of Healthy Living and Sport 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.

