

Child Health Passport



replace with your child's photo

Child's Name

If your child has a serious side effect to a vaccine, please contact your public health nurse prior to your child's next vaccination. Also, remember to record your child's side effects to a vaccination, including the date, on page 8, 9 or 10 of this passport.



Health Office Stamp

The British Columbia Ministry of Health encourages parents to:

Visit a public health office.

Read the Best Chance series:

- *Baby's Best Chance*
www.health.gov.bc.ca/cpa/publications/babybestchance.pdf
- *Toddler's First Steps*
www.health.gov.bc.ca/cpa/publications/firststeps.pdf

Find health information on the following websites:

- BC HealthGuide OnLine: www.bchealthguide.org
- BC HealthFiles:
www.bchealthguide.org/healthfiles/index.stm

Call the BC NurseLine, available 24-hours-a-day, if you have questions:

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

Birth Information

Child's name: _____

Boy Girl Date of birth: _____

Place of birth: _____

Personal health number: _____

Doctor/Midwife's name: _____

Length of pregnancy (number of weeks): _____

Birth weight: _____ Head size: _____

Length: _____

Hospital discharge: Date: _____

Weight: _____

Always take this passport with you when your child gets immunized. Keep it with other important papers as your child will need this immunization record when older.

Monitoring Growth

- It is important to check the growth of your child using a growth chart.
- The suggested frequency of measuring your child's length and weight is within 1–2 weeks of birth, and at 1, 2, 4, 6, 9, 12, 18, 24 months and 4–6 years.
- You can continue to monitor your child's growth on an annual basis, perhaps around their birthday!
- Ask a health professional at your local public health office for a growth chart and to help you interpret the results.

Growth Record

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

Your Child's Vaccinations

What are vaccinations?

Vaccinations are a way to protect against diseases caused by germs such as bacteria or viruses. Other words for vaccination are *shot*, *needle*, *booster*, *vaccine* or *immunization*. Shots help your child's body to make antibodies to fight diseases. Children need different shots at different ages starting at 2 months of age. It is important for your child to be immunized on time to best protect him or her.

What diseases do vaccines help prevent?

Vaccines help to prevent the following diseases: measles, mumps, rubella, hepatitis B, diphtheria, tetanus, pertussis (whooping cough), polio, Hib, chicken pox, pneumococcal and meningococcal. Without the shots, your child could get very sick.

Are vaccines safe?

Vaccines are very safe. Most shots cause only a slight fever or minor soreness where the needle went into the arm or leg. These side effects do not last long and can be treated. Serious side effects 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 side effect to the vaccine.

What is Informed Consent?

Informed consent from you or your child's guardian is needed before shots are given.

Informed consent means that you:

- have been given enough information about the benefits, risks and side effects of the vaccine, and also any medical reason(s) why a vaccine should not be given to your child
- understand the information and have been given a chance to ask questions
- give permission for the shot to be given

If you are unable to take your child, it may be possible for you to have someone else take your child to get the shots. Call the public health nurse or your doctor for information on what to do next.

Need more information?

For more details about shots, call your public health nurse, doctor or the BC NurseLine.

Toddler's First Steps

A handbook for parents of toddlers between the ages of 6 months and 3 years is available, free of charge, at your local public health office or the BC Ministry of Health website.

Basic Schedule and Record of Vaccination

Date (y/m/d)

2 months of age — 1st set of shots

- Diphtheria, Pertussis, Tetanus, Polio,
Haemophilus Influenzae Type b (Hib) _____
- Hepatitis B _____
- Pneumococcal Conjugate _____
- Meningococcal C Conjugate _____

Side effects: _____

4 months of age — 2nd set of shots

- Diphtheria, Pertussis, Tetanus, Polio,
Haemophilus Influenzae Type b (Hib) _____
- Hepatitis B _____
- Pneumococcal Conjugate _____

Side effects: _____

6 months of age — 3rd set of shots

- Diphtheria, Pertussis, Tetanus, Polio,
Haemophilus Influenzae Type b (Hib) _____
- Hepatitis B _____
- Pneumococcal Conjugate _____

Side effects: _____

Remember to get your child's shots on time.

Date (y/m/d)

12 months of age—4th set of shots

- MMR (Measles, Mumps, Rubella) _____
- Meningococcal C Conjugate _____
- Varicella (chicken pox)
(if hasn't had the disease) _____

Side effects: _____

18 months of age—5th set of shots

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

Side effects: _____

4–6 years of age

- Diphtheria, Pertussis, Tetanus, Polio _____
- Varicella (chicken pox)
(if hasn't had the vaccine or disease) _____

Side effects: _____

11 years of age (Grade 6 level)

- Hepatitis B _____
- Meningococcal C Conjugate _____
- Varicella (chicken pox) _____
(if hasn't had the vaccine or disease)

Side effects: _____

14 years of age (Grade 9 level)

- Tetanus, Diphtheria, Pertussis _____
- Meningococcal C Conjugate _____
(if hasn't had the vaccine before)

Side effects: _____

Other Vaccinations

Date (y/m/d)

Vaccination

_____	_____
_____	_____
_____	_____
_____	_____

What to Do if Your Child has Side Effects

Your child may get a bit of a fever and be cranky for a short time after the shots. Here are some things you can do to help your child be more comfortable.

For a fever:

- give your child more to drink or let your child breastfeed more
- take off extra clothes that your child is wearing
- give your child medicine to help bring down the fever (see pages 12 and 13 for more information on fever medicine)
- give your child a lukewarm bath

If your child cries more than normal or has soreness in the arm or leg where the shot 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 shot

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

- don't worry, the lump may last 1 to 4 weeks but it will go away and it doesn't hurt

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

Medicines to Bring Down Fever

There are two kinds of medicines to choose from to bring down fever. They are called *acetaminophen* and *ibuprofen*. Acetaminophen is the one recommended to use for your child for fever following shots. Ibuprofen 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.

Some brand names of acetaminophen are:

- Tempra
- Tylenol
- Atasol
- Abenol

See the 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 a serious liver disease called Reye's syndrome from medicines that contain acetylsalicylic acid.

Fever Medication Table

Age	Weight (kilograms) (pounds)		Single Dose Acetaminophen
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	16–21.9	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.

The public health nurse, doctor, or pharmacist may tell you 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.

Checkups

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)

Date: _____ By: _____

Result: _____

Vision Check

Babies with symptoms like wandering eye should be seen immediately by an eye doctor (optometrist or ophthalmologist).

Date: _____ By: _____

Result: _____

Feeding Check

- Family history of allergies
- Breastfeeding support
- Breastfed baby's need for Vitamin D
- What the growth chart shows
- Baby's need for iron
- When baby is ready for solid foods

Dental Check (by 12 months of age)

- Daily mouth care (before/with teeth)
- Feeding practices and tooth decay
- Teething, soothers
- Daily fluoride toothpaste use (once teeth appear)
- First dental visit

Vision Check

- Family history of eye problems
- Vision development and eye movement
- First eye exam

Communication Check

- Family history of childhood hearing loss
- Family history of ear infections
- Family history of late talking
- Parents and caregivers talk to baby
- Parents and caregivers read to baby
- Parents and caregivers play with baby
- Baby looks to a sound

- Baby startles to a loud sound
- Baby responds to his or her own name
- Baby babbles by 4–6 months

Safety Check

- Baby equipment (crib, stroller, change table, baby gate) meets safety standards
- Quilts, pillows, plush toys and soft bedding (bumper pads) are kept out of baby's crib
- Baby is put to sleep on his or her back
- Soothers/pacifiers, if used, are made in one piece
- Soothers are checked daily and thrown away if cracked, worn or if the texture or colour changes
- Pacifier cords are not placed around baby's neck
- Baby is not near second-hand cigarette smoke
- Bath water is checked for temperature before placing baby in the water
- Bottles are never heated in the microwave
- Toys are sturdy, non-toxic, washable and made of materials that do not burn easily
- An approved car seat is used for every ride
- A smoke alarm is in the sleeping areas of the home
- Parents stay with child when child is eating
- Parents and caregivers know what to do if baby or child is choking

For more information, see *Baby's Best Chance* or BC HealthGuide OnLine.

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

Parent/Guardian Names: _____

Phone Numbers: _____

Health Care Practitioners

Name

Phone Number

Public Health Office: _____

Public Health Nurse: _____

Doctor: _____

United Nations Declaration

of the Rights of the Child

- The right to a name and nationality.
- The right to affection, love, and understanding and to material security.
- The right to adequate nutrition, housing and medical services.
- The right to special care if handicapped, be it physically, mentally or socially.
- The right to be among the first to receive protection and relief in all circumstances.
- The right to be protected against all forms of neglect, cruelty and exploitation.
- The right to full opportunity for play and recreation and equal opportunity to free and compulsory education, to enable the child to develop his individual abilities and to become a useful member of society.
- The right to develop his full potential in conditions of freedom and dignity.
- The right to be brought up in a spirit of understanding, tolerance, friendship among peoples, peace, and universal brotherhood.
- The right to enjoy these rights regardless of race, color, sex, religion, political or other opinion, national or social origin, and property, birth, or other status.