

# Child Health Passport



replace with your child's photo

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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

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### Health Care Providers

Public Health Office

Phone Number

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Public Health Nurse

Phone Number

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Doctor

Phone Number

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ImmunizeBC

## The British Columbia Ministry of Health encourages parents to:

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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/2010/bbc.pdf](http://www.health.gov.bc.ca/library/publications/year/2010/bbc.pdf)
- Toddler's First Steps: [www.health.gov.bc.ca/library/publications/year/2009/toddlers-first-steps-rev2ed.pdf](http://www.health.gov.bc.ca/library/publications/year/2009/toddlers-first-steps-rev2ed.pdf)
- The Best Chance Website: [www.BestChance.gov.bc.ca](http://www.BestChance.gov.bc.ca)

Get trusted, non-emergency health information

24 hours a day. Call 8-1-1 or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)

- Speak to a nurse about your child's symptoms
- Consult with a pharmacist
- Get healthy eating advice from a dietitian
- Find health services and resources near you, including how to get your own copy of the BC HealthGuide Handbook
- 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](http://www.ImmunizeBC.ca) to learn more about immunizations.

## Birth Information

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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

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- 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 *Is My Child Growing Well?* at [www.dietitians.ca/growthcharts](http://www.dietitians.ca/growthcharts).

## Growth Record

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



## Hearing, Dental and Vision Checks

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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 three-year-olds should have their vision screened.

Date: \_\_\_\_\_ By: \_\_\_\_\_

Result: \_\_\_\_\_

## Your Child's Immunizations

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### 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, mumps, rubella (German Measles), hepatitis B, diphtheria, tetanus, pertussis (whooping cough), polio, meningitis caused by *Haemophilus influenzae* type b, influenza (the "flu"), chickenpox, pneumococcal infections (including certain types of meningitis, and blood, ear and lung infections), meningococcal infections (including certain types of meningitis and blood infections), rotavirus, and human papillomavirus infection (causes cancer of the cervix). 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](http://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

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

### 2 months of age - 1<sup>st</sup> set of immunizations

Date (y/m/d)

- |  |       |
|--|-------|
| <input type="checkbox"/> Diphtheria, Pertussis, Tetanus,<br>Polio, Haemophilus influenzae<br>type b (Hib), Hepatitis B | _____ |
| <input type="checkbox"/> Pneumococcal Conjugate  | _____ |
| <input type="checkbox"/> Meningococcal C Conjugate   | _____ |
| <input type="checkbox"/> Rotavirus   | _____ |

### 4 months of age - 2<sup>nd</sup> set of immunizations

Date (y/m/d)

- |  |       |
|--|-------|
| <input type="checkbox"/> Diphtheria, Pertussis, Tetanus,<br>Polio, Haemophilus influenzae<br>type b (Hib), Hepatitis B | _____ |
| <input type="checkbox"/> Pneumococcal Conjugate  | _____ |
| <input type="checkbox"/> Rotavirus   | _____ |

### 6 months of age - 3<sup>rd</sup> set of immunizations

Date (y/m/d)

- |  |       |
|--|-------|
| <input type="checkbox"/> Diphtheria, Pertussis, Tetanus,<br>Polio, Haemophilus influenzae<br>type b (Hib), Hepatitis B | _____ |
|--|-------|

Influenza (flu) vaccine is recommended for children 6 to 23 months of age, as early as October of each Fall.

- |   |       |
|---|-------|
| <input type="checkbox"/> Influenza (flu) – dose 1 | _____ |
| <input type="checkbox"/> Influenza (flu) – dose 2 | _____ |

**On 1<sup>st</sup> birthday (or soon after)**

**- 4<sup>th</sup> set of immunizations**

Date (y/m/d)

MMR (Measles, Mumps, Rubella)

\_\_\_\_\_

Pneumococcal Conjugate

\_\_\_\_\_

Meningococcal C Conjugate

\_\_\_\_\_

Varicella (Chickenpox)

\_\_\_\_\_

**18 months of age - 5<sup>th</sup> set of immunizations**

Date (y/m/d)

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

\_\_\_\_\_

**4-6 years of age**

Date (y/m/d)

Diphtheria, Pertussis, Tetanus, Polio

\_\_\_\_\_

Varicella (Chickenpox)

\_\_\_\_\_

MMR (Measles, Mumps, Rubella)

\_\_\_\_\_

**11 years of age (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

\_\_\_\_\_

**14 years of age (Grade 9 level)**

Date (y/m/d)

Tetanus, Diphtheria, Pertussis

\_\_\_\_\_



## A Better Immunization Experience for Your Child

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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:

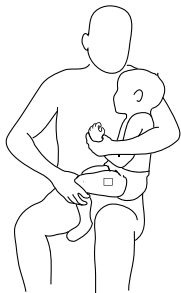
#### Before the visit:

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 example, Ametop™, EMLA® or MAXILINE cream). These products are available without a prescription at pharmacies. Apply the cream or patch to your child according to the package instructions, between 30 and 60 minutes before the appointment. Talk to your pharmacist and refer to the diagrams for where to apply. 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 for Your Child (continued)

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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 not breastfed, he or she may be offered a sucrose solution by the nurse or doctor immediately before the immunization. Research shows that this solution causes the brain to release pain-reducing substances.

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 during immunizations.

### **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. If you are unsure about where to apply the cream or patch, ask your immunization provider before the visit.

### **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

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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)
- give your child a lukewarm bath

### 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:**

- call HealthLinkBC at 8-1-1, your public health nurse or doctor,
- 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

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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

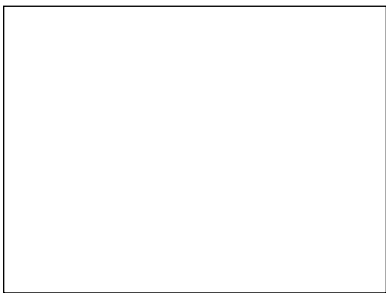
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- Use a correctly installed, approved car seat or booster seat for every ride, even short trips. For more information, visit [www.childseatinfo.ca](http://www.childseatinfo.ca)
- Put your baby to sleep on their back, and in their own government safety-approved 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\\_e.html](http://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*, [www.BestChance.gov.bc.ca](http://www.BestChance.gov.bc.ca), or [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca). Or you can contact your public health office, doctor or HealthLinkBC at 8-1-1.







Health Office Stamp

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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.



ImmunizeBC