

# Child Health Passport



BRITISH  
COLUMBIA

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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/Midwife

Phone Number

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ImmunizeBC

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

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### Contact your 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*: <https://www.healthlinkbc.ca/babys-best-chance>
- *Toddler's First Steps*: <https://www.healthlinkbc.ca/toddlers-first-steps>

### 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
- Find a health care provider near you
- 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](http://www.ImmunizeBC.ca) to learn more about immunizations.

## Birth Information

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Child's name: \_\_\_\_\_

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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Your child should be weighed and measured at all regularly scheduled well-child visits, or at visits when your child is ill, using a growth chart.

A growth chart is a type of graph used to track your child's growth pattern. It helps show if your child is growing in a healthy way. Your health care provider can help you to understand the results of each growth check.

Talk to your health care provider or local public health office if you have questions about growth monitoring or if you have concerns about your child's growth. You can also see the resource *Is My Child Growing Well?* at [www.dietitians.ca/Downloads/Factsheets/DC\\_ChildGrowParentsE.aspx](http://www.dietitians.ca/Downloads/Factsheets/DC_ChildGrowParentsE.aspx).

## 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. If your baby or child appears to have a wandering eye or crossed eyes, or if you have any other vision concerns, make an appointment with an eye doctor (optometrist).

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 (red measles), mumps, rubella (German measles), hepatitis B, diphtheria, tetanus, pertussis (whooping cough), polio, meningitis caused by *Haemophilus influenzae* type b, influenza (the "flu"), varicella (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. Side effects of immunizations are usually very minor, like soreness, redness, or swelling where the vaccine was given, or a mild fever. These reactions do not last long and can be treated easily. Serious reactions are very rare.

It is much safer to get the vaccine than the disease it prevents.



## 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.

## Where can I find 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.

Translated copies of the immunization schedule are available in Arabic, Chinese, Farsi, French, Korean, Punjabi, Spanish, and Vietnamese. You can find these resources at <https://www.healthlinkbc.ca/tools-videos/bc-immunization-schedules>.

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

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

## Immunization Schedule and Record

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Immunization schedules can change. It is important to immunize on time. You will protect your child from many diseases and help prevent disease outbreaks in your community. 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)

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

\_\_\_\_\_

Pneumococcal Conjugate

\_\_\_\_\_

Meningococcal C Conjugate

\_\_\_\_\_

Rotavirus

\_\_\_\_\_

### 4 months of age

#### 2<sup>nd</sup> set of immunizations

Date (y/m/d)

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

\_\_\_\_\_

Pneumococcal Conjugate

\_\_\_\_\_

Rotavirus

\_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

**Date (y/m/d)**

Diphtheria, Pertussis, Tetanus, Polio,  
*Haemophilus influenzae* type b (Hib),  
Hepatitis B \_\_\_\_\_

Rotavirus \_\_\_\_\_

Influenza (flu) vaccine is available each year as early as October and is recommended for children 6 months of age and older. Please speak with your immunization provider for more information. Record your child's influenza vaccine on page 11 of this passport.

**Must be given on, or after, the  
1<sup>st</sup> birthday – 4<sup>th</sup> set of immunizations**

**Date (y/m/d)**

MMR (Measles, Mumps, Rubella) \_\_\_\_\_

Pneumococcal Conjugate \_\_\_\_\_

Meningococcal C Conjugate \_\_\_\_\_

Varicella (Chickenpox) \_\_\_\_\_

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

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

**Date (y/m/d)**

- Diphtheria, Pertussis, Tetanus, Polio,  
*Haemophilus influenzae* type b (Hib) \_\_\_\_\_
- Kindergarten immunizations (starting at  
age 4) Date (y/m/d) \_\_\_\_\_
- Tetanus, Diphtheria, Pertussis, Polio \_\_\_\_\_
- MMRV (Measles, Mumps, Rubella,  
Varicella) \_\_\_\_\_

Your child will need vaccines in grade 6 and grade 9. These vaccines will be offered in school. To make sure your child's records are complete please print the name of the vaccine and date given below.

**Grade 6 level**

**Date (y/m/d)**

Vaccine:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**Grade 9 level**

**Date (y/m/d)**

Vaccine:

_____	_____
_____	_____
_____	_____
_____	_____

## Other Immunizations

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

**Type of Immunization**

**Date (y/m/d)**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## A Better Immunization Experience for Your Child

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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:

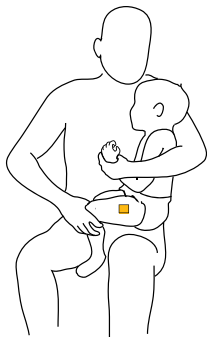
Prepare yourself and your child before the appointment. Children are very sensitive to the emotions of their caregivers. Although you may feel anxious, try to remain calm by taking deep breaths and speaking in an even and soft tone of voice.

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 13 and 15 of this book. Supervise your child carefully while the product is applied. You may also want to visit HealthLink BC and read *Numbing Creams and Patches for Immunization* ([www.healthlinkbc.ca/healthlinkbc-files/numbing-creams-patches-for-immunizations](http://www.healthlinkbc.ca/healthlinkbc-files/numbing-creams-patches-for-immunizations)).

#### During the visit:

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

Encourage your baby to breastfeed before, during and after the immunizations. Close skin-to-skin contact comforts babies and sucking provides a distraction. As well, breast milk contains naturally occurring substances that calm babies and reduce pain. Breastfeeding during vaccination is safe for babies, even newborns. There is no evidence that babies will choke or associate their parent with pain. If you are not breastfeeding your baby, you can still hold them skin-to-skin to provide comfort.



If your baby is formula fed and is 12 months of age or younger, he or she can be given a sucrose (sugar) 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, 4 and 6 month visits, contains sucrose and has a similar effect as an oral sucrose solution. For information on how to prepare a sucrose solution see *'A Better Immunization Experience for your Child'* at [www.healthlinkbc.ca/healthlinkbc-files/immunization-experience-child](http://www.healthlinkbc.ca/healthlinkbc-files/immunization-experience-child).

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 (e.g., "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").

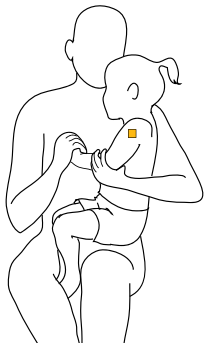
Numbing creams or patches may be used as described in the infant section. For children over 12 months of age, ask your health care provider before your visit where your child's immunizations will be given so that you know where to put the cream or patch.



## 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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Common vaccine reactions (such as soreness, redness, and swelling in the leg or arm where the vaccine was given, or a low fever) may make your child uncomfortable, but these are not harmful. They will generally subside in a day or two. 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 your child more comfortable (see pages 18 and 19 for more information)

Body Site	Normal Range	Fever
armpit	36.5–37.5 °C   97.8–99.5 °F	≥ 37.6 °C   ≥ 99.6 °F
mouth*	35.5–37.5 °C   95.9–99.5 °F	≥ 37.6 °C   ≥ 99.6 °F
ear	35.8–38 °C   96.4–100.4 °F	≥ 38.1 °C   ≥ 100.5 °F
rectal (bum)**	36.6–38 °C   97.9–100.4 °F	≥ 38.1 °C   ≥ 100.5 °F

\* Do not use for children under five years of age.

\*\* Only use a rectal thermometer if you are comfortable doing so and a health care provider has showed you how to take a rectal temperature safely.

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

- cuddle your child
- 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 18 and 19 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:**

- It is important to stay in the clinic for 15 minutes after getting any vaccine because there is an extremely rare possibility, less than 1 in a million, of a life-threatening allergic reaction called anaphylaxis. This may include hives, difficulty breathing, or swelling of the throat, tongue or lips. Should this reaction occur, your health care provider is prepared to treat it. If symptoms develop after you leave the clinic, call 9-1-1 or your local emergency number.
- If your child does have a serious reaction to a vaccine, be sure to record it on page 21 and tell your health care provider about it before your child's next vaccination.

**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 following immunization. They are acetaminophen and ibuprofen. Ibuprofen should not be given to children under 6 months of age without first speaking to your health-care provider.

### Fever medicine brand names:

Acetaminophen	Ibuprofen
Abenol	Advil
Atasol	Motrin
Tempra	
Tylenol	

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Do not give Aspirin or other drugs that have acetylsalicylic acid (ASA) in them to anyone under the age of 18 unless a doctor has prescribed it. Medicines that contain ASA may cause Reye syndrome in children and teenagers (a condition that causes damage to the brain and liver).

## How much medicine should I give my child?

Follow the directions on the package label. This label tells you how to give the medicine safely and how much medicine to give. This is important because there are different strengths (concentrations) of medicine within each brand. To give the correct amount, you need to know your child's weight.

**Always read the label of the product you are using very carefully so that you give the right amount of medicine to your child.**

### 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 ibuprofen every 6 to 8 hours as needed. Do not give more than 4 doses in 24 hours.
- Do not give ibuprofen to children under 6 months of age without first speaking to your health-care provider.
- Speak to your doctor as soon as possible if your child is less than 3 months old and experiences a fever. This is to make sure that a young baby's fever is not a sign of an unrelated serious illness.

**If you are unsure about which medicine to use or how much to give your child, contact your public health nurse, doctor or pharmacist—or call HealthLinkBC at 8-1-1 (available 24/7).**

## Child Safety

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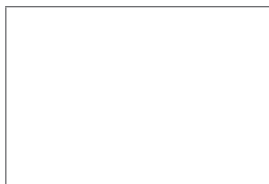
- Use a correctly installed, approved car seat or booster seat for every ride, even short trips. For more information, visit <https://www.bcaa.com/community/child-car-seat-safety>
- Put your baby to sleep on their back in a safe sleep space that is free from dangers like soft bedding, pillows, and toys. To learn more about safe sleep for your baby, including information about safer bedsharing, talk to your health care provider, visit HealthLink BC, or download *Safer Sleep For My Baby* at <https://www.health.gov.bc.ca/library/publications/year/2017/safer-sleep-for-my-baby.pdf>
- Provide a smoke-free environment for your child.
- 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](http://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 near all sleeping areas of the home.
- Protect your infants and children from sunburn.











Health Office Stamp

Pregnancy and the early years of a child's life are times when all women and families might benefit from some extra guidance and encouragement. Many services exist in B.C. and in your community that can support you and your family during pregnancy, after birth and as your child grows. Contact HealthLink BC (8-1-1) or speak with your health care provider or public health nurse if you have questions about:

- Preparing for pregnancy or parenting (e.g. healthy eating, exercise, decreasing or quitting smoking, alcohol and other substances)
- Caring for yourself emotionally and physically during pregnancy and in the early years of your child's life
- Helping you to make an informed decision and then supporting your breastfeeding/ infant feeding goals
- Keeping your baby safe through immunization, car seat safety, providing a smoke free and safer sleep environment, baby proofing your home, and preventing Shaken Baby Syndrome
- Caring for your baby, including supporting your child's growth and development, dental, hearing and vision, bonding and positive parenting



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