

Healthy Early Years for a Happier Tomorrow

Healthy tips

- Prefer a side lying position for rest and sleep
- Get in and out of bed from side lying position
- Eat nourished food regularly
- Keep yourself hydrated
- Walk regularly; this will help regularise your bowel movements
- Avoid heavy lifting
- Avoid forward bending
- If you had a caesarean delivery, your recovery time will be longer, so talk to your physiotherapist before starting anything too strenuous.

Remember:

You can't look after your baby, if you don't look after yourself.



Important

Please keep the vaccination booklet in a safe place and bring it along with you on every visit.



آغا خان یونیورسٹی ہسپتال، کراچی

The Aga Khan University Hospital, Karachi

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Department of Paediatrics and Child Health
& Department of Pharmacy Services

Aga Khan University Hospital
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HEALTH SCREENING AND DEVELOPMENT ASSESSMENT

All parents should know that their children are developing well. To do a proper health screening and developmental assessment, your child must be examined by a health care provider at regular intervals until he or she starts pre-school.

We recommend that you have your child's check-up at the following ages:

- 1-2 weeks
- 6 weeks (1 ½ months)
- 10 weeks (2 ½ months)
- 14 weeks (3 ½ months)
- 6 months
- 9 months
- 15 months
- 18 months
- 2 years
- 3 years
- 4 years
- 5 years

In addition to these visits, you should not hesitate to bring your child for a check-up when you are worried about his or her health.

A visit to the health care provider or the use of injection should not be used to threaten the child in order to get him or her to listen to the parent. It may frighten the child and spoils the doctor-child relationship.

HEALTH RECORD

Child's Name: ARIF B/G of NARIAM

Medical Record No: 434-38-87

Age/Date of Birth: 25-03-2020

Place of Birth: JKUH

Family Name: _____

Address: _____

Telephone: _____

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**THE AGA KHAN UNIVERSITY HOSPITAL AND AFFILIATED CLINICAL SITES
IMMUNIZATION SCHEDULE FOR CHILDREN**

Age	Name of Vaccines	Dose	Route
At Birth	1. BCG	1. 0.05 ml (0-3 mo) 0.1 ml (> 3 mo)	1. Intradermal (preferred deltoid)
	2. Polio Virus (OPV)	2. 2 drops	2. PO
6 Weeks	1. Diphtheria-Pertussis-Tetanus-Hepatitis B-Hemophilus Influenza type b <i>2x Roto</i>	1. 0.5 ml	1. IM
	2. Polio Virus (OPV)	2. 2 drops	2. PO
	3. Pneumococcal Conjugate Vaccine	3. 0.5 ml	3. IM
10 Weeks	1. Diphtheria-Pertussis-Tetanus-Hepatitis B-Hemophilus Influenza type b	1. 0.5 ml	1. IM
	2. Polio Virus (OPV)	2. 2 drops	2. PO
	3. Pneumococcal Conjugate Vaccine	3. 0.5 ml	3. IM
	4. Rotavirus* <i>Rotarix</i>	4. 1 ml	4. PO
14 Weeks	1. Diphtheria-Pertussis-Tetanus-Hepatitis B-Hemophilus Influenza type b <i>IPV</i>	1. 0.5 ml	1. IM
	2. Polio Virus (OPV)	2. 2 drops	2. PO
	3. Pneumococcal Conjugate Vaccine	3. 0.5 ml	3. IM
	4. Rotavirus*	4. 1 ml	4. PO
9 Months	1. Measles/Mumps/Rubella/Varicella* <i>Typoid</i>	1. 0.5 ml	1. SC
12 Months	1. Hepatitis A* <i>NIMENTRAX</i>	1. 0.5 ml	1. IM
	2. Measles/Measles-Mumps-Rubella (MMR) or MMR-Varicella X <i>Life Time</i>	2. 0.5 ml	2. SC
15 Months	1. Measles-Mumps-Rubella or MMR-Varicella* <i>2x MMR + MMR-SC</i>	1. 0.5 ml	1. IM
	2. Pneumococcal Conjugate Vaccine*	2. 0.5 ml	2. IM
18 Months	1. Diphtheria-Pertussis-Tetanus-Hepatitis B-Hemophilus Influenza type b <i>Heax</i>	1. 0.5 ml	1. IM
	2. Polio Virus (OPV)	2. 2 drops	2. PO
	3. Hepatitis A*	3. 0.5 ml	3. IM
> 2 Years	1. Typhoid*	1. 0.5 ml	1. IM
	2. Varicella (if not given earlier)*	2. 0.5 ml	2. SC
	3. Meningococcal Conjugate Vaccine*		3. IM
4-5 Years	1. Diphtheria-Tetanus-Pertussis-Hepatitis B Hib* <i>Hib</i>	1. 0.5 ml	1. IM
	2. Measles-Mumps-Rubella or MMR-Varicella*	2. 0.5 ml	2. SC
	3. Polio Virus (OPV)	3. 2 drops	3. PO

a. MMR-varicella should be given if available. If MMRV not available given MMR at 15 months and Varicella can be given at 2 years and 4-5 years as separate injections.
 b. Tetanus toxoid 0.5 ml IM is indicated for children between 10-15 years of age.
 * These vaccines are not currently supported by the National Expanded Programme for Immunisations (EPI), Pakistan, because of expense issues, but are strongly recommended by the Department of Paediatrics and Child Health, AKU.
 PO = Per Oral - IM = Intramuscular - SC = Subcutaneous

Age	Due on	Given on	Nurse's Signature
		26-3-2020	Kismai
4.11.20	06-5-2020	6/5/20	ZS
5.3.20	6/6/20	20/6/20	J. Sufian
5.8.20	20/7/20	20/7/20	V. Sufian
7.5.20	26/12/20	21/01/2021	Quenid
7.8.20	26/02/2021	30-3-2021	S. Sufian
9.9.20	25-6-2021	28/6/21	ZS
		29/9/21	J. Sufian
		30-9-2021	ZS
		4.5.21	

MR 27/11/2023

