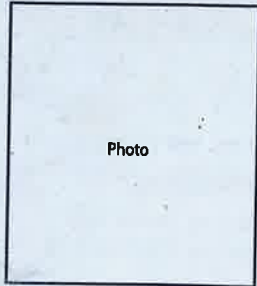


Dr Govindans Hospital

Convent Road, Trivandrum - 695 001. Ph: 0471 2472842/43/44



Photo

IMMUNIZATION AND HEALTH RECORD



Name: _____

Date of Birth: _____

Home Address: _____

Phone: _____

Step by step protection against childhood infections is what your child needs.
Follow this steps of vaccination your Doctor advises you.

1. First 6 months : Breast milk is the best and complete food for your baby, upto 6 months of age. No bottle feeding / cow's milk/ powdered milk at any age upto 2 years.
 - Birth weight doubles at the end of 5th month.
 - Sucking from the bottle is easier than sucking from the breast and once baby is used to sucking from the bottle, baby will stop sucking from the breast even if mother has milk and breast milk will become less.
2. 6-8 months – Introduction of semi solid food : Continue breast feeding
 - You can start with home made porridges like ragi, dried banana powder, enriched with jaggery/sugar and cooked in water
 - Rice with curd, rice with vegetables and dhal, Idly, Puttu with Plantain, bread, egg yolk first and then white. Encourage child to drink fluids from glass or cup
3. 9-11 months – Introduction of soft foods that can be chewed
 - Continue BF
 - Home made soft foods that can be chewed like Rice, Vegetables, Dhal, Idli, Dosai, Egg can be given.
 - Birth weight triples at the end of 1 year.
4. 1 year – Introduction of solid food
 - Continue breast feeding upto 2 years and beyond if you wish.
 - Can start fish and meat.
 - Child can eat all Home made food. No special cooking for baby. Encourage self feeding.

BENEFITS OF BREAST FEEDING

- Breast Feeding enhances the emotional bond between child and mother, provides warmth, love and affection, hence is more than just a food.
- Breast Fed babies are less prone to several infections including Respiratory infections, loose stools and vomiting
- Breast Fed babies are less prone to Eczeme, Asthma, other allergic disorders, Diabetes and Heart disease later in life.
- BF babies have higher I.Q and develop better scholastic skills than infants who are not breast fed.

Note : If you are planning to go for work by 3rd month seek advice about early weaning from your paediatrician.

Name of Mother..... ^{HSP} Sameera.....

Blood group of Mother: AB +ve..... IP No. (Mother).....

Delivery : Normal / Vacuum / Forceps / LSCS

Active Resuscitation : YES NO

Sex..... Male..... DOB..... 21/11/14..... TOB..... 2:56 AM

Birth Weight..... 1.22..... Kg, HC..... 36.5..... cm, Length..... cm

Blood group of Baby.....

Trj. Vitamin K

NICU Care

Obstetrician Dr..... Surya.....

Paediatrician Dr..... Jayahan.....

IAP IMMUNIZATION TIME TABLE 2011

IAP Recommended Vaccines for routine use

AGE	VACCINE	DATE ON	GIVEN ON	WT/HG	MAKE/BATCH	REMARKS
At Birth	BCG	15/11/15	15/11/15	1.7 kg		
	OPV - 0			2.3 kg		
	Hep B1	12/2/2015	12/2/2015	WT 2.9 kg		
	DTWP1/DTap1			WT 2.9 kg		
	OPV 1*/OPV1+IPV 1			WT 2.9 kg		
6 Weeks	Hib 1			WT 3.5 kg		
	Hep B2					
	Rotavirus 1 * #					
	PCV 1					
	DTWP P2/DTap 2	12/3/2015	25/3/15	WT 3.7 kg		
10 Weeks	OPV 2*/OPV2 + IPV2					
	Hib 2					
	Rotavirus 2					
	PCV 2					
	DTWP P3/DTap 3					
	OPV 3* OPV 3 + IPV 3					
14 Weeks	Hib 3		29/1/15	WT 3.7 kg		
	Rotavirus 3					
	PCV 3					
	Hep B3**					
9 Months	Measles		26/8/15			
12 Months	Hepatitis A1					
	MMR 1					
15 Months	Varicella					
	PCV Booster					
	DTWP B1/DTap B1					
16-18 Months	OPV 4*/OPV 4+IPV B1					
	Hib B1					
18 Months	Hep A2					
2 Years	Typhoid 1 #					
	DTWP B2/DTap B2					
5 Years	OPV 5					
	MMR 2\$		23/12/15			
	Typhoid 2					
	Varicella 2\$\$					
10-12 Years	Tdap/ TdR					
	HPV					

BCG MODULE