

POINTS IN MAINTENANCE OF CHILD'S HEALTH

- Within the first week of birth physical checkup of child and BCG vaccination should be given.
- Mothers milk is best for babies and to be given as much as possible.
- At sixth month, start feeding solid foods so that child is eating all family food by 18 months.
- Child should be feed even during disease.
- Doctors be consulted about vaccination during 1st week, 1 1/2 months, 2 1/2 months, 3 1/2 months and 9 months. (EPI schedule). For non EPI vaccination consult your doctor.
- During sickness, child be treated and once health is gained, vaccination be given.
- Oral Rehydration Salt is best to manage diarrhoea & dehydration. Use ORS frequently in diarrhea.
- Weight chart of the babies be maintained, the baby gains about 200gm/week (800gm/month) for the first 3 months after birth, than 150gm/week (600gm/month) for the next 3 months, than 100gm/week (400gm/month) for another 3 months, and than 50-75gm/week (200-300gm/month) for the final 3 months of the 1st year.
- Develop your babies habit for exercises during bath and instances.
- Loose fitting clothings be made so as to allow ample space for movements.
- Ensure a sound and undisturbed sleep for baby, wake her only when she is to be feed.
- Keep your baby neat and clean, sick adults and children should not hug the baby.

For Appointment, Please Call at +92 21 3498 6956-7



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A Project of Patel Foundation

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VACCINATION CARD



Muhammad Saib

NAME

B/o Bushra Fakhor

MR #

21-26-77

FATHER'S NAME

Muhammad Fakhor Gul

DATE OF BIRTH

12-11-2009

WT

HT

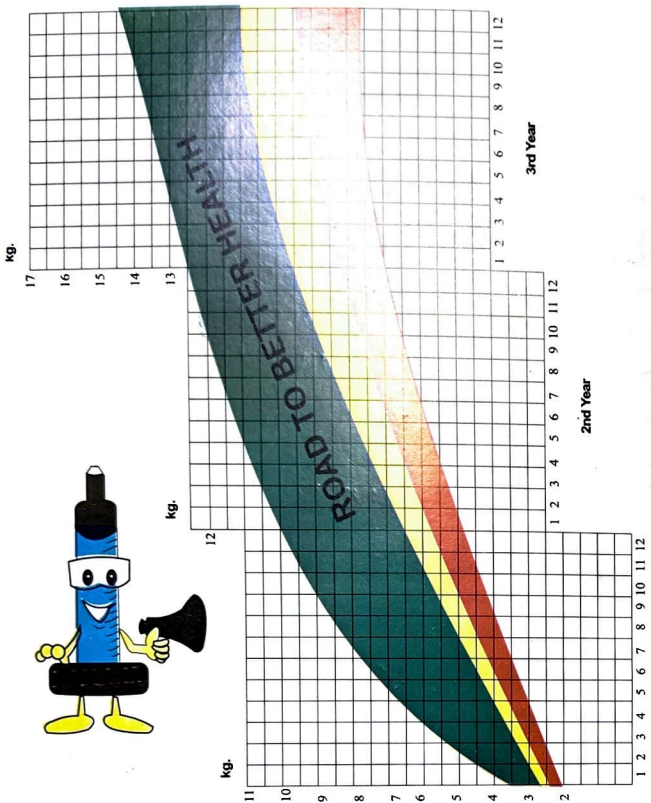
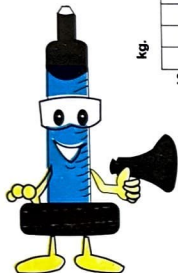
CONSULTANT

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VACCINE	DUE DATE	DATE GIVEN	WEIGHT (KG)	HEIGHT (CM)	FOC	SIGN
BCG + POLIO (at birth)		15/11/09				Patel Doctor
PENTA DPT HIB HEP B + POLIO	9wk, 10wk, 14wk	24/12/09, 21/01/10, 18/2/10				Patel
Booster I	18mth					
Booster II	5yrs					
PNEUMOCOCCAL 13	6wk, 10wk, 14wk	24/12/09, 21/01/10, 18/2/10				Patel
Booster 18 mths						
ROTA VIRUS	8wk, 10wk					
MEASLES	9mths	14/8/10				Patel
CHICKEN PDX	12mths	13/11/10				Patel
2nd Dose						
MMR	15 mths	18/2/11				Patel
HEPATITIS A	12mths 1st	13/11/10				Patel
	18 mths 2nd					
TYPHOID	2yrs	15/11/12				Patel
MENINGOCOCCAL FLU & OTHERS						

