

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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VACCINATION CARD



Muhammad Taha

NAME

B/o Bushra Fakhro

MR #

47-74-05

FATHER'S NAME

Muhammad Fakhro Gul

DATE OF BIRTH

15-03-2015

WT

HT

CONSULTANT

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