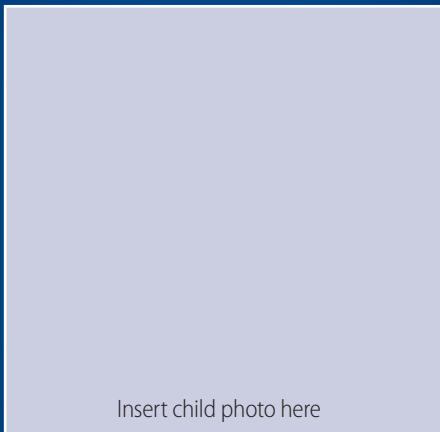


Child Health Passport



Insert child photo here



BRITISH
COLUMBIA

Child's Name

Printed in May 2024

This passport can assist you in recording important health information. It is good to keep it in a safe place, perhaps with your child's other paperwork, so you can find it when you need it.

Parent/Caregiver Name

Phone Number

Health Care Providers

Public Health Office*

Phone Number

* Also called public health units,
community health centres or primary
care homes in some areas of B.C.

Immunization Provider

Phone Number

Doctor/Midwife/Nurse Practitioner

Phone Number

Other healthcare provider

Phone Number



ImmunizeBC



The British Columbia Ministry of Health encourages parents/caregivers to:

Contact your public health office for information about your child's:

- Growth and development
- Feeding and nutrition
- Speech and language development
- Behaviour
- Immunizations
- Oral health

Check out the Parent/Caregiver Resources:

- *Baby's Best Chance*: www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance
- *Toddler's First Steps*: 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

- 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 immunizeBC.ca to learn more about immunizations.

Birth Information

Child's name: _____

Date of birth: _____

Place of birth: _____

Personal Health Number: _____

Doctor/Midwife/Nurse Practitioner: _____

Other healthcare provider: _____

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 they are older.

Monitoring Growth

When you take your child to the doctor, midwife or nurse practitioner for their check-ups or when they are not feeling well, the doctor, midwife or nurse practitioner will measure how tall they are and check how much they weigh. They use a special chart to see how your child is growing.

A growth chart is a type of graph used to track your child's growth pattern. It helps to 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.

Children grow at different rates. It can be normal for children to have growth spurts as well as periods of slow growth.

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/DietitiansOfCanada/media/Documents/WHO%20Growth%20Charts/Is-my-child-growing-well-Factsheet-EN-2023DCwebsite.pdf

Growth Record

Date (y/m/d)	Weight	Length/Height	Head Size
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Date (y/m/d)	Weight	Length/Height	Head Size
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Hearing, Dental and Vision Checks

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 or 6 months after the first tooth appears)

Date: _____ By: _____

Result: _____

Vision Check

Your regular health care provider should check your child's vision at every visit, starting at birth. By the time your infant is 3 to 4 months old, their eyes should appear to be straight and working together. Talk to your health care provider if your infant seems to have wandering or crossed eyes, if there is a family history of eye problems, or if you have other concerns.

Date: _____ By: _____

Result: _____

Children's vision continues to develop as they grow, but issues become more difficult to correct at older ages. So it's important for children to have a full eye exam by the time they start kindergarten. If a full exam isn't possible, a family doctor, nurse practitioner, optometrist or ophthalmologist can help detect lazy eye.

Vision concerns often have a family history. If you know of such considerations in your family, your child's eyes should be examined by an eye doctor (optometrist or ophthalmologist) by age 3, especially if you notice anything of concern.

Provincial health coverage can cover all or part of the cost of eye exams for children.

For First Nations Health Benefits for Vision and Dental Care visit www.fnha.ca/Documents/FNHA-Health-Benefits-Guide.pdf

Date: _____ By: _____

Result: _____

BC Healthy Kids Program

What is the BC Healthy Kids Program?

The BC Healthy Kids Program helps families with lower incomes with the costs of basic dental care, prescription eyewear and hearing assistance for their children. To be eligible, children must be under 19 years of age and have coverage for Medical Services Plan (MSP) supplementary benefits through the Ministry of Health. For more information, see: www2.gov.bc.ca/assets/gov/british-columbians-our-governments/organizational-structure/ministries-organizations/social-development-poverty-reduction/healthy-kids.pdf

How do I apply for the BC Healthy Kids Program?

Families who have been approved for MSP supplementary benefits will be automatically signed up with the Healthy Kids Program. Your family must have an annual adjusted net income of \$42,000 or less to be eligible for these benefits. To access MSP supplementary benefits, you must:

- Apply for MSP Supplementary Benefits with Health Insurance BC (HIBC) www2.gov.bc.ca/gov/content/health/health-drug-coverage/msp/bc-residents/benefits/services-covered-by-msp/supplementary-benefits
- File your taxes each year with Canada Revenue Agency (CRA)
- Update your MSP account if you have any changes in your family (adding or removing a spouse including common-law and/or children)

What does the BC Healthy Kids Program cover?

- *Optical:* Children are eligible for prescription glasses, which includes lenses and basic frames, once a year (contact lenses are not included). All prescriptions must be current and meet program criteria. MSP covers eye examinations for children. Confirm coverage before the appointment with the provider and ask if there will be any extra charges that are not covered.
- *Hearing:* Coverage is available for hearing aids and related items if supported by an assessment completed by either an audiologist or hearing instrument provider.
- *Dental:* Children are eligible for \$2,000 of basic dental services every two years. This includes services such as exams, x-rays, fillings, cleanings and extractions. Your dentist can advise you of other services that may be covered. Emergency dental treatment for the immediate relief of pain is also available if the child's two-year limit has been reached.

The Canadian Dental Care Plan (CDCP)

The CDCP is a new federal benefit that will help eligible Canadians access oral health care services. To qualify for the CDCP you must not have access to dental insurance, have an adjusted family net income of less than \$90,000, be a Canadian resident for tax purposes, and have filed your tax return in the previous year.

For more information on the Canadian Dental Care Plan, visit www.canada.ca/en/services/benefits/dental/dental-care-plan.html

Your Child's Immunizations

What are immunizations?

Immunizations, also known as vaccinations, help protect your child from getting an infectious disease.

They also help reduce the spread of disease to others. Most are given as shots by injection (needle), by nose (intranasal) or by mouth (oral). They are sometimes called vaccines, or vaccinations, and they are very safe.

What diseases do routine childhood vaccines protect against?

- Diphtheria
- Pertussis (whooping cough)
- Tetanus
- Hepatitis B
- Polio
- *Haemophilus influenzae* type b (Hib)
- Pneumococcal infections (including severe brain, blood, ear and lung infections)
- Rotavirus
- Meningococcal infections (including severe brain and blood infections)
- Measles
- Mumps
- Rubella
- Varicella (chickenpox)
- Human papillomavirus (HPV)
- Influenza (flu)

Your child might need other vaccines including COVID-19, Hepatitis A and travel vaccines. Talk to your health care provider for your child's vaccinations needs.

Without immunizations, your child could get very sick from these diseases.

Are immunizations safe?

Immunizations are very safe. Common side effects may include fever, as well as soreness, redness and swelling where the vaccine was given. These side effects are mild and usually last 1 to 2 days. Serious side effects 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 information about:
 - the vaccine your child is getting
 - the benefits of getting immunized
 - the risks of not getting immunized
 - common and expected side effects
 - rare but serious side effects, and
 - medical reasons not to get the vaccine
- understand the information;
- have been given a chance to ask questions; and
- give permission for the immunization to be given.

You may allow someone else to take your child for their immunizations. To do so, provide the person with a letter that includes your name, their name, and the child's name and birthdate. Date and sign the letter.

Where can I find more information?

For more details about immunizations, visit immunizeBC.ca or call your public health nurse, community health nurse, doctor/primary care provider, or HealthLinkBC at 8-1-1.

Translated copies of the immunization schedule are available in Arabic, Chinese, Farsi, French, Korean, Punjabi, Spanish and Vietnamese at www.healthlinkbc.ca/tools-videos/bc-immunization-schedules#child

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

A Better Immunization Experience for Your Child

Parents/caregivers play an important role in supporting their children through immunizations. Use these tips to help your infant or young child have a positive immunization experience.

Strategies for use with infants and young children:

1. Prepare your child for the immunization

Children old enough to understand can be prepared for the immunization. It's usually best to tell toddlers and preschool-age children as close to the immunization as possible.

When discussing the visit with your child, stay calm and speak in an even, soft voice. Answer questions honestly, using words that reduce anxiety, such as "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 (such as "It'll be over soon"), or that give false reassurance (such as "It won't hurt"). In addition, try not to apologize ("I'm really sorry you have to go through this").

Have your child wear either short sleeves/shorts or clothing that can be easily removed temporarily to support easy access for the immunization.

Why this works:

Children are very aware of the emotions of their caregivers and are sensitive to your language and tone. When you stay calm, it helps your child stay calm. If you speak positively about vaccines, your child is more likely to feel positive about them.

2. Consider numbing creams and patches

You can buy medications to numb the skin without a prescription at most pharmacies. Apply according to the package instructions, usually about 30 to 60 minutes before the appointment.

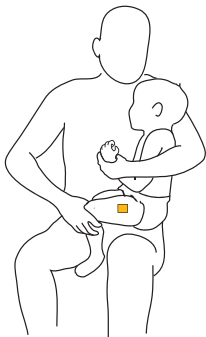
Supervise young children after applying the product so that they don't put the cream or patch in their mouth.

Ask your health care provider for specific information on where to apply numbing creams or patches or see the HealthLinkBC File: Numbing Creams and Patches for Immunization:

www.healthlinkbc.ca/healthlinkbc-files/numbing-creams-and-patches-immunizations

Why it works:

Numbing products reduce pain by blocking pain receptors in the skin.



3. Hold your child in a secure, comforting, upright position

Cuddle your child firmly in your lap in a seated or semi-seated position.

Why it works:

Being held close to you calms your child and helps keep legs and arms still so that the vaccine can be given safely. Sitting upright helps children feel more secure and in control.



4. Breastfeed or chestfeed your infant or young child

Breastfeeding or chestfeeding your infant or young child before, during and after an immunization helps reduce their pain. It's safe and will not cause them to choke or associate feeding with pain.

Why it works:

Close skin-to-skin contact comforts infants and young children. Suckling and the sweet taste of your milk provide a distraction. Your milk also contains natural calming substances.

5. Use sugar water if not breastfeeding or chestfeeding

If you are not breastfeeding or chestfeeding, holding your infant or young child skin-to-skin and providing sugar water before and during immunization helps reduce pain. Infants or young children up to 2 years old can be given sugar water (sucrose solution) 1 to 2 minutes before immunization. Prepare the solution at home and bring it to your child's appointment. For information on how to prepare a sucrose solution, see the HealthLinkBC file: A Better Immunization Experience for your Child at immunizebc.ca/children/have-positive-experience

Note that sugar water (sucrose solutions) should not be used at home to calm infants or young children.

Why it works:

Research shows that sugar water (sucrose solution) causes the brain to release pain-reducing substances. If you have questions about using sugar water (sucrose solutions) with your infant or young child, discuss with your health care team.

6. Try distraction

Distract your child before and during the injection. You can use a light-up toy, bubbles or a pinwheel to distract your child. Ask older children questions about something they are excited about. Older children can also listen to music, watch a video, look at a book/magazine, or play video games.

Why it works:

The part of the brain that processes pain is less active when infants and young children are distracted.

7. Use deep breathing (children 3 and older)

Ask your child to take a deep breath at the time of injection. To help them breathe deeply, they can blow a party blower, pinwheel or bubbles, or show you how you blow out candles on a birthday cake.

Why it works:

Deep breathing triggers the body to relax its stress response. It also serves as a distraction.

Find more information at immunizebc.ca/children/have-positive-experience

Child's Name: _____ Date of Birth: _____

Immunization Schedule and Record

For the best protection, start your child's immunizations at 2 months of age and follow the recommended immunization schedule.

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

2 months of age

1st set of immunizations

	Date (y/m/d)	Site	Immunizer Initials
<input type="checkbox"/> Diphtheria, Pertussis, Tetanus, Polio, <i>Haemophilus influenzae</i> type b (Hib), Hepatitis B	_____	_____	_____
<input type="checkbox"/> Pneumococcal Conjugate	_____	_____	_____
<input type="checkbox"/> Meningococcal C Conjugate	_____	_____	_____
<input type="checkbox"/> Rotavirus	_____	_____	_____

4 months of age

2nd set of immunizations

	Date (y/m/d)	Site	Immunizer Initials
<input type="checkbox"/> Diphtheria, Pertussis, Tetanus, Polio, <i>Haemophilus influenzae</i> type b (Hib), Hepatitis B	_____	_____	_____
<input type="checkbox"/> Pneumococcal Conjugate	_____	_____	_____
<input type="checkbox"/> Rotavirus	_____	_____	_____

Child's Name: _____ Date of Birth: _____

6 months of age 3rd set of immunizations

Date
(y/m/d)

Site

Immunizer
Initials

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

The influenza (flu) vaccine is available each year as early as October and is recommended for children 6 months of age and older. Everyone 6 months and older can get an influenza (flu) and updated COVID-19 vaccine at the same time. These vaccines are free and available at pharmacies, health authority clinics and some primary care providers' offices. Please speak with your health care provider for more information. Record your child's influenza and/or COVID-19 vaccine under "Other Immunizations."

Must be given on, or after, the 1st birthday – 4th set of immunizations

Date
(y/m/d)

Site

Immunizer
Initials

- MMR (Measles, Mumps,
Rubella)
- Pneumococcal Conjugate
- Meningococcal C Conjugate
- Varicella (Chickenpox)

Child's Name: _____ Date of Birth: _____

**18 months of age
5th set of immunization**

Date
(y/m/d)

Site

Immunizer
Initials

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

**Kindergarten immunizations
(starting at age 4)**

Date
(y/m/d)

Site

Immunizer
Initials

- 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. Public health will also keep a record of vaccines your child is given at school. Refer to

www.healthgateway.gov.bc.ca/

Grade 6

Date
(y/m/d)

Site

Immunizer
Initials

Vaccine:

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

Child's Name: _____ Date of Birth: _____

Grade 9

Date
(y/m/d)

Site

Immunizer
Initials

Vaccine:

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

Other Immunizations

(Including influenza (flu), COVID-19, hepatitis A, travel vaccines, or any other vaccines)

Name of Immunization

Date
(y/m/d)

Site

Immunizer
Initials

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

Immunization schedules may change. For the most up-to-date information, visit immunizeBC.ca

Caring for Your Child After Immunization

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. Serious side effects are very rare.

Here are some things you can do after a vaccine to help your child be more comfortable.

For a fever:

- Let your child breastfeed or chestfeed more, or offer more to drink.
- Dress your child in lightweight clothing.
- Give your child medicine to help bring down the fever and make them more comfortable (see page 21 for more information).
- Seek medical attention right away if your child is less than 3 months old and has a fever, to ensure that it's not a sign of an unrelated illness.

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.

To help relieve pain or swelling where the vaccine was given:

- Cuddle your child.
- Put a cool, wet cloth or wrapped ice pack on the arm or leg where your child got the immunization.
- Give your child medicine to help make them comfortable. (See page 21 for more information.)

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. Symptoms 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 has a serious reaction to a vaccine, seek medical attention right away. Report the reaction to public health or your health care provider.

Medicines to Help with Fever and Pain

There are two kinds of over-the-counter medicines to choose from to help bring a child's temperature back to normal or to help with pain following immunization: acetaminophen and ibuprofen. Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

Medicines are not always needed to reduce a fever. They can be used to relieve aches and pains and to make your child more comfortable.

Fever medicine brand names:

Acetaminophen	Ibuprofen
Abenol	Advil
Atasol	Motrin
Tempra	
Tylenol	

Safety tips when giving over-the-counter medicine to children:

Always follow the directions on the label. Some forms of medicine are stronger (more concentrated) than others.

Do not give more than the recommended amount. If giving acetaminophen, do not give more than 5 doses in 24 hours. If giving ibuprofen, do not give more than 4 doses in 24 hours.

Ibuprofen should not be given to children under 6 months of age without first speaking to your health care provider.

Aspirin or other drugs that contain acetylsalicylic acid (ASA) should not be given to anyone under the age of 18 years unless your doctor advises. ASA may cause Reye syndrome in children and teenagers, a condition that causes damage to the brain and liver.

If you are unsure about which medicine to use or how much to give your child, contact your health care provider, pharmacist, or call HealthLink BC at 8-1-1 (available 24/7).

For more information on caring for your child after immunization, see the Immunization Aftercare Sheet for Infants and Young Children: immunizebc.ca/tools-resources/immunization-aftercare

These sheets are available in multiple languages.

Child Safety

- Use a correctly installed, approved car seat or booster seat for every ride, even short trips. For more information, visit 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 safer 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 www.healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/baby-safety/safer-sleep-my-baby
- 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 recalls-rappels.canada.ca/en or by visiting manufacturers' websites.
- Stay with your child when they are eating.
- Stay with your child when they are 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 as well. Learn more at www.healthlinkbc.ca/pregnancy-parenting/keeping-your-child-safe/preventing-choking-small-children
- Do not heat baby bottles in the microwave.
- Install smoke alarms near all sleeping areas of the home.
- Protect your child from sunburn.

For more information on child health and safety, see *Baby's Best Chance* (www.healthlinkbc.ca/pregnancy-parenting/babys-best-chance) and *Toddler's First Steps* (www.healthlinkbc.ca/toddlers-first-steps), visit www.HealthLinkBC.ca, contact your health care provider, or contact HealthLink BC at 8-1-1.

Record of Illness, Injuries, Allergies, Hospitalization or Reactions after Immunization

Event

Date (y/m/d)

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Notes

Pregnancy and the early years of a child's life are times when all families can benefit from support 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 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
- Feeding your child, including receiving breastfeeding/chestfeeding/infant feeding support
- Keeping your child 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 child and positive parenting to support their optimal growth and development, dental, hearing, and vision health, and bonding

Our Special Journey: PSBC's Pregnancy Passport

A booklet to support you in having a healthy pregnancy, tracking your progress, and preparing for your baby

www.perinatalservicesbc.ca/Documents/Resources/HealthPromotion/PregnancyPassport/PregnancyPassport.pdf



Health Office Stamp



ImmunizeBC