SVASTHA
HOSPITAL
FEEL BETTER
MULTISPECIALITY CENTER

MY HEALTH BOOKLET

Name: _____

Date of Birth: _____ Time of Birth: _____ Sex: _____

Blood Group: _____ Paediatrician: _____

Significant Neonatal History: _____

Step by step protection against childhood infections is what your child needs.

For Emergency: 8095 47 0000 / 080-2503 4455

VACCINATION SCHEDULE FOR YOUR BABY

Recommended Age	Vaccines	Due Date	Given On	Brand Name
At Birth	BCG (Tuberculosis)			
	OPV 0			
	Hep-B 1			
6 Weeks (1.5 Months)	DTwP 1 / DTaP 1			
	IPV 1			
	Hep-B 2			
	Hib 1			
	Rotavirus 1			
	PCV 1			
10 Weeks (2.5 Months)	DTwP 2 / DTaP 2			
	IPV 2			
	Hep-B 3			
	Hib 2			
	Rotavirus 2			
	PCV 2			
14 Weeks (3.5 Months)	DTwP 3 / DTaP 3			
	IPV 3			
	Hep-B 4			
	Hib 3			
	Rotavirus 3			
	PCV 3			
6 Months	Influenza 1			
7 Months	Influenza 2			
6 - 9 Months	TCV			
9 Months	MMR 1			
	Meningococcal 1			
12 Months	Hepatitis A 1			
	Meningococcal 2			
13 Months	JE 1			
14 Months	JE 2			
15 Months	MMR 2			
	Varicella 1			
12 - 18 Months	PCV B1			

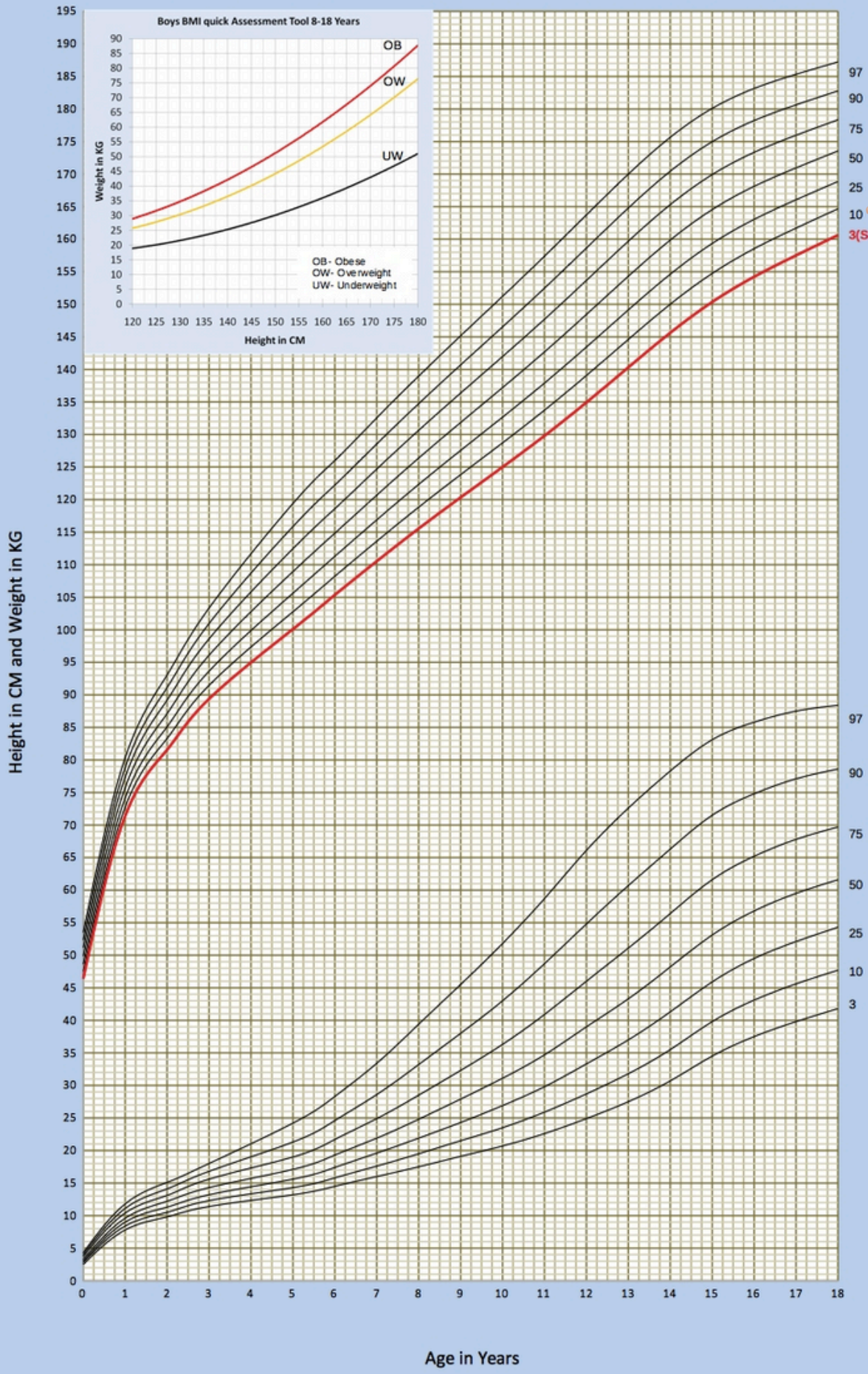
Diet Chart

	6 MONTHS	6-8 MONTHS	8-10 MONTHS	10-12 MONTHS
Fruits	Banana	Apricot	Blueberries	All Fruits
	Pear	Mango	Cherries	
	Apple	Plums	Dates	
	Avacado	Prunes	Kiwi	
			Popaya	
Vegetables	Carrot	Pumpkin	Brocolli	All Vegetables
	Sweet Potato	Green Beans	Cauliflower	
	Potato	Peas	Mushroom	
	Butternut Squash		Egg Plant	
Cereals	Rice	Black, Red, Pinto Beans	Millets	All Grains & Cereals
	Barley		Sesame Seeds	
	Oats	Lentils	Makhana	
Dairy	Breast Milk or Formule Milk	Yogurt	Cheese	Yogurt, Cheese
Proteins		Tofu	Egg Yolk	Whole Eggs
		Dry Fruits & Nuts	Chicken Stew	Chicken
				Fish

Foods to be avoided under 1 year of age:

- Cows Milk
- Egg
- Honey
- Additional Sugar & Salt
- Artificial Sweetner & Jaggery

WHO 2006 & IAP 2015 combined Boys Charts 0-18 Years

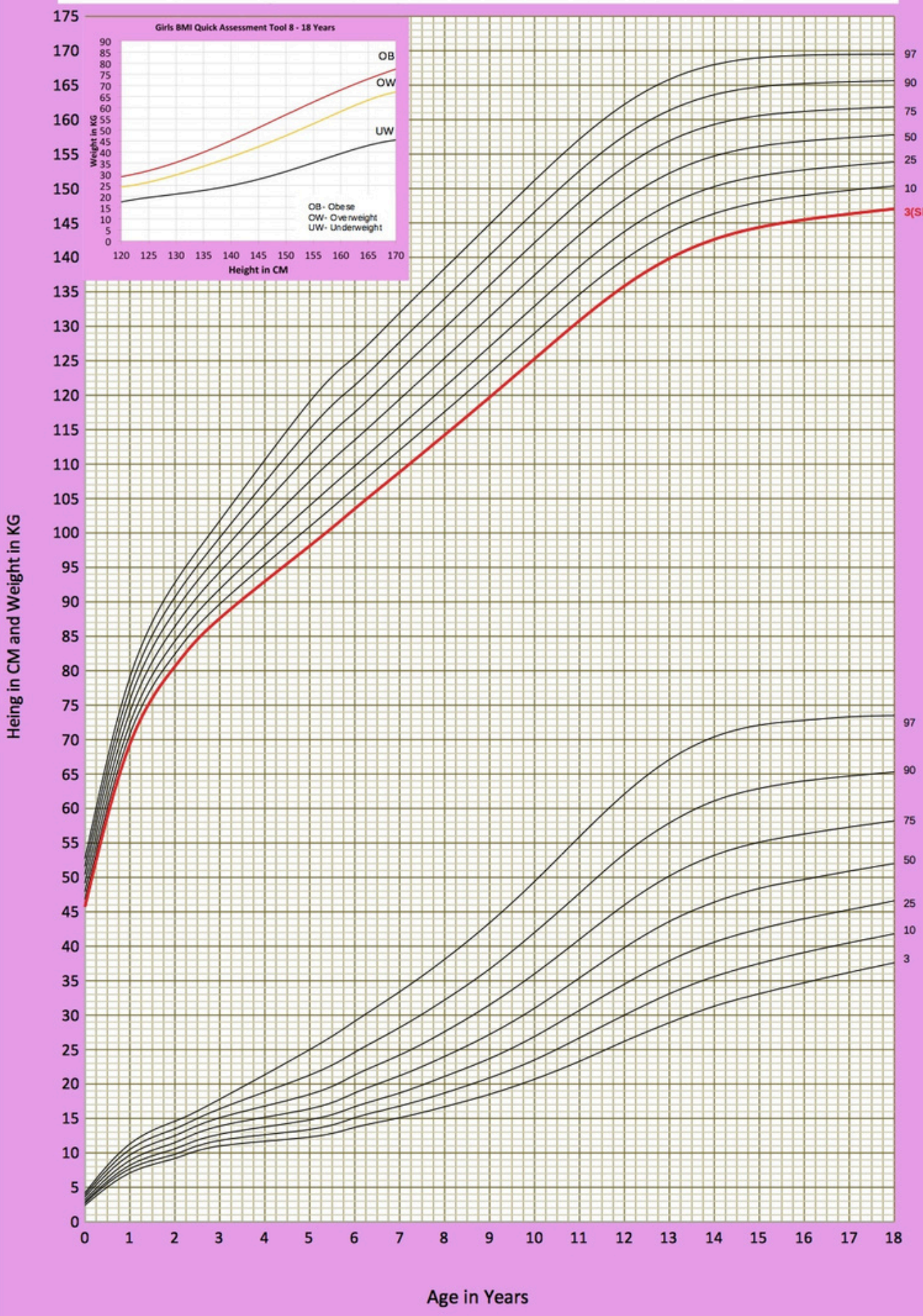


MPH Percentile Calculator

Father's Height	MPH Centile	Mother's Height
150		137
151		138
152		139
153		140
154		141
155		142
156		143
157		144
158	3rd	145
159		146
160		147
161		148
162		149
163	10th	150
164		151
165		152
166		153
167		154
168	25th	155
169		156
170		157
171		158
172		159
173	50th	160
174		161
175		162
176		163
177		164
178	75th	165
179		166
180		167
181		168
182	90th	169
183		170
184		171
185		172
186		173
187	97th	174
188		175
189		176
190		177

Modified from: 1. WHO MGRS (Multicentre Growth Reference Study) 2006.
2. Revised IAP Growth Charts for Height, Weight and Body Mass Index for 5 to 18 year old Indian Children.
V. Khadilkar et al, from Indian Academy of Pediatrics, Growth Chart Committee, Indian Pediatrics, Jan 2015, Vol 52
3. Khadilkar V, Lohiya N, Chiplonkar S, Khadilkar A. Body Mass Index Quick Screening Tool for IAP 2015 Growth Charts [published online ahead of print, 2020 Jun 12]. Indian Pediatr. 2020;S097475591600197.

WHO 2006 & IAP 2015 combined Girls Charts 0-18 Years



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158		145
159	3rd	146
160		147
161		148
162		149
163	10th	150
164		151
165		152
166		153
167	25th	154
168		155
169		156
170		157
171	50th	158
172		159
173		160
174		161
175	75th	162
176		163
177		164
178		165
179	90th	166
180		167
181		168
182		169
183	97th	170
184		171
185		172
186		173
187		174
188		175
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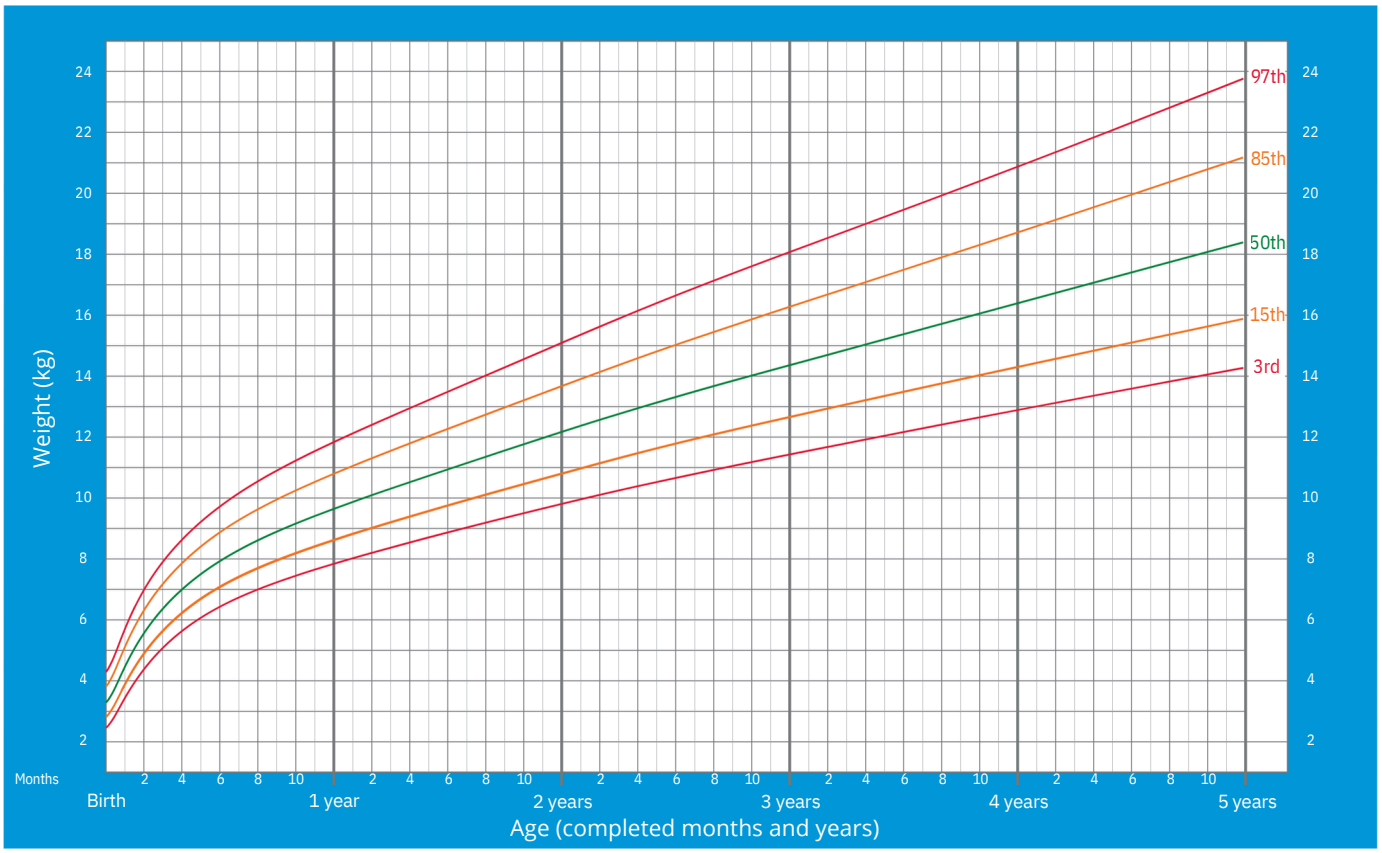
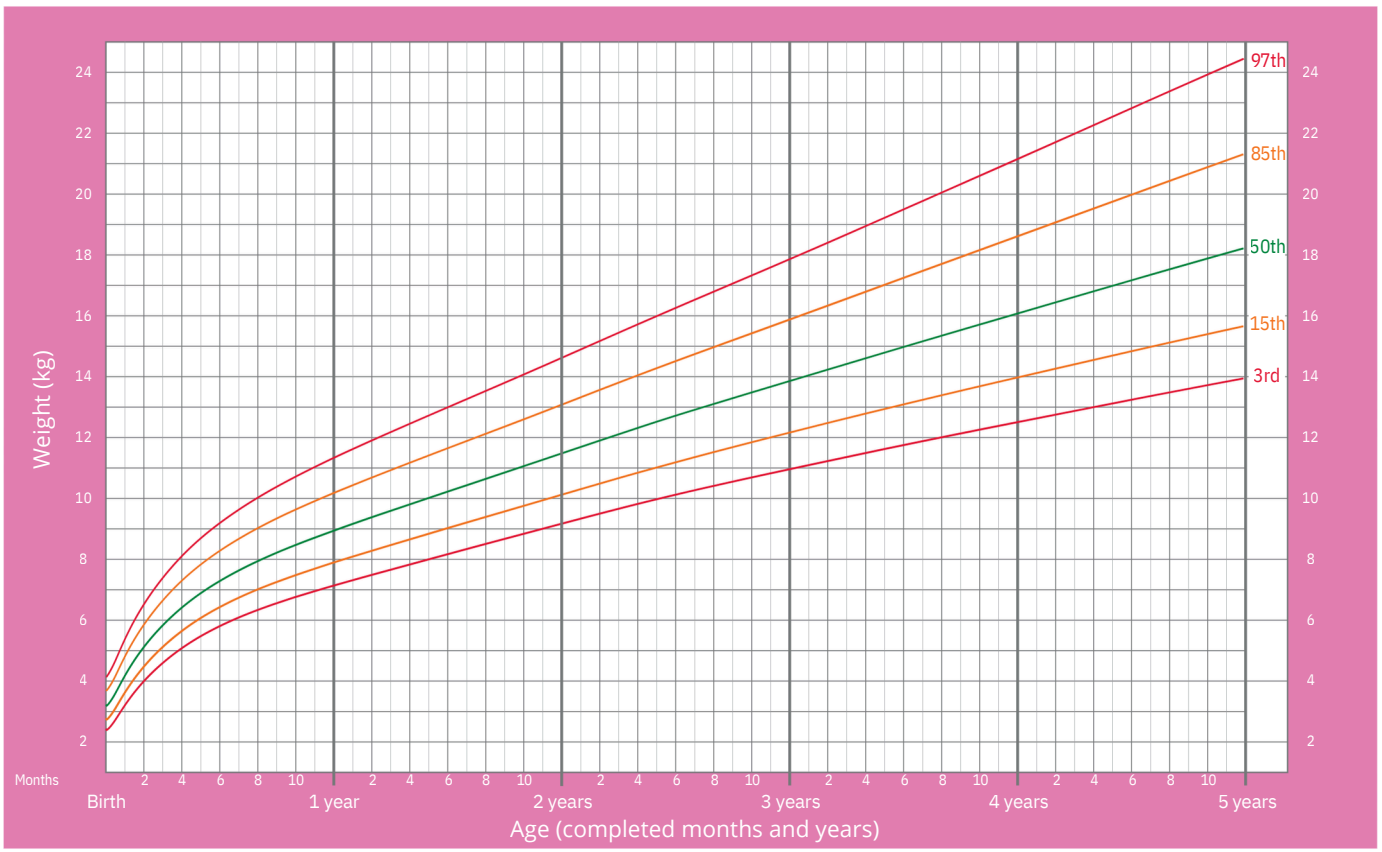
Weight-for-age BOYS

Birth to 5 years (percentiles)



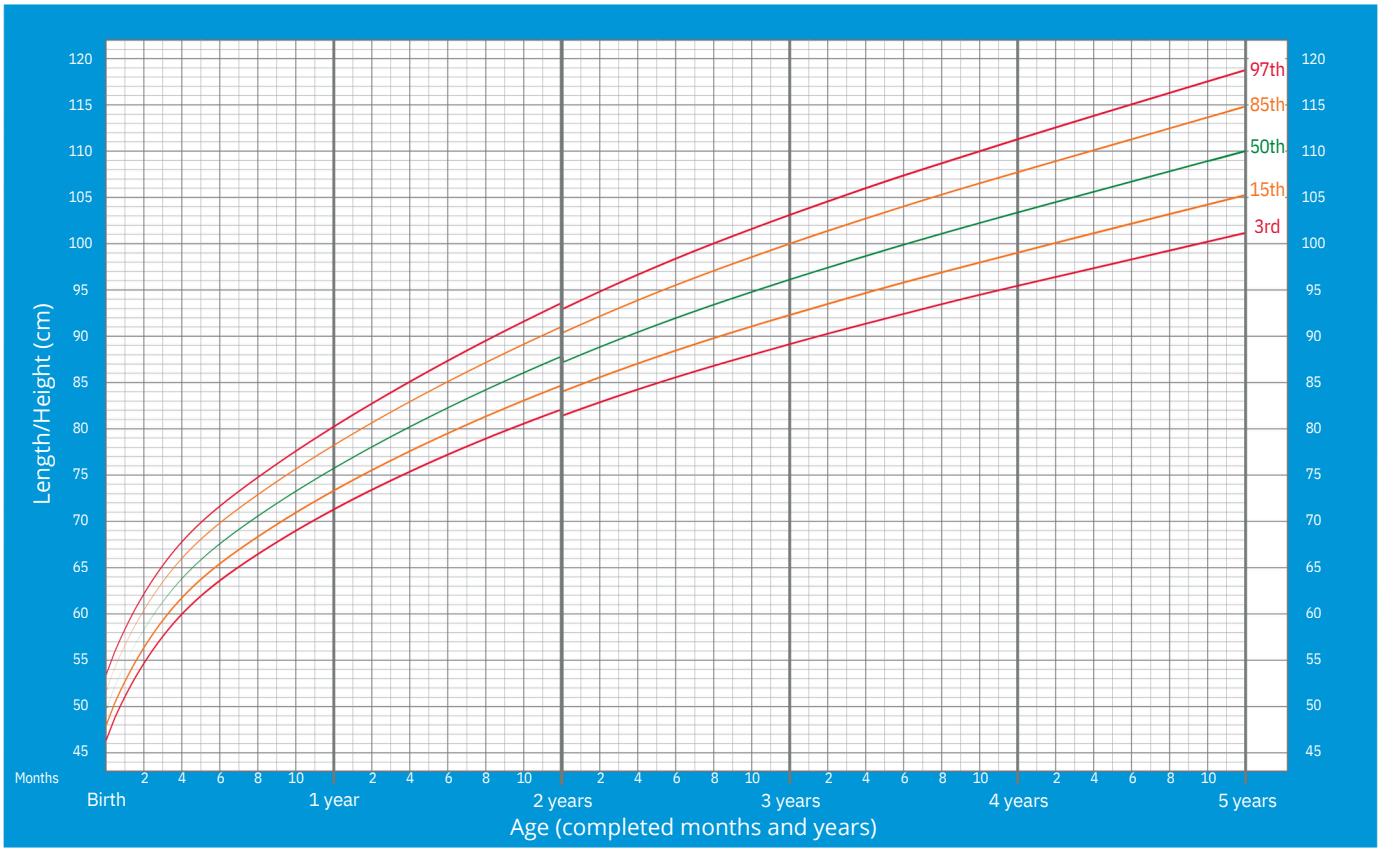
Weight-for-age GIRLS

Birth to 5 years (percentiles)



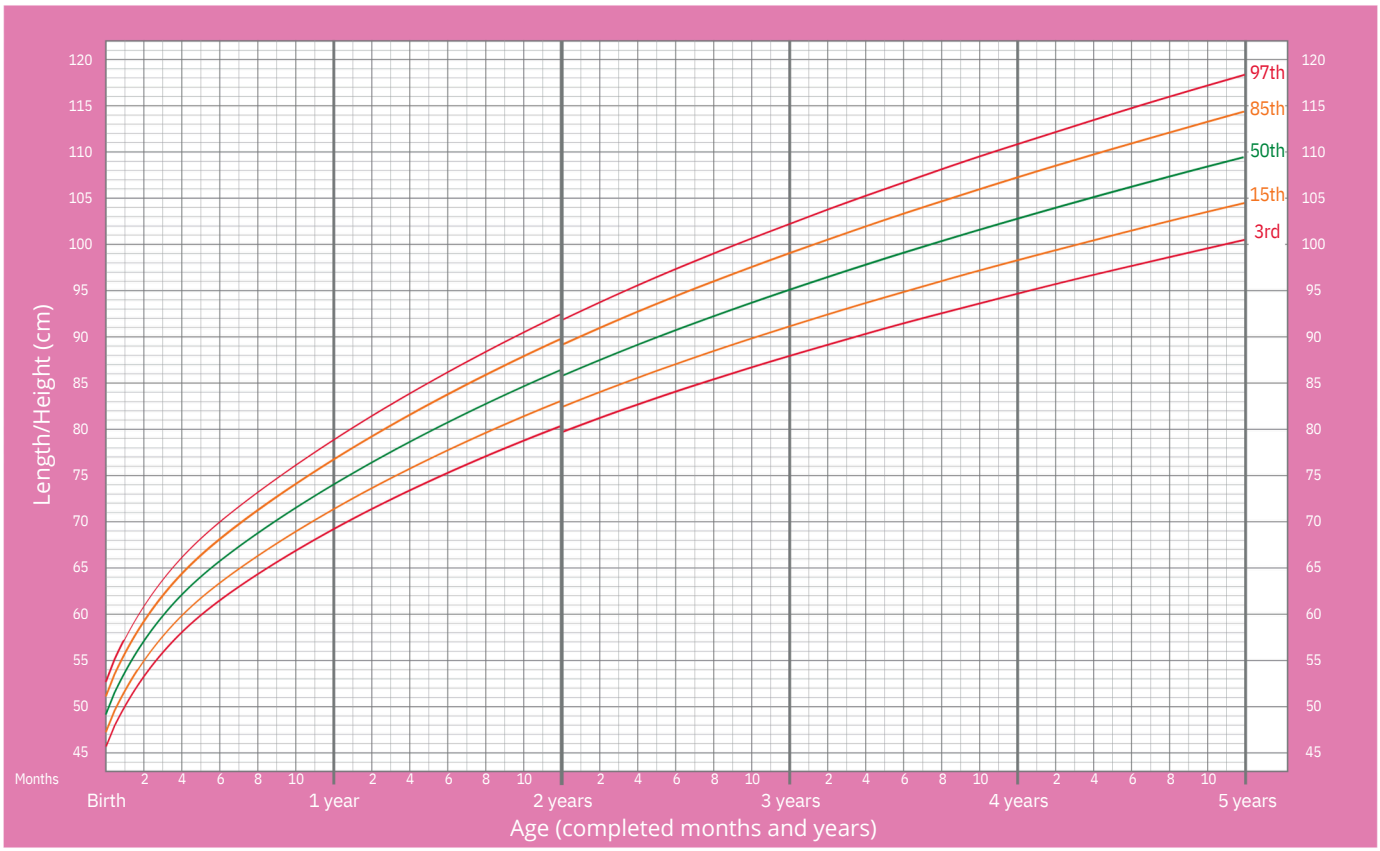
Length/height-for-age BOYS

Birth to 5 years (percentiles)



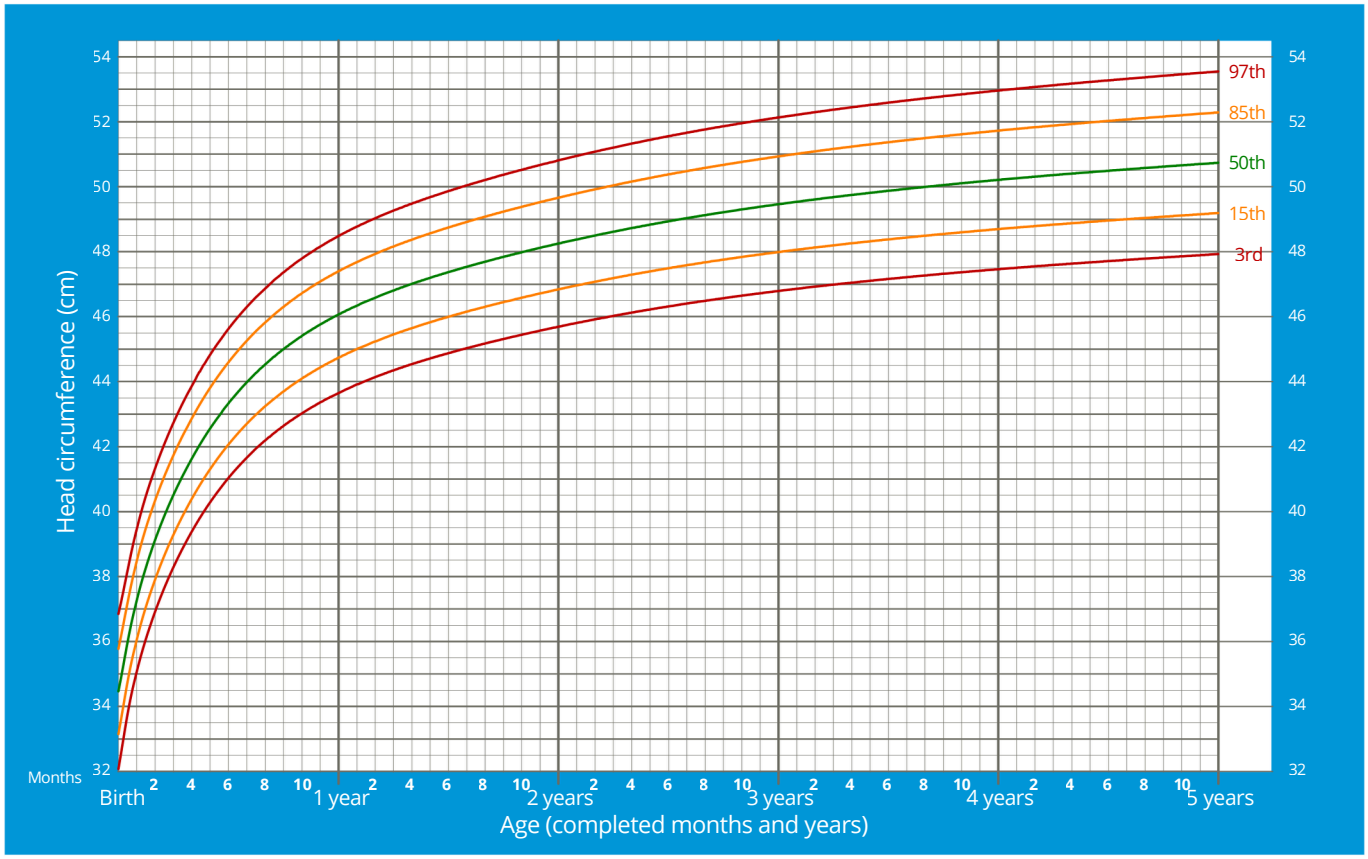
Length/height-for-age GIRLS

Birth to 5 years (percentiles)



Head circumference-for-age BOYS

Birth to 5 years (percentiles)



Head circumference-for-age GIRLS

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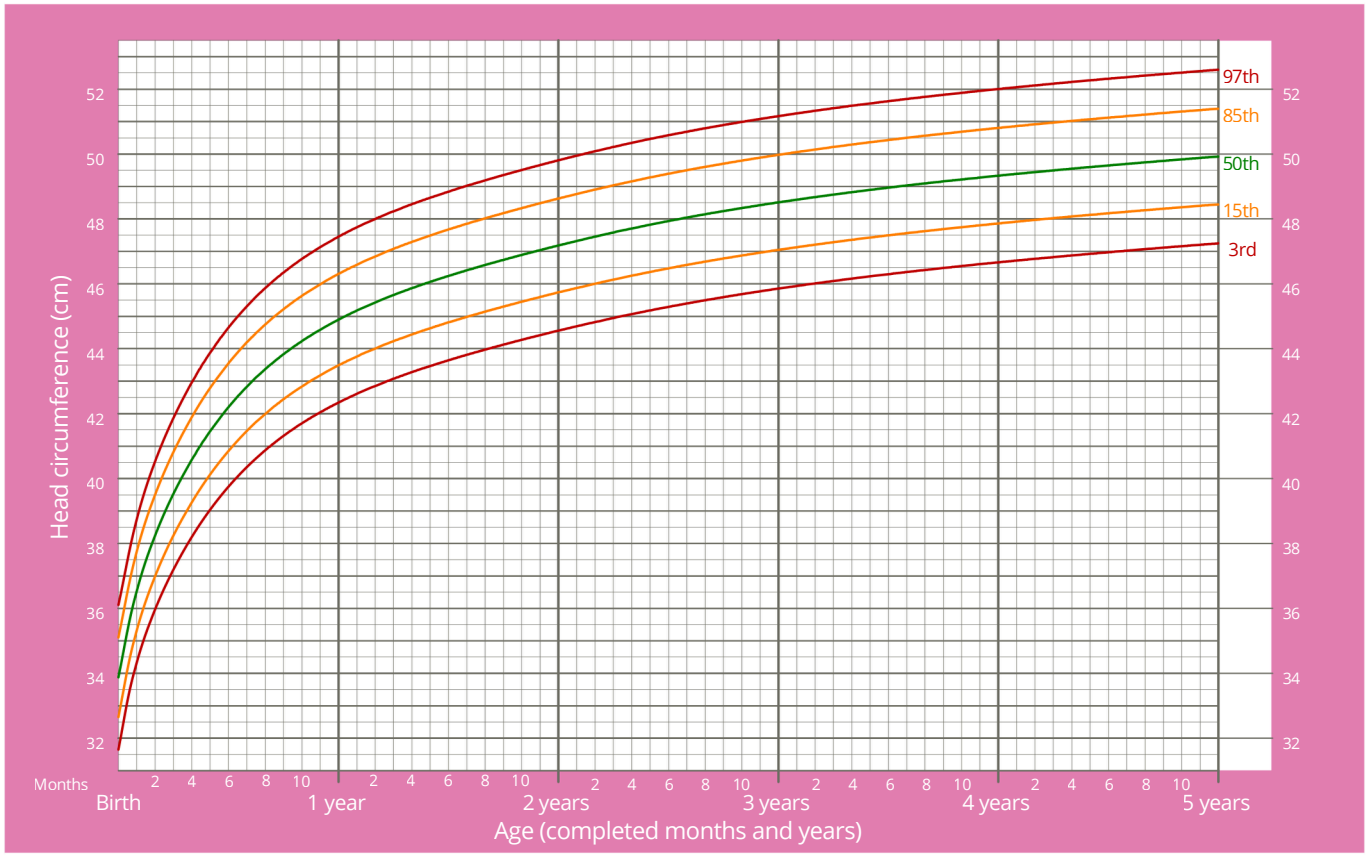
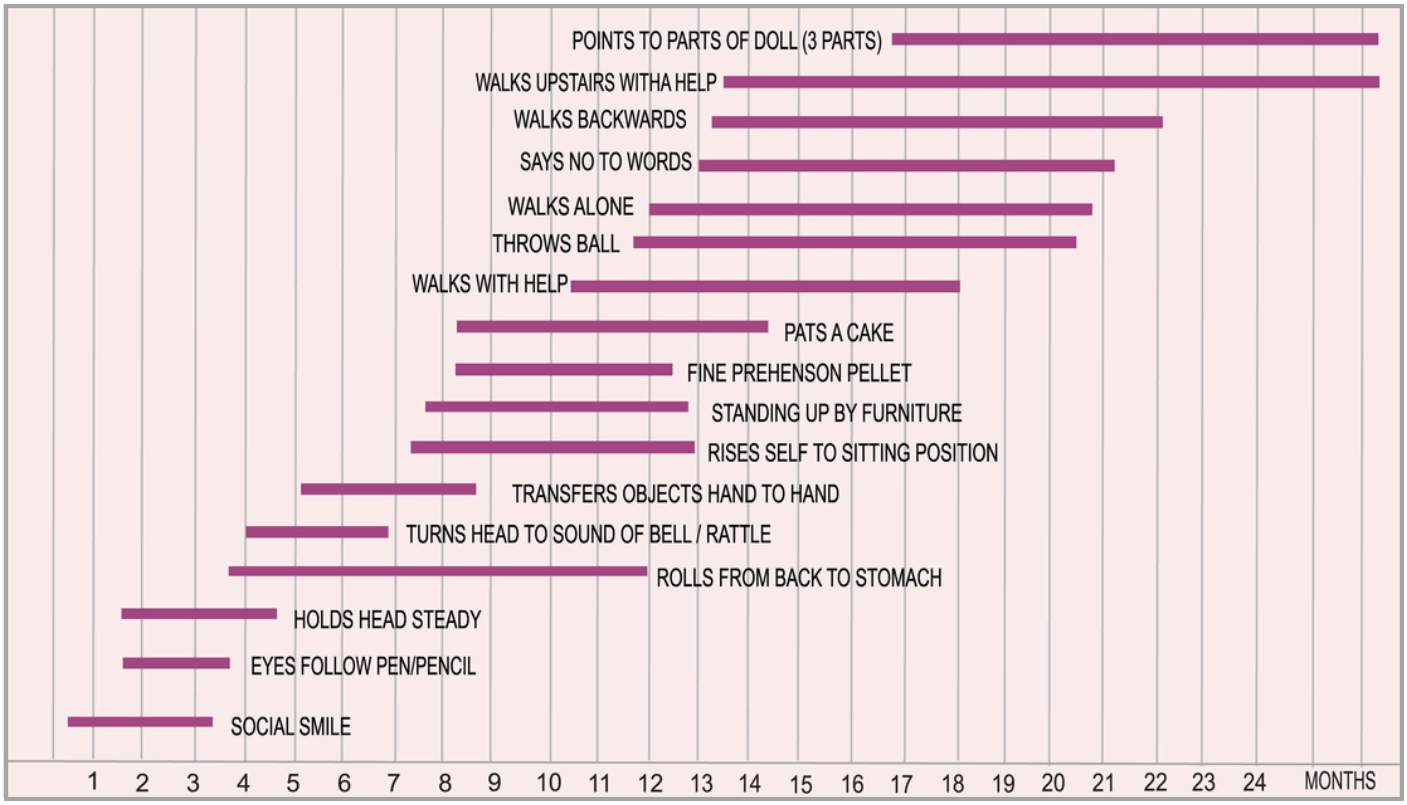


VACCINATION SCHEDULE FOR YOUR BABY

Recommended Age	Vaccines	Due Date	Given On	Brand Name
16 - 18 Months	DTwP B 1 / DTaP B 1			
	IPV B1			
	Hib B1			
18 -24 Months	Hepatitis A 2			
	Varicella 2			
24 Months	Meningococcal 2			
	Annual Influenza			
4 - 6 Years	DTwP B 2 / DTaP B 2			
	IPV B 2			
	MMR 3			
9 Years and above	Tdap / Td			
	HPV (2/3 doses)			
16 to 18 Years	Tdap / Td			
3 Years	Annual Flu			
4 Years	Annual Flu			
5 Years	Annual Flu			
6 Years	Annual Flu			
7 Years	Annual Flu			
8 Years	Annual Flu			

DEVELOPMENT MILESTONES

TRIVANDRUM DEVELOPMENTAL SCREENING CHART (TDSC)



MAKE SURE YOUR CHILD SEES, HEARS AND LISTENS

SVASTHA HOSPITAL
FEEL BETTER

MULTISPECIALITY CENTER

Site No. 3, Narayanappa Garden Main Road, Whitefield, Bangalore -560066.

FOR APPOINTMENTS	EMERGENCY	PHARMACY
8095 37 0000	8095 47 0000	8095 27 0000
080 - 2503 - 4444	080 - 2503 - 4455	080 - 2503 - 4400

24/7 SERVICE

• ICU • EMERGENCY• LAB • PHARMACY
• STATE OF THE ART MODULAR THEATER • AMBULANCE