

JBER Pediatric Newsletter



Tear-Free Vaccination Tips!



Combination Vaccines

Good news! Did you know pediatricians have gotten better at minimizing or even eliminating the pain of vaccinations? For one thing, we can often administer multiple vaccines in a single injection. Thanks to current combination vaccines, we can safely give up to 3 vaccines in one shot. This decreases the number of injections your child will receive. It is safe to receive multiple vaccines at the same time.

We usually give vaccines in the thighs during the first few years of life and in the upper arm muscles after that. When staff is available, they can use both legs at the same time to minimize the duration of discomfort. Because what pain there is tends to be experienced as a single event, it is discouraged for parents to spread vaccines out over multiple visits. There is no medical reason to spread out vaccines, and it tends to prolong the discomfort for everyone.

Crying is a normal and a common response from babies after getting shots. Most babies calm down very quickly after their shots with being held. The calm in your voice and the firm reassurance of your embrace tells your baby that everything is fine. **Remember, the shots may hurt for a moment, but the protection they're giving your baby is good for a lifetime.**

Adverse Reactions

By far the most common adverse reactions following vaccination are fever and fussiness. Sometimes there may be a little redness or swelling at the injection site. Many parents ask if they should give acetaminophen (Tylenol ®) before or after the vaccine visit. In the past we have encouraged using these medications to reduce any discomfort or potential fever from vaccines. However, some newer studies have questioned whether giving acetaminophen might make the vaccines slightly less effective, so some pediatricians are no longer recommending it.

Any medication or vaccine has the potential to cause an allergic or severe reaction, however, **the risks in vaccines are very rare** (1 per million).

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When to Call the Doctor

After receiving vaccines, call your doctor if your child has:

- Temperature above 102°F
- Fever that lasts more than a few days
- Unusual fussiness
- Hives
- Wheezing
- Unusually ill shortly after she gets vaccines

Alert office staff if you're still in the building or call emergency medical services (911) if you're not.

Author David L. Hill, MD, FAAP Last Updated 11/21/2015 Source Dad to Dad: Parenting Like a Pro (Copyright © American Academy of Pediatrics 2012)

Shot Schedule Well Visits

Birth	2 day
	2 week
2 months	2 months
4 months	4 months
6 months	6 months
	9 months
12 months	12 months
18 months	15 months
4-6 yrs	18 months
11 yrs	*yearly from
16 yrs	2 through 18

JBER Immunization Clinic

MWF 0730-1130 and 1245-1615
Closed every 3rd Thur of the month
1130-1630



Breastmilk Donation Info

Consult a healthcare provider first

The choice to feed a baby human milk from a source other than the baby's mother should be made in consultation with the baby's healthcare provider, because the nutritional needs of each baby depend on many factors including the baby's age and health.

Consider the possible safety risks

If you are considering feeding a baby with human milk from a source other than the baby's mother, you should know that there are possible health and safety risks for the baby. If the donor has not been adequately screened, risks for the baby include: exposure to infectious diseases (such as HIV), to chemical contaminants (such as some illegal drugs) and to a limited number of prescription drugs that might be in the human milk. In addition, if human milk is not handled and stored properly, it could, like any type of milk, become contaminated and unsafe to drink.

FDA recommends against feeding your baby breast milk acquired directly from individuals or through the Internet

When human milk is obtained directly from individuals or through the Internet, the donor is unlikely to have been adequately screened for infectious disease or contamination risk. In addition, it is not likely that the human milk has been collected, processed, tested or stored in a way that reduces possible safety risks to the baby.

FDA recommends that if, after consultation with a healthcare provider, you decide to feed a baby with human milk from a source other than the baby's mother, you should only use milk from a source that has screened its milk donors and taken other precautions to ensure the safety of its milk.

There are human milk banks that take voluntary steps to screen milk donors, and safely collect, process, handle, test, and store the milk. In a few states, there are required safety standards for such milk banks. FDA has not been involved in establishing these voluntary guidelines or state standards.

<http://www.fda.gov/ScienceResearch/SpecialTopics/PediatricTherapeuticsResearch/ucm235203.htm>



- You can contact your state's department of health to find out if it has information on human milk banks in your area.

- Another source of information is the Human Milk Banking Association of North America (HMBANA), a voluntary professional association for human milk banks. HMBANA issues voluntary safety guidelines for member banks on screening donors, and collecting, processing, handling, testing and storing milk.

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