**NHS Vaccinations and when to have them!**   
  
It’s important that vaccines are given on time for the best protection, but if you or your child missed a vaccine, contact your GP to catch up.

**The vaccination Schedule**

**Age Vaccines**

8 weeks 6-in-1 vaccine , Rotavirus vaccine, MenB vaccine

12 weeks 6-in-1 vaccine (2nd dose), Pneumococcal vaccine,

Rotavirus vaccine (2nd dose)

16 weeks 6-in-1 vaccine (3rd dose) , MenB vaccine (2nd dose)

1 year Hib/MenC vaccine (1st dose), MMR vaccine(1st dose)

Pneumococcal vaccine (2nd dose), MenB vaccine

(3rd dose)

2 to 15 years Children’s flu vaccine (every year)

3 years and 4 months MMR Vaccine (2nd dose), 4-in-1 preschool booster

More information on vaccines can be found at: <https://www.nhs.uk/conditions/vaccinations/nhs-vaccinations-and-when-to-have-them/>

**What to expect after the vaccine appointment**

Your baby or child may cry for a little while after a vaccination, but they should feel better after a big cuddle and hug! Sometimes, the area where the needle goes in can be sore and red for 2 to 3 days. This is completely normal, and should go away on its own - no need to worry!

Some children may feel irritable and unwell, and some may develop a high temperature and fever. If you child does develop a high temperature after their vaccine; make sure they are not wearing too many layers of clothes or blankets, give them plenty to drink, and give them liquid paracetamol or ibuprofen to help bring their temperature down (check the medicine for correct dosage). **REMEMBER: DO NOT GIVE ASPIRIN** to children under 16 years old, unless prescribed by a doctor!

**If you are worried that your child is experiencing an allergic reaction to their vaccine, call either your GP or call 111.**

**Vaccination tips for parents  
  
DO**

* remember to take your [personal child health record (PCHR)](https://www.nhs.uk/conditions/baby/babys-development/height-weight-and-reviews/baby-reviews/) – in England this is usually known as the "red book"
* let the practice or clinic know if someone else is taking your child for vaccinations
* dress your baby in clothes that are easy to remove – babies under 12 months have injections in the thigh
* dress toddlers and older children in loose or short sleeves – they'll have their injections in the arm
* try to stay calm during the vaccination – it's natural to worry but it might make your child anxious and restless
* let your child know what's going to happen in simple language – for example, "you may feel a sharp scratch that will go away very fast"
* hold your child on your knee during the injection – if you're worried about seeing injections you could ask a nurse or another member of staff to hold them for you

**DON’T**

* do not rush to get to your appointment – giving yourself plenty of time can help you and your child avoid feeling stressed and anxious
* do not be worried about speaking to the nurse or doctor – they can answer any questions you have about vaccination

**Some more fantastic resources to check out regarding vaccine information, and other health-related issues regarding early years children can be found below;**

**What infections are, how they are transmitted and those at higher risk of infection**

Visit: <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/what-infections-are-how-they-are-transmitted-and-those-at-higher-risk-of-infection>

**Ducklings Advice on Should I keep my child off preschool or nursery?**Visit:

<https://www.ducklingspreschool.co.uk/post/should-i-keep-my-child-off>

**Ducklings Advice on Safer Sleep Awareness for Early Years, discussing SIDS**

Visit: <https://www.ducklingspreschool.co.uk/post/safer-sleep-poster-for-early-years-settings-and-parents> AND <https://www.ducklingspreschool.co.uk/post/safer-sleep-awareness>

**Ducklings Advice on Measles in Early Years Children**Visit: <https://www.ducklingspreschool.co.uk/post/measles-in-early-years-children>

**Ducklings Advice on Teeth Brushing and Oral Health**Visit: <https://www.ducklingspreschool.co.uk/post/teeth-brushing-help-and-free-resources-for-home>

**Diarrhoea and vomiting outbreak: Action checklist**

Visit: <https://khub.net/documents/135939561/735696704/Diarrhoea+and+vomiting+outbreak+action+checklist.pdf/a5c209de-aa20-f323-894a-220b1aa06650>

**Ways to support immunisation programmes, contacting your SAIS team.**

Visit: <https://www.gov.uk/government/publications/health-protection-in-schools-and-other-childcare-facilities/supporting-immunisation-programmes>

**POSTER: Managing cases of infectious diseases in schools and other childcare settings**

Visit: <https://assets.publishing.service.gov.uk/media/626668ade90e07168b3c0943/UKHSA-11412-managing-cases-of-infectious-diseases-in-schools_staff-practical-guide-opt1.pdf>

**POSTER: Managing cases of infectious diseases in schools and other childcare settings**

Visit: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/<https://assets.publishing.service.gov.uk/media/626667ede90e0716982a3227/UKHSA-11412-managing-cases-of-infectious-diseases-in-schools_staff-practical-guide-opt2.pdf>

**POSTER: Should I keep my child off school checklist poster**

Visit: chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/<https://assets.publishing.service.gov.uk/media/626669cb8fa8f523b7221b98/UKHSA-should-I-keep-my_child_off_school_guidance-A3-poster.pdf>

**All of our health related Ducklings articles can be found at** <https://www.ducklingspreschool.co.uk/blog/categories/early-years-medical>