

# 18-month Well Baby Programme

## 18 个月健康婴儿计划

Parents are so pleased and excited to receive their new born baby. "Is my baby growing well?" "Is my baby's development appropriate?" These questions are in parents' minds every day. Continuous monitoring of baby's physical growth and developmental milestones they can achieve is therefore very important.

Apart from monitoring and training them, we also need to prevent the babies from catching serious infections. Babies look so perfect but yet so pure and immature that they are not ready to face all the challenges in the world. Their bodies are not equipped with enough natural defence to bar or combat the invasion of disease germs. In order to offer adequate protection to them, parents should have their children vaccinated to fortify their immune systems. Vaccines against disease germs can prepare the body's immune system and hence help the body prevent or fight infections.



## What is included in the 18-month Well Baby Programme?

Parents will bring their baby to see our designated paediatrician periodically for health check, developmental assessment and vaccinations. From month 1 to month 18, a baby will be expected to pay 7 visits for such purposes.

Thorough physical examinations will be done. Physical parameters including body weight and height will be measured. Observation and enquiry on developmental achievement of the child will be performed. Routine vaccines protecting against 12 common childhood infectious diseases will be given during the visits. Optional vaccines will be discussed and recommended according to the individual need and ethnic background of the child. Complete vaccination record will be updated.

不少父母一方面对新生儿的降临感到十分高兴，但另一方面却对孩子的健康不禁忧心，脑海中经常浮现「我的宝宝身体健康吗？」「我的宝宝发育健全吗？」等种种忧虑。正因如此，持续有效地监察婴儿的身体成长和发展里程碑对父母来说非常重要。

事实上，除了监察婴儿的成长及提供适当训练外，父母还需保护婴儿免受严重疾病感染。完美的小生命呱呱落地，由于身体尚未发育成熟，令他们未有足够免疫能力抵御细菌或病毒的入侵。注射疫苗可有效帮助婴儿增强自身免疫系统，从而抵御外来感染，因此父母应及早为婴儿接种疫苗以增强对他们的保护。

## 计划涵盖的服务及特点

在整个 18 个月的计划中，我们将委派一位指定的儿科医生全程为婴儿定期进行健康检查、发育评估及疫苗接种等。从第 1 个月到第 18 个月，我们将为婴儿安排合共 7 次的医学咨询及跟进。

医生在每次医学咨询时均会为婴儿进行彻底的身体检查，量度体重和身高等发育指标，并会监察孩子的发育状况及为婴儿接种疫苗以防止 12 种常见儿童传染病。根据婴儿的个别情况，父母可考虑为孩子接种常规疫苗以外的其他疫苗。医生会定期更新疫苗接种记录，以确保孩子得到最佳的保护。

## Who should join the Well Baby Programme?

Children aged 1 - 18 months old

## 谁应参与此计划？

1 - 18 个月大的幼儿

# 18-month Well Baby Programme

18 个月健康婴儿计划

## Consultations by Paediatrician 儿科专科医生评估

- Total 7 consultations by paediatrician (before each vaccination and an additional assessment and check-up session at Month 15)  
儿科专科医生评估和检查共 7 次（每次注射疫苗前及第 15 个月额外评估和检查）
- Vaccinations and paracetamol oral liquid will be prescribed  
疫苗接种及处方口服退烧药

Age 年龄	Vaccination Items 疫苗项目	
1 MONTH 一个月	Hepatitis B 乙型肝炎	Second Dose 第二次
2 MONTHS 两个月	5 in 1 vaccine (DTaP, Polio, H.I.B.) 五合一混合疫苗（白喉，破伤风，无细胞型百日咳，小儿麻痹、B 型流感嗜血杆菌）	First Dose 第一次
	Pneumococcal 肺炎链球菌	First Dose 第一次
	Oral rotavirus vaccine 轮状病毒口服疫苗	First Dose 第一次
4 MONTHS 四个月	5 in 1 vaccine (DTaP, Polio, H.I.B.) 五合一混合疫苗（白喉，破伤风，无细胞型百日咳，小儿麻痹、B 型流感嗜血杆菌）	Second Dose 第二次
	Pneumococcal 肺炎链球菌	Second Dose 第二次
	Oral rotavirus vaccine 轮状病毒口服疫苗	Second Dose 第二次
6 MONTHS 六个月	6 in 1 vaccine (DTaP, Polio, H.I.B., hepatitis B) 六合一混合疫苗（白喉，破伤风，无细胞型百日咳，小儿麻痹、B 型流感嗜血杆菌、乙型肝炎）	Third Dose 第三次

12-15 MONTHS 十二至十五 个月	MMR 麻疹、流行性腮腺炎及德国麻疹	First Dose 第一次
	Varicella 水痘	First Dose 第一次
	Pneumococcal 肺炎链球菌	Booster Dose 加强剂
18 MONTHS 十八个月	5 in 1 vaccine (DTaP, Polio, H.I.B.) 五合一混合疫苗（白喉，破伤风，无细胞型百日咳，小儿麻痹、B 型流感嗜血杆菌）	Booster Dose 加强剂
	MMR 麻疹、流行性腮腺炎及德国麻疹	Second Dose 第二次
	Varicella 水痘	Second Dose 第二次

Optional Vaccination Items 自选疫苗项目
Hepatitis A vaccine (2 doses) 甲型肝炎疫苗（2 针）
Meningococcal B vaccine (3 doses) 脑膜炎双球菌 B 型疫苗（3 针）
Meningococcal ACWY vaccine (2 doses) 脑膜炎双球菌 4 价结合疫苗（2 针）



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