



WE ARE
SO HAPPY
FOR YOU!

HELPFUL TIPS FOR PARENTS-TO-BE

Welcome to parenthood!
This book is your little companion
on your greatest adventure.





OUR LITTLE BUNDLE OF JOY

Baby's Name

Date of Birth

Gender

Time of Birth

Weight

Place of Birth

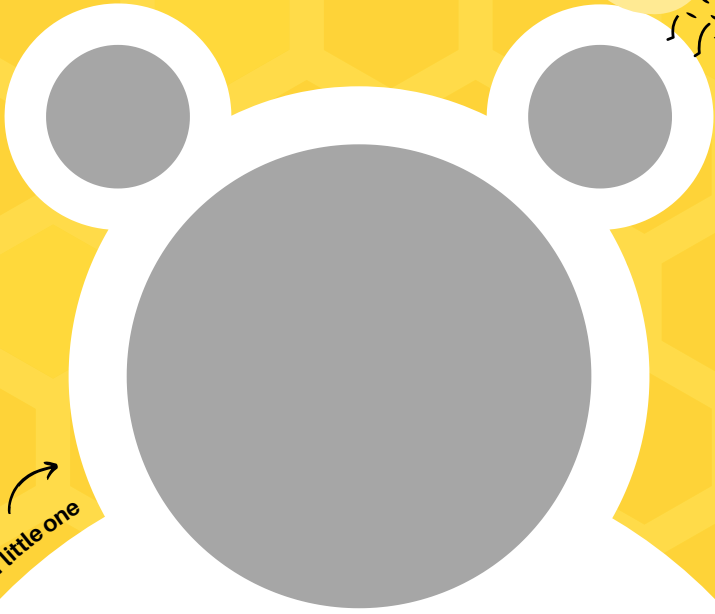
Height

Head Circumference

Proud Parents' Name

Paediatrician's Name





insert picture of your little one

WELCOME

to the world



(insert name)





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Baby essentials checklist / p09

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FOR NEW PARENTS

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MILESTONES

12-MONTH DEVELOPMENT MILESTONES

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Easy tips for a **HEALTHY PREGNANCY**¹



Take prenatal vitamin supplements

Eat a nutritious diet

Avoid alcohol & smoking

Consult your doctor for medical concerns

Have moderate exercise



Have questions about your pregnancy?

ASK YOUR DOCTOR^{2,3}

Here are some questions that you may ask your doctor during your next prenatal care checkup

When is my baby due?

What prenatal vitamins do you recommend?

Do I need to change my beauty routine?

Given my family history, are there special genetic tests you think I should have?

What pregnancy symptoms are normal and what's an emergency?

Can we discuss my birth plan and pain management?

What should I expect during my labour and delivery?

What vaccinations should I get?

Am I at high risk for any health issues during pregnancy?

How often will I need to see you?



MORNING CHECK-IN

I WOKE UP FEELING



Awesome



Good



Okay



Not good



Horrible

What do you want to accomplish today?

How do you want to feel today?

Today's affirmation:

Things to do before you give birth

PREPARE FOR NEWBORN^{4,5}

There are so many things to do and prepare before your little one arrives. We have put together the top 10 most important tasks for your convenience!



- Attend antenatal classes to learn about newborn care and breast feeding
- Prepare essential baby supplies (see page 10)
- Purchase and install a car seat
- Clean and baby-proof your home
- Think and discuss a birth plan
- Tour the hospital i.e. labour and delivery rooms
- Find a paediatrician
- Plan for your postpartum care and help if needed
- Shortlist your favourite baby names
- Enjoy your pregnancy and take care of yourself!



BABY ESSENTIALS⁶

CHECKLIST

Nursing

- Bibs
- Burp clothes
- Breast pump
- Nursing pads
- Milk storage bags

Nursery

- Baby cot
- Firm, flat mattress
- Changing table
- Changing pad
- Swaddle

Clothing

- Onesies
- Socks/ Booties
- No-scratch mittens
- Newborn hats
- Gentle detergent

Feeding

- Bottles & nipples
- Bottle brush
- Bottle sterilizer (optional)
- High chair
- Formula (if not nursing)

Bath

- Baby bathtub
- Baby shampoo/ body wash
- Hooded baby towels
- Soft washcloths
- Baby lotion (optional)

Health

- Baby nail clippers/ file
- Baby thermometer
- First aid kit
- Baby monitor
- Pacifiers (optional)



Get immunised!

Protect your baby!

IMMUNISE YOUR BABY

The Ministry of Health recommends parents to vaccinate their children according to the National Immunisation Schedule⁷ (see page 12). It is understandable that you will have some questions about vaccines, and with so much information (even, sometimes incorrect information) available today, learning the facts before making health decisions for your little one is very important⁸.

Please consult your paediatrician for professional advice.



3



REASONS WHY VACCINATION IS IMPORTANT FOR YOUR BABY⁸

Immunity is the body's way of preventing disease. When your baby is born, his/her immune system is not fully developed, which can put him/her at greater risk for infections. Vaccines reduce your child's risk of infection by working with his/her body's natural defenses to help safely develop immunity to disease⁸.



Your child is exposed to thousands of germs every day in his environment. This happens through the food he eats, air he breathes, and things he puts in his mouth.



Babies are born with immune systems that can fight most germs, but there are some deadly diseases they can't handle. That's why they need vaccines to strengthen their immune system.



Vaccines use very small amounts of antigens to help your child's immune system recognize and learn to fight serious diseases. Antigens are parts of germs that cause the body's immune system to go to work.

NATIONAL IMMUNISATION SCHEDULE⁹

Vaccine	Age	Dose	Date Given	Sign
Bacille Calmette-Guerin, BCG (Tuberculosis)	Birth	Dose 1		
Hepatitis B Monovalent	Birth	Dose 1		
6-in-1 (Diphtheria, Tetanus, Polio, Pertussis, Hepatitis B, <i>Haemophilus Influenza</i> B)	2 months old	Dose 1		
	3 months old	Dose 2		
	5 months old	Dose 3		
	18 months old	Booster		
Measles, Mumps & Rubella, MMR	9 months old	Dose 1		
	12 months old	Dose 2		
Measles & Rubella, MR	7 years old	Booster		
Diphtheria & Tetanus, DT	7 years old	Booster		
Human Papillomavirus, HPV (Girls Only)	13 years old	Dose 1 Dose 2		
Tetanus, TT	15 years old	Booster		
Pneumococcal*	4 months old	Dose 1		
	6 months old	Dose 2		
	15 months old	Booster		
Measles (Sabah Only)	6 months old	Dose 1		
Japanese Encephalitis, JE (Sarawak Only)	9 months old	Dose 1		
	21 months old	Dose 2		

Adapted from National Immunisation Schedule at [immunize4Life](https://immunize4life.gov.my/). Last accessed: 15 April 2022

*The first dose of pneumococcal vaccine can be administered as early as 6 weeks of age³⁷ (see page 16). Please consult your doctor to find out more.

ADDITIONAL RECOMMENDED VACCINES SCHEDULE¹⁰

Vaccine	Date Given	Sign	Vaccine	Date Given	Sign
Varicella (Chicken Pox)			Hepatitis A		
Meningococcal			Influenza		
Rotavirus					

Adapted from Additional Recommended Vaccines Schedule at [immunize4Life](https://immunize4life.gov.my/). Last accessed: 15 April 2022



Have questions about immunisation?



WE GOT YOU COVERED!

Q

What if my child has a side effect or allergic reaction to a vaccination?

A

While it's very rare, sometimes children do experience side effects or even allergic reactions to vaccinations. Please seek advice from your doctor as you monitor the common side effects from vaccination, and if you suspect your child is having a serious allergic reaction, contact your doctor immediately¹¹.



Have questions about immunisation?



WE GOT YOU COVERED!

Q

Can getting so many vaccines at one time harm my baby?

A

Many parents worry that multiple vaccines will overload their child's immune system but children are exposed to hundreds of germs every day. Hence multiple vaccines given concurrently or within a short interval in accordance with the immunisation schedule will not harm your child's immune system^{12,13}.



Have questions about immunisation?



WE GOT YOU COVERED!

Q

**Why are some vaccines given many times?
E.g.: pneumococcal vaccine requires
multiple doses for babies and children.**

A

Some vaccines confer immunity only for a certain period. Therefore booster shots are required to restimulate the immune system. If your children don't get their boosters on time, they may no longer be protected. Follow the immunisation schedule to ensure your children receive all the dosages to get optimum protection. If your child misses a dose, please inform your doctor immediately¹³.



Have questions about immunisation?



WE GOT YOU COVERED!

Q

**Why are some vaccines given so early?
Can I wait until my child is older before we
consider vaccination?**

A

It is recommended to vaccinate before your child is exposed to dangerous diseases. It can take weeks for a vaccine to help your baby make protective disease-fighting antibodies, and some vaccines require multiple doses to provide the protection they need. If you wait until you think your child could be exposed to a serious illness – like when he starts daycare or during a disease outbreak – there may not be enough time for the vaccine to work³⁶. As an example, the first dose of pneumococcal vaccine can be administered as early as 6 weeks of age to protect your child³⁷. Please consult your doctor to find out more.



Have questions about immunisation?



WE GOT YOU COVERED!

Q

Is pneumococcal disease the same as meningococcal disease?

A

Pneumococcal disease is not the same as meningococcal disease¹⁴. Pneumococcal disease is caused by the bacteria known as *Streptococcus pneumoniae*, while meningococcal disease is caused by a bacteria called *Neisseria meningitidis*^{15,16}. The vaccines for pneumococcal disease and meningococcal disease are different and being vaccinated against one of these diseases does not provide protection against the other¹⁴. Please consult your doctor today or flip to page 19 - 21 for more information.



Have questions about immunisation?



WE GOT YOU COVERED!

Q

What if my child missed his/ her pneumococcal and/or meningococcal vaccine?

A

Children who missed their shots should get vaccinated¹⁷ as they can still be at risk of diseases such as pneumococcal and meningococcal disease^{16,18}. The number of doses recommended and the intervals between doses will depend on the child's age when vaccination begins¹⁷. Please consult your doctor about vaccination today to protect your little ones from vaccine-preventable diseases¹³.



All you need to know about...



PNEUMOCOCCAL

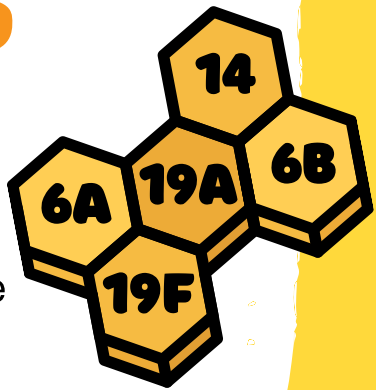


Pneumococcal disease is caused by a bacteria called *Streptococcus pneumoniae*¹⁵. It is commonly found in respiratory tract of healthy people, especially young children and is spread by coughing and sneezing^{15,19}.



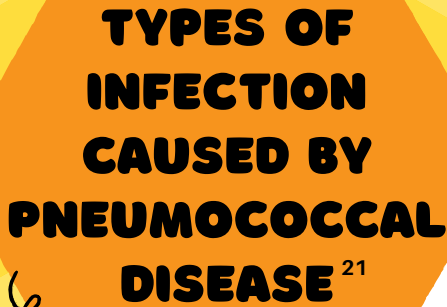
Why should I be concern?

The most common serotypes in Malaysia are 14, 6B, 19A, 6A and 19F²⁰. The prevalence of serotype 19A in Malaysia is high and has shown resistance to some antibiotics²⁰.



ASK YOUR DOCTOR ABOUT HOW YOU CAN PROTECT YOUR LITTLE ONES FROM PNEUMOCOCCAL DISEASE TODAY!





TYPES OF INFECTION CAUSED BY PNEUMOCOCCAL DISEASE²¹



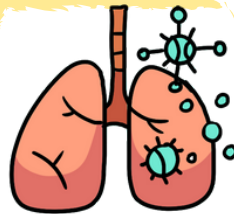
Meningitis

An infection of the lining of the brain and spinal cord



Bacteremia

A blood infection



Pneumonia

A lung infection



Otitis media

A middle ear infection

Let's get to know the difference between **PNEUMOCOCCAL** **MENINGOCOCCAL** disease

CAUSE



*Streptococcus pneumoniae*¹⁵

*Neisseria meningitidis*¹⁶



HIGH RISK GROUP

Children < five years old who attend day care centre; those with a weakened immune system; suffering from certain medical conditions such as heart disease, diabetes or lung disease²²

Infants and children especially those < 1 year old; adolescent and young adults aged 16 to 23 years old; those with a weakened immune system; travelers to endemic areas^{23, 24}

SYMPTOMS

Symptoms may include headache, stiff neck, fever or chills, confusion, difficulty breathing, sensitivity to lights, ear pain, cough, chest pain, sore throat²¹

Symptoms may include headache, stiff neck, fever, nausea, vomiting, sensitivity to lights, confusion. Babies may be slow or inactive, irritable or have a bulging anterior fontanelle²⁵

COMPLICATIONS

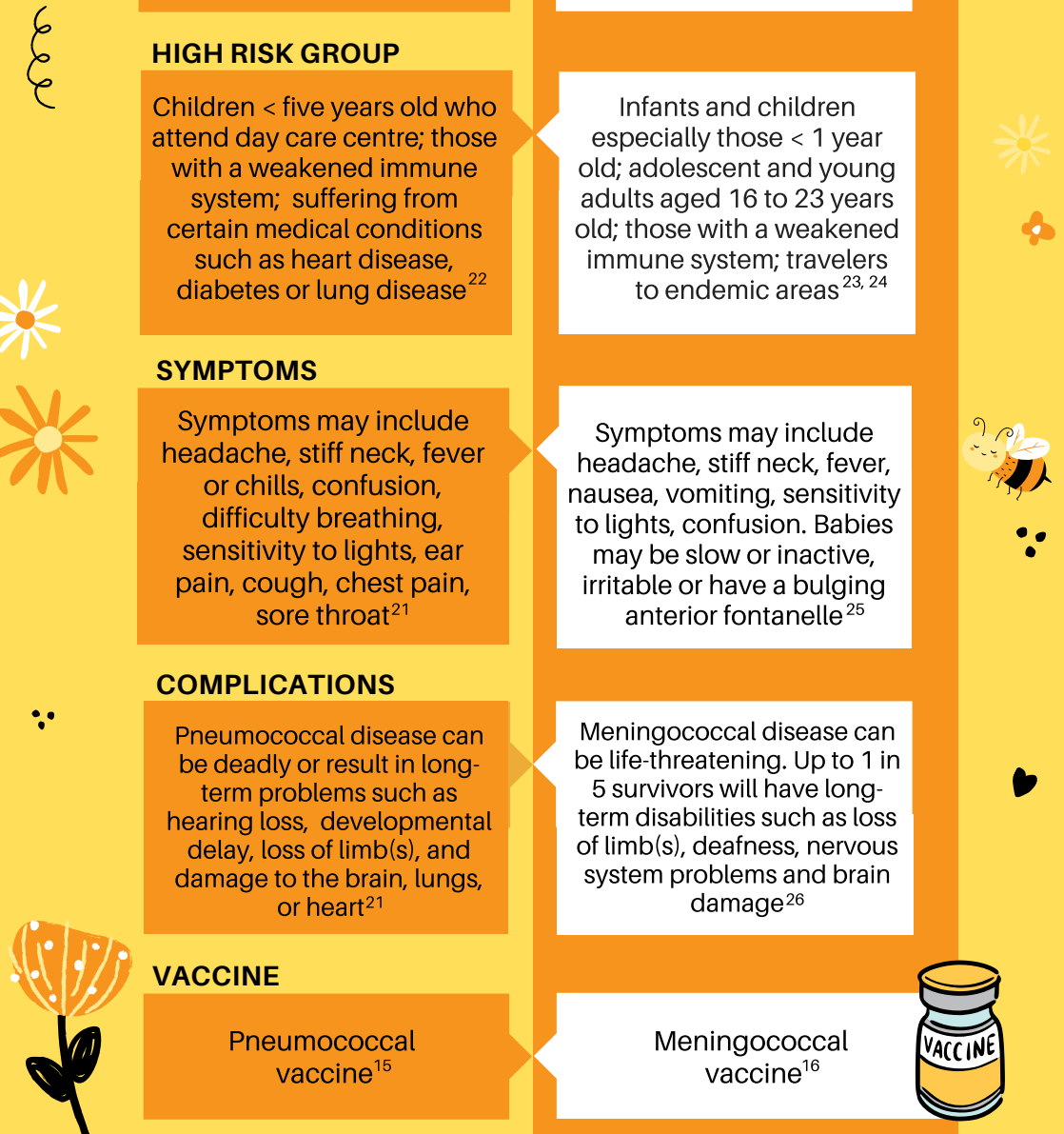
Pneumococcal disease can be deadly or result in long-term problems such as hearing loss, developmental delay, loss of limb(s), and damage to the brain, lungs, or heart²¹

Meningococcal disease can be life-threatening. Up to 1 in 5 survivors will have long-term disabilities such as loss of limb(s), deafness, nervous system problems and brain damage²⁶

VACCINE

Pneumococcal vaccine¹⁵

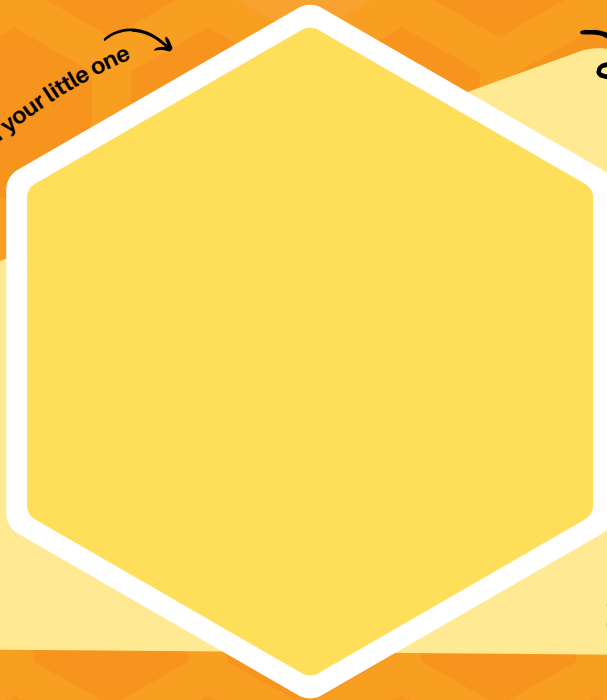
Meningococcal vaccine¹⁶





Welcome to the world!

insert picture of your little one



"A baby is something you carry
inside you for nine months, in your
arms for three years, and in your
heart till the day you die."

Mary Mason³⁸



You did it!

Your baby is beautiful and perfect in every way 

INTERACTING WITH YOUR BABY²⁷

Now that your baby is here, check out some of these tips on interacting with your little one.



Let your baby see, hear, move, and touch you

While your baby's hands and legs may be moving randomly, slowly he/she will learn how to control their movements.

Talk to your baby in soft tones and 'baby talk'

Communicating with your newborn is encouraged. Your baby may recognise and respond by copying your words.



Make eye contact and smile

Based on your gestures and sounds, your baby may react positively to you. Be sure to smile back to your baby!

Have skin-to-skin contact with your baby

Feeling, hearing and smelling your presence should provide your baby with a sense of calm and security.





COMMON NEW PARENT MISTAKES TO AVOID ^{28, 29, 30}

There is no perfect parent! Everyone makes mistakes, especially new parents. Prepare yourself by understanding these common mistakes and if they happen to you, don't be too hard on yourself!



Panicking over everything

Overblown reactions to small things get in the way of being spontaneous and present with your baby. Remember, babies are more resilient than we think!

Car seat installation

Installing a car seat may seem complicated to new parents, but always be sure that your car seat is properly installed as your baby's life may depend on it.



Ignoring your marriage

Staying connected to your spouse is often overlooked once the baby comes. Try to maintain a sense of being a couple especially when you're not with your baby.

Neglecting oral care

It's never too early to think about oral health! Use a wet gauze to wipe your baby's gums and start using a baby toothbrush from 1 year onwards.



Newborns in crowded places

In the first 2 months, you need to protect your baby from exposure to germs. This is because your baby's immune system is still weak and developing.



Delaying vaccination

Protect your baby by following recommended immunisation schedule. Delaying vaccination increases your baby's vulnerability to disease.



PRO TIPS FOR NEW PARENTS

31,32,33

Useful parenting hacks to make your daily life easier!



Use a white noise machine

White background noise can help to soothe your baby and make him/her fall asleep



Try dream feeding

Feeding your baby when he/she is asleep may help them sleep through the night



Cut fingernails while sleeping

When your baby is asleep, use this peaceful opportunity to cut fingernails



Put a new diaper under the dirty one

When changing, lay a fresh diaper under the dirty one to save time and avoid getting peed on



Sleep when your baby sleeps

Work around your baby's naps and try to get some valuable shuteye as your baby sleeps



Download a baby tracker

It's a lot to remember, especially when you're running on little sleep and balancing new parenthood. Try using an app instead!



Your little one's ³⁴ **DEVELOPMENTAL MILESTONES**

START

1 MONTH

- Lifts head when lying on tummy
- Responds to sounds



2 MONTH

- Follows items with his eyes
- Holds up for short periods

3 MONTH

- Smiles and laughs
- Tracks moving objects with his eyes

4 MONTH

- Coos in conversation
- Can recognise people and objects

5 MONTH

- Plays with own hands and feet
- Distinguishes bold colours

6 MONTH

- Imitates sounds
- Turns to sounds and voices



7 MONTH

- First tooth appears
- Experiences stranger anxiety

8 MONTH

- Says "mama" and "dada"
- Able to co-ordinate between hands

9 MONTH

- Knows object exists even if not directly visible
- Steadies himself while standing



10 MONTH

- Crawls well with belly off the ground
- Waves goodbye

11 MONTH

- Can stand for a few seconds
- Understands simple direction

12 MONTH

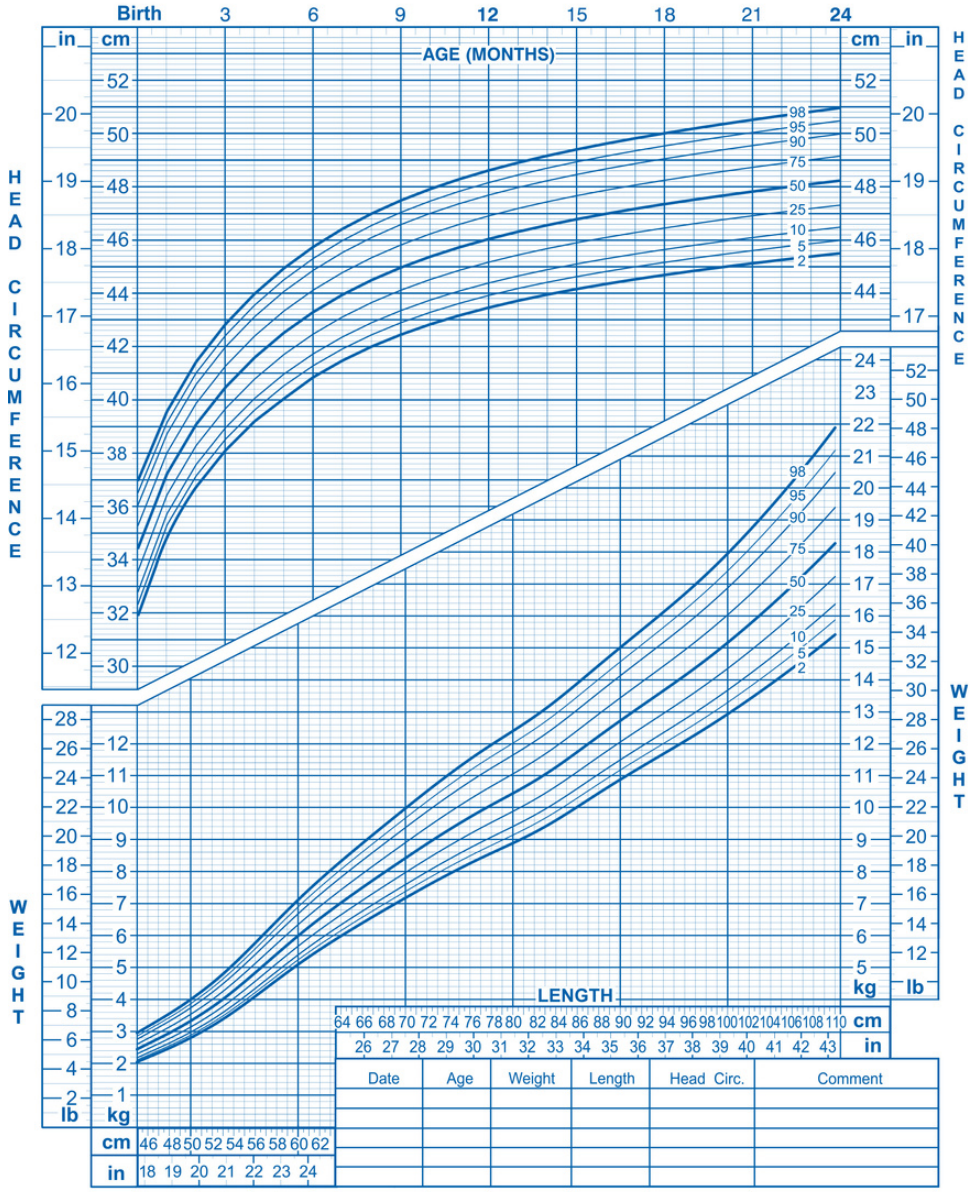
- Indicates wants with gestures
- Imitates other's activity



Baby Boys Growth Chart: BIRTH TO 24 MONTHS ³⁵



Birth to 24 months: Boys
Head circumference-for-age and
Weight-for-length percentiles



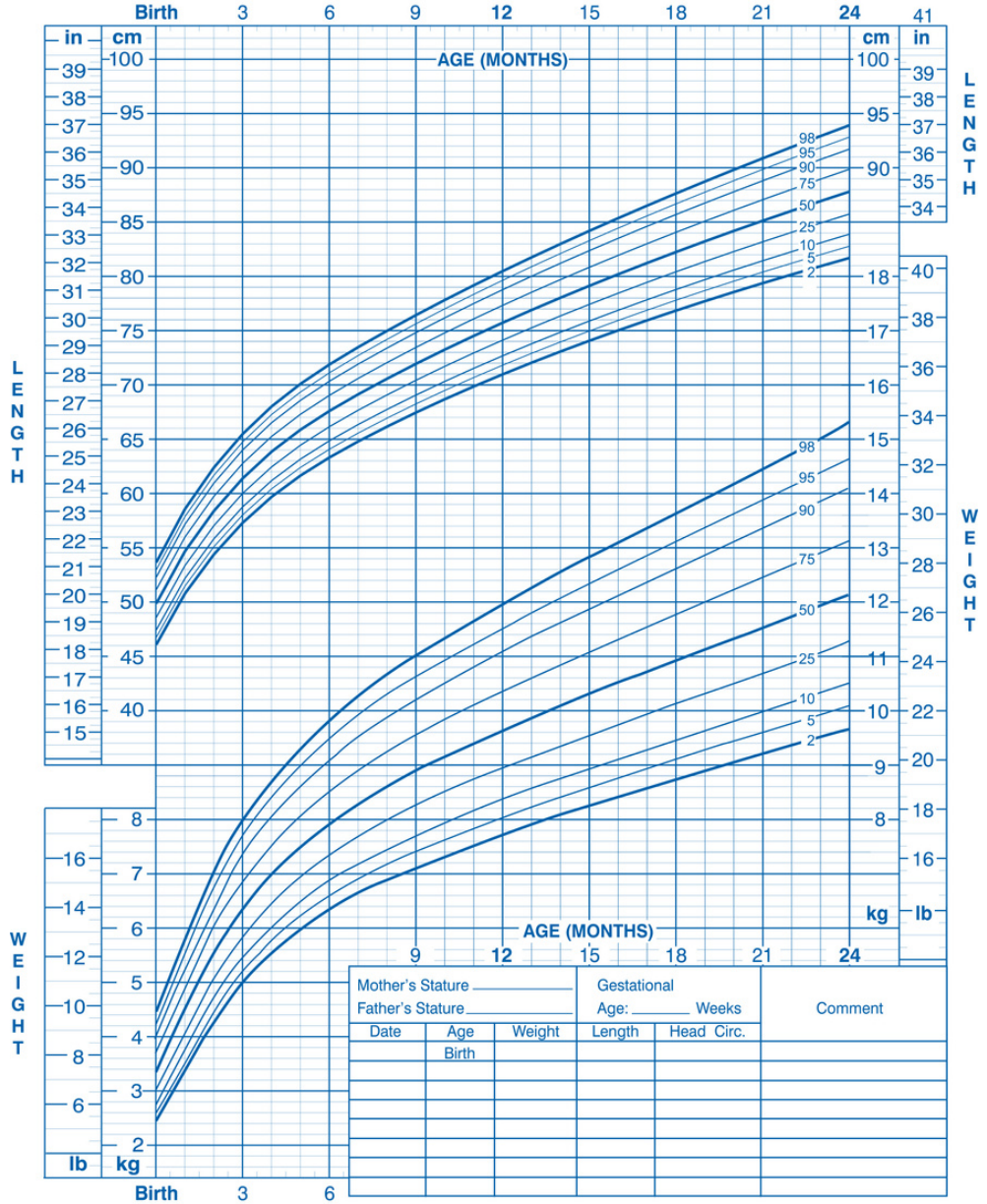
Adapted from World Health Organization (WHO), Child Growth Standards at [CDC website](https://www.cdc.gov/growthcharts). Last accessed: 15 April 2022



Baby Boys Growth Chart: BIRTH TO 24 MONTHS ³⁵



Birth to 24 months: Boys
Length-for-age and Weight-for-age percentiles

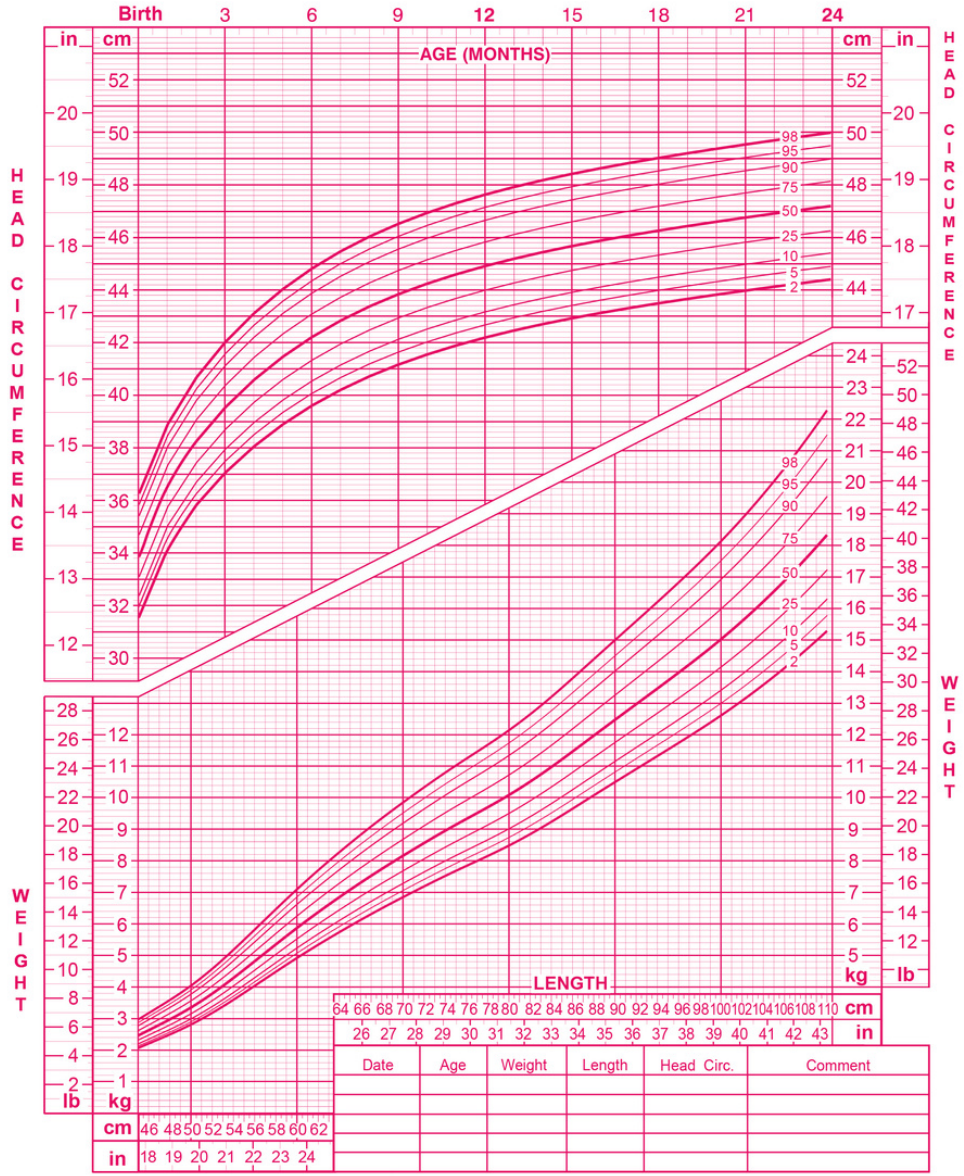


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Baby Girls Growth Chart: BIRTH TO 24 MONTHS ³⁵

Birth to 24 months: Girls
Head circumference-for-age and
Weight-for-length percentiles



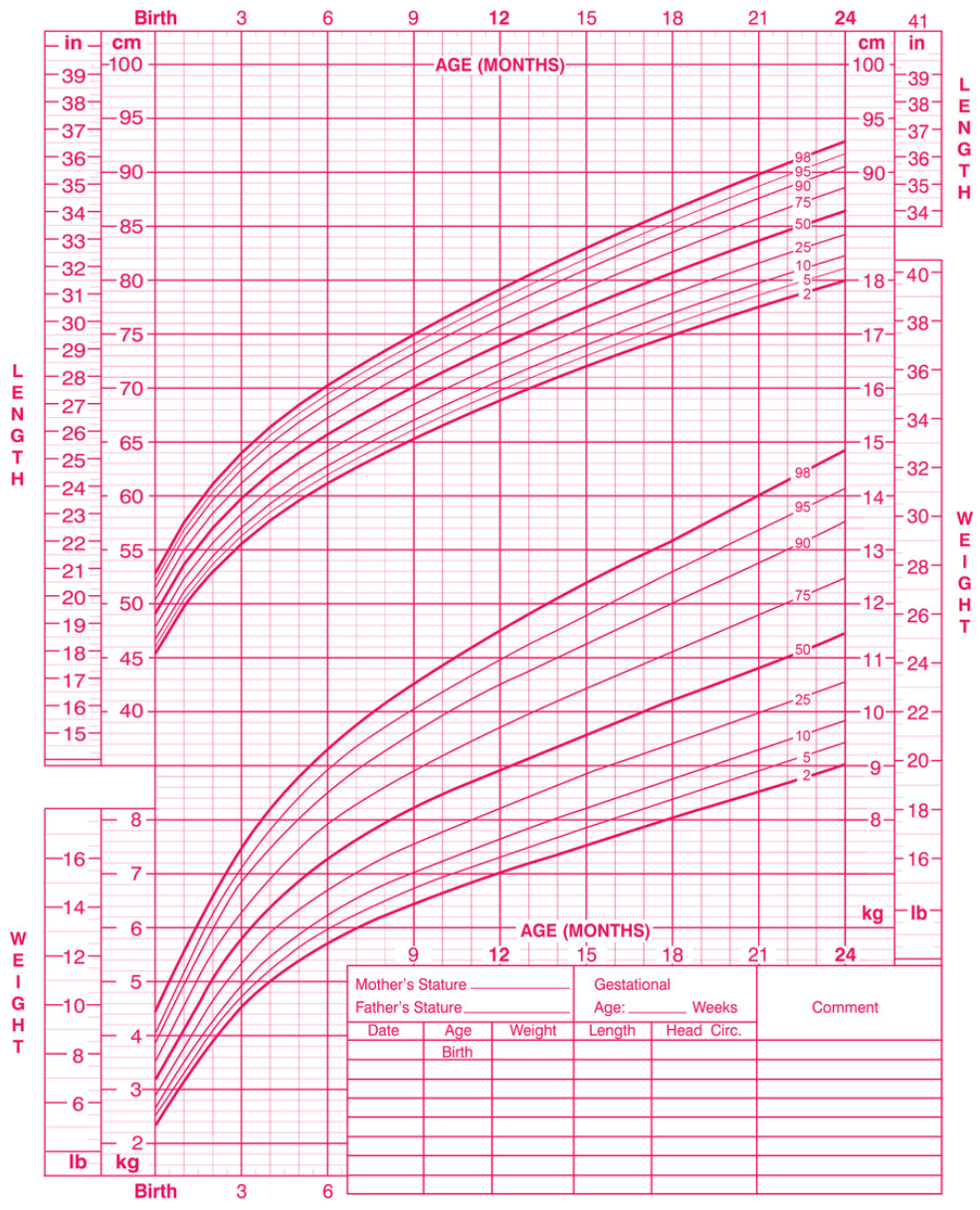
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Baby Girls Growth Chart: BIRTH TO 24 MONTHS ³⁵



Birth to 24 months: Girls
Length-for-age and Weight-for-age percentiles



Adapted from World Health Organization (WHO). Child Growth Standards at [CDC website](https://www.cdc.gov/growthcharts/). Last accessed: 15 April 2022

MEMO



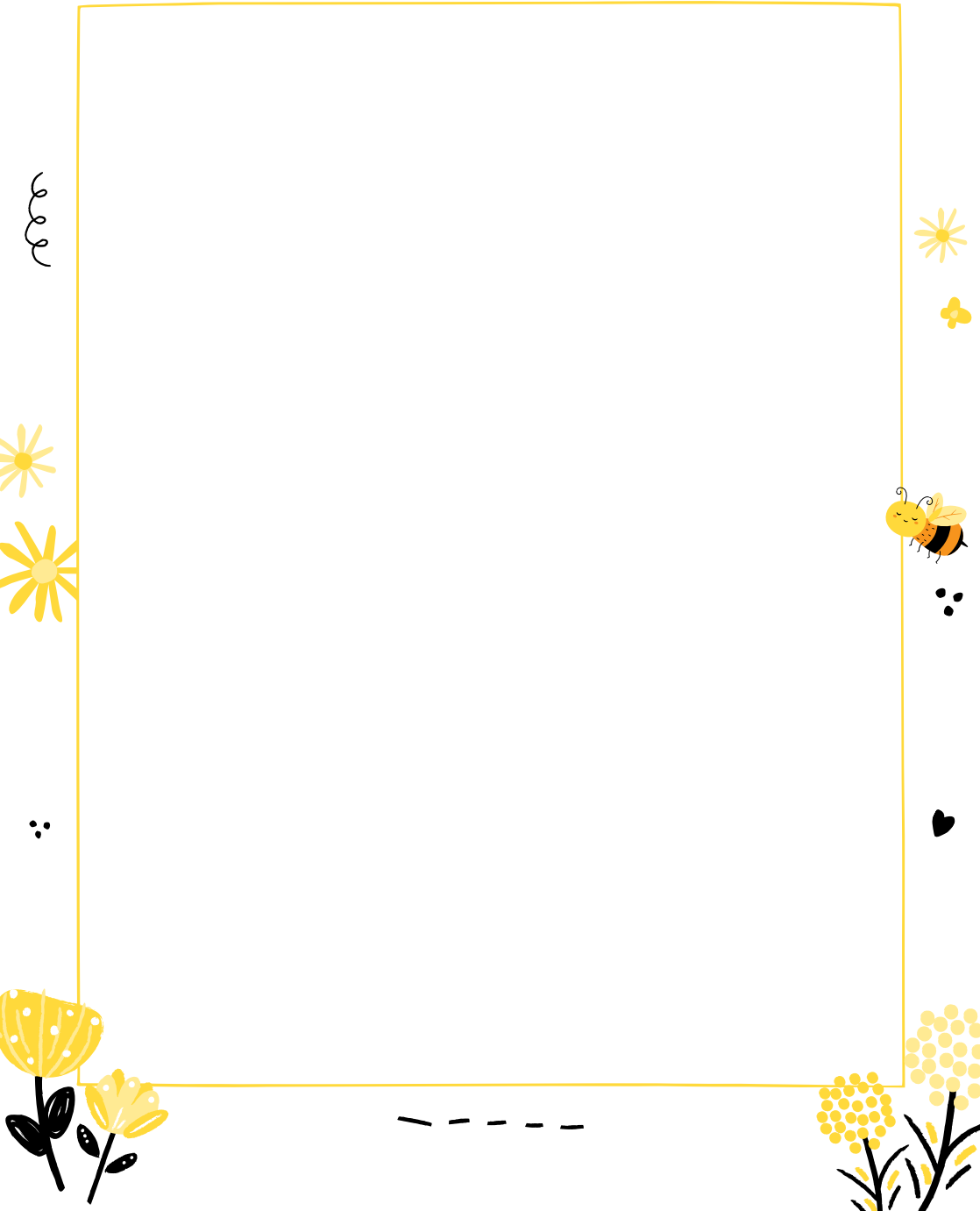
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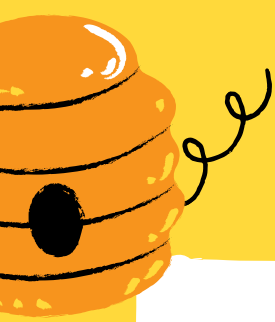
MEMO



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VACCINE STICKERS





NOTE TO PARENTS

The content and images on this guide may contain general information relating to healthcare, some of which may concern medical conditions and their treatment which should not be a substitute for advice provided by a doctor or other qualified health care professionals. Such information is provided for educational purposes, while images used are for illustration purposes only.

For more information, please consult with your doctor.



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**WE ARE OVER THE MOON FOR YOU!
WISHING YOU AND YOUR FAMILY
ALL THE VERY BEST ♡**

A community health message brought to you by



Pfizer (Malaysia) Sdn Bhd 197801003134 (40131-T)
Level 10 & 11, Wisma Averis (Tower 2), Bangsar South,
No. 8, Jalan Kerinchi, 59200 Kuala Lumpur, Malaysia.
Tel: 603-2281 6000 Fax: 603-2281 6388

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