

Childhood Vaccinations – What Every Parent Should Know

An increasing number of parents, researchers and medical professionals are asking questions about childhood vaccinations. *Are childhood vaccinations safe? Are they effective? Are they necessary?* Few parents are provided with answers to their questions and many are often unsupported in their efforts to make informed decisions.

Your naturopathic doctor can help you.

Naturopathic doctors are primary care providers who can help you:

- Identify helpful vaccine resources and support your efforts to make informed decisions about childhood vaccinations.
- Reduce the risk of infections and prescribe natural remedies that can support the immune system during times of higher risk (starting daycare, traveling)
- Reduce the risk of complications from vaccines by prescribing natural vaccine support before, during and after vaccination.
- Recover from vaccine complications, if necessary.

You have vaccination options.

In Canada, parents have the freedom to make decisions about childhood vaccinations.

Option 1: Follow the recommended vaccination schedule.

Option 2: Follow a modified vaccination schedule by delaying vaccines, spacing out injections and/or selecting some vaccines and not others.

Option 3: Avoid all vaccines. Childhood vaccines are not mandatory in Canada for school or daycare entry. Some provinces require an exemption form to be completed.

Access the vaccination information available to you.

What information do you need to make informed decisions about childhood vaccinations? Get answers to your questions through consulting a variety of sources before making your vaccination decisions. Books, websites and individualized vaccination consultations are available to you.

Vaccination Consultations

- Katia Bailetti BSc, EMA, ND offers individualized Vaccination Consultations by phone or in person in Toronto. She is currently on maternity leave until May 2010 and Martha Ahmadi ND will be providing Vaccination Consultations during Dr. Bailetti's absence. After the consultation, a report will be sent to your current Naturopathic Doctor and you will be referred back to them for continued naturopathic care.

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Access the vaccination information available to you.

Books

- *Childhood Vaccinations: Answers to Your Questions*
by Katia Bailetti ND available through: www.doctormom.me
- *Childhood Vaccinations: Making Informed Decisions*
by Katia Bailetti ND available through: www.doctormom.me
- *Your Child's Best Shot: A Parent's Guide to Vaccination*
by Ronald Gold MD
- *What your Doctor May NOT Tell You about Children's Vaccinations*
by Stephanie Cave MD and Deborah Mitchell
- *The Vaccine Guide: Risks and Benefits for Children and Adults*
by Randall Neustaedter OMD
- *Vaccinations: A Thoughtful Parent's Guide*
by Aviva Jill Romm RM
- *The Vaccine Book - Making the Right Decision for Your Child*
by Robert Sears MD
- *Vaccines: The Risks, The Benefits, The Choices: A Resource Guide for Parents*
by Dr. Sherri Tenpenny DO www.nmaseminars.com

Websites

- Public Health Agency of Canada
www.phac-aspc.gc.ca/im/immvac_e.html
- Canadian Pediatric Society
www.cps.ca/English/HealthCentres/immunization.htm
- World Health Organization
www.who.int/immunization_safety/en
- Canadian Coalition for Immunization and Promotion
www.immunize.cpha.ca/english/index-e.htm
- Public Health Agency of Canada (PHAC)
www.phac-aspc.gc.ca/im/index-eng.php
- Centers for Disease Prevention and Control (CDC)
www.cdc.gov/vaccines/vpd-vac/vpd-vac-basics.htm
- Vaccine Risk Awareness Network (VRAN)
www.vran.org
- National Vaccine Information Center
www.nvic.org
- Think Twice
www.thinktwice.com
- Parents Requesting Open Vaccine Information (PROVE)
www.vaccineinfo.net