



# Dr. Mumper's Childhood Vaccine Recommendations

For those wanting to vaccinate their children, here are Dr. Mumper's recommendations

## The first year of life requires the most visits and vaccinations



- Vaccines are only given when a child is well.
- Spreading out vaccines this way decreases the amount of aluminum and other adjuvants your baby will get at one time.
- Well baby visits are a few days after birth, 2 weeks (to promote and establish breastfeeding), 1 month, 2 months, 4 months, 6 months, 9 months and 12 months.
- Prior to one year visit, discuss pros and cons of chicken pox vaccine (varicella).
- Giving one or two vaccines at once makes it easier to determine which vaccine is associated with an adverse reaction.



## 0-12 MONTHS:



- 2 months**  
Hib, Polio (IPV)
- 3 months**  
DTaP, Prevnar
- 4 months**  
Hib, Polio (IPV)
- 5 months**  
DTaP, Prevnar
- 6 months**  
DTaP, Prevnar
- 9 months**  
Polio (IPV)



## 12-24 MONTHS:

### 15 months

Hib

### 18 months

DTaP, Prevnar

### 2 years

- MMR (\*unless African American)
- Start Hep B series between 2-3y/o



## The second year of life requires fewer visits and vaccinations

- 12 months is wellness checkup only.
- Each visit will be a wellness check-up with attention to growth and development.
- Research suggests African American children have more side effects to MMR at a younger age.
- MMR and varicella are often given together at one year of age. We delay MMR to age 2 in Caucasian babies and age 3 in babies of African American descent.
- If your baby is healthy and catches chicken pox, they will have lifelong immunity. If parents desire varicella vaccine, it can be given by itself at 1 year of age.



## As your child continues to grow, vaccinations and visits are scheduled yearly



- Each visit will be a wellness check-up.
- 3 years- start MMR series if African American.
- See "notes" for more information.



## YEARS 3-5:



### Year 3

Start/continue Hep B series

### Year 4

Can start Kindergarten vaccines: DTaP, IPV, MMR, or Varicella

### Year 5

Kindergarten Physical--Give Kindergarten vaccines if not previously given





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## Notes on Vaccination Schedule:

- Dr. Mumper does not recommend:
  - giving **live vaccines** (MMR and Varicella) with any other vaccines. Each live virus vaccine should be given separately and requires a separate vaccine visit.
  - giving the **Rotavirus vaccine** or the **Gardasil vaccine** to her patients because of safety considerations and concerns that the risks outweigh the benefits in her patient population.
- Dr. Mumper does recommend:
  - holding the **Hep B vaccine** until the child is AT LEAST one year of age. She typically starts the series between the ages of 2 and 3. This vaccine is mandated by many state laws before entering any public daycare or school. If your child needs the vaccine prior to enrolling in a licensed daycare program or school, it can be started as early as 2 months of age. It is a series of 3 vaccines.
  - discussing the flu vaccine for children with chronic respiratory problems and those with chronic illnesses and/or who are immunocompromised.
- The American Academy of Pediatrics recommends
  - the **flu vaccine** for all children from age 6 months through age 18.
  - Flu shots are not currently mandated by law for school attendance. They are usually manufactured based on the strain of flu that was seen in the prior flu season, so they do not guarantee protection from this season's flu.
  - Some studies have suggested that efficacy of the flu vaccine is as low as 13-50% depending on the season.
- If you are interested in the **Hepatitis A vaccine, the Trumenba (meningitis B) vaccine, or the Menactra (meningitis ACWY)** please talk to your child's healthcare provider. These two meningitis vaccines are given between 11-18 years of age.
- The **CDC's Early childhood vaccination schedule** can be found [here](#).

**DTaP:** helps children younger than age 7 develop immunity to three deadly diseases caused by bacteria: diphtheria, tetanus, and whooping cough (pertussis)

**Hep B:** protects against Hepatitis B, a serious viral disease that attacks the liver

**Hib:** protects against Haemophilus influenzae type b, which can cause various infections

**IPV:** protects against polio, or poliomyelitis

**MMR:** protects against measles, mumps, and rubella

**Prevnar:** protects against 13 strains of Streptococcus pneumoniae that can cause serious infections in children

**Varicella:** protects against chickenpox and shingles