

Immunization Awareness Month

Your Baby's Shots

Every child needs shots for a healthy and safe life. The chart below shows the ages your child should receive shots. Ask your doctor to help you.

Your Child Shots

Age	Name of Shot
Birth - 2 months	HBV
1 - 4 months	HBV
2 months	DTaP, HiB, IPV, PCV
4 months	DTaP, HiB, IPV, PCV
6 months	DTaP, PCV, HiB
6 - 18 months	HBV, IPV
12 - 15 months	MMR, HiB, PCV
12 - 18 months	Varicella
15 - 18 months	DTaP
4 - 6 years	DTaP, MMR, IPV
Every 10 years	Tetanus (Td)
Yearly after 6 months	Influenza

HBV = Hepatitis B Vaccine

DTaP = Diphtheria, Tetanus and Pertussis

HiB = Haemophilus Influenza B

IPV = Inactivated Polio Vaccine

PCV = Pneumococcal Conjugate Vaccine

MMR = Measles, Mumps and Rubella

Varicella = Chickenpox

Td = Tetanus and Diphtheria

K **Keep Immunization Records**
Your doctor or the staff at the

clinic keeps
records of
your chil-
dren's shots
and the



dates they were given.

You should also keep your own record. This will help remind you when to bring your children in for the next visit. It will also give you a way to prove that your children are up to date with their immunizations.

By the time a child reaches the age of two, he or she should have received approximately 80 percent of the vaccine doses for school enrollment.

Yoga exercises

Yoga is a system of exercises for attaining bodily or mental control and well-being. Various forms of yoga include poses (or asanas) for building strength and flexibility, breathing exercises for cleansing, and meditation for relaxation and stress reduction. Yoga is one form of exercise that can be done by people of all age groups. Make sure you start slow and ease into a routine that fits your physical ability.

Here is a great way to start! Try these five beginner moves at home:

Paschimottanasana

All you have to do is sit down on the floor. Keep your back absolutely straight. Stretch your legs out. Stretch out your hand and then slowly bring them down to touch your ankles. Remember you must not bend your knees while doing this. Repeat the same four to five times. After you are done with it, breathe in deeply and then relax.

Bhujangasana

This is believed to strengthen your backs, is good for your heart and also for your arms. First lie down on the floor on your stomach. Stretch out your legs and keep your palms flat on the floor by your chest. Keeping your lower body touched to the ground, raise the upper half as high as you can. Repeat.

Trikonasana

This improves flexibility of the body, strengthens back and torso. Stand straight on the floor with your legs wide apart. Bend towards one side without bending the knees. Touch your feet or ankle with one hand and keep the other straight up. Reach as low as possible. Now repeat the same by bending the opposite side. While doing this Asana keep your head straight looking at front.

Uttanasana

This is one of the simplest asanas in Yoga. It helps make legs more flexible and the spine stronger. Stand straight and slowly raise your arms up. Inhale while doing this. Now exhale and bend your upper half of the body and touch the floor or your feet. Try not to bend your knees. Repeat the exercise about 5 times.

Tadasana

This move puts a stretch on the whole body and helps you relax. Stand straight with feet together and hands by your side. Raise your body to your toes and while doing this stretch your body taking your arms up. Hold the position for a few seconds and then come back slowly.

Marinated Chicken Breast

Prep Time: 5 min

Inactive Prep Time: 8 hr 0 min

Cook Time: 10 min

Level: Easy

Serves: 4 servings

Ingredients

1 to 2 tablespoons vinegar, like cider, balsamic, or red wine

2 to 3 teaspoons dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf

1 to 2 tablespoons mustard, whole grain or Dijon

1 to 2 teaspoon garlic or onion powder, optional

1/4 cup extra-virgin olive oil

Kosher salt and freshly ground black pepper

4 boneless, skinless chicken breast, each about 6 ounces

Directions

Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast in the bag. Close and shake the bag to coat evenly. Freeze for up to 2 weeks. Thaw in the refrigerator overnight, under cold, running water, or in the microwave at 30 percent power for 1 minute at a time.

Heat a grill or grill pan. When the grill is hot, place the chicken on the grill and cook for about 4 minutes per side, or until cooked through. You can also bake the thawed chicken in a 375 degree F oven for 15 minutes, or until cooked through.