Watch Me Grow - Welcome!

Welcome

Congratulations on your new baby!
This is a special time in your life and the Washington State Department of Health wants to make sure you and your baby have the best start possible.

Mailed reminders about which immunizations your child may need and how to get ready for well-child visits. These reminders are known as the Child Profile Health Promotion mailings. They also include up-to-date health, safety, development, and other parenting information.

Access to your and your family’s immunization records online.

More health and safety information on social media from the Watch Me Grow in Washington Facebook page.

Child Profile Health Promotion

What is it?
Child Profile Health Promotion is our state’s immunization and well-child visit reminder system. The Washington State Department of Health uses the system to remind you of upcoming well-child visits and send health and safety information to you and all families in the state with kids aged birth to six.

How does it work?
When your baby is born in Washington State, your child’s birth certificate is filed with the Department of Health. The public part of the birth certificate goes to the Washington State Immunization Information System and it creates a record. The record tells us to start sending you the mailings.

If your baby gets the hepatitis B birth dose vaccine before leaving the hospital, that information also goes to the Immunization Information System and it creates a record. The record tells us to start sending you the mailings.

If your child is born in a different state and you move to Washington or if you adopt a child, once your child gets an immunization from a healthcare provider, that information goes to the Immunization Information System and it creates a record. The record tells us to start sending you the mailings.

What are the mailings?
The Child Profile Health Promotion mailings are reminders for you about immunizations your child may need and to help you get ready for your child’s next well-child visit. You’ll get a mailing a few weeks before your child’s next visit until your child turns six. The mailings are free. The materials in the mailings are updated each year by health and safety experts with input from parents.

You automatically get the information by regular mail. If you want to get it by email or by mail and email, go to www.doh.wa.gov/ChildProfileSignUp.

Our materials are supported by:
WithinReach. This organization is a partner of the Washington State Department of Health. WithinReach supports the Family Health Hotline, which offers free child and family health information to parents and gives referrals to nearby health and community services. You can call them at 1-800-322-2588 to:

• Sign up for Child Profile Health Promotion mailings or emails if you don’t already get them.
• Correct your address or child’s name.
• Ask for the mailings in Spanish or another format.
• Cancel the mailings.

The mailings are endorsed by:
• Washington Chapter of the American Academy of Pediatrics.
• Washington Academy of Family Physicians.
• University of Washington School of Public Health and Community Medicine, Maternal Child Health Program.

Washington State Immunization Information System

What is it?
The Washington State Immunization Information System is our state’s lifetime immunization registry. It helps healthcare providers keep track of immunization records for children, teens, and adults. Doctors, clinics, pharmacies, and health plans enter the immunizations their patients get...
into the system. Most doctors and clinics in Washington State participate in the system. They can use it to:

- Keep immunization records up to date. This information may be needed for school, child care, camp, college, the military, and long-term care facilities. Some employers also need a copy of immunization records.
- Learn which vaccines patients need at each visit. This helps make sure they are up to date and will not get doses of vaccine they don’t need.
- Keep all immunization records in one place. This is helpful if you or your child change clinics or doctors.
- Print a current immunization record or official certificate for preschool, child care, or school.

Ask the doctor if I am up-to-date on my immunizations.

Child Profile Health Promotion is part of the Washington State Immunization Information System and they share a database. The database gets information from healthcare providers, health plans, and the public portion of your child’s birth certificate. This information usually includes:

- Child’s name and mother’s name.
- Birthdate and sex.
- Mailing address.
- Immunization history.

If you do not want your or your child’s information in the Washington State Immunization Information System, or if you do not want to get the Child Profile Health Promotion mailings, call 1-866-397-0337. Also, talk with your family’s doctor or clinic about what you want.

Let’s find my immunization records online!

There are a few ways to get copies of your and your child’s immunization records:

1. Contact your family’s doctor, clinic, or your child’s school.
2. Fill out an authorization form at www.doh.wa.gov/immsrecords and send it to the Department of Health. All records are protected from anyone who shouldn’t see them. Only those who are authorized under state law and have a signed agreement with the department can view and use immunization records in the system.
3. Go to https://wa.myir.net to sign up for MyIR to get access to your and your family’s immunization records online. You can also print the official certificate needed for child care, preschool, and school.

The following people are able to view and use records:

- A doctor, nurse, clinic, or pharmacy that provides care to you or your child.
- School staff to help get immunization records needed to go to school.
- Health officials or approved researchers in an effort to improve the health of Washington residents.

Let’s find my immunization records online!

Thanks for reading! Feel free to share this letter with other caregivers in your child’s life. You’ll hear from us again before your baby is one month old. In your next mailing you’ll find information on how to:

- Schedule your baby’s four-month checkup.
- Immunize your baby on time.
- Feed your baby.
- Put your baby to sleep.
- Help your body recover from pregnancy.
- Recognize postpartum depression.
- Prevent your baby from getting a flat head.
- Reduce your baby’s risk of SIDS.
- Have a plan for when your baby cries.
- Prevent your baby from choking on small things.
- Prevent your baby from falling.

For the Health of All Our Children

Child Profile is a program of the Washington State Department of Health

@WatchMeGrowWA www.watchmegrowwa.org