**SHOTFIELD MEDICAL PRACTICE**

**Pregnancy and childhood vaccination reminders**

The vaccination schedule in childhood is very packed, and it can be easy to forget when all of their shots and boosters are due.

Pregnant patients and new mums can sign up for the following websites, which provide free reminders by text message and email for all of your child’s vaccinations, all the way up to starting school.



www.followupthen.com

(for an email reminder to get your whooping cough vaccine, which is most effective if given between weeks 28 and 32 of your pregnancy )



www.pfizervaccines.co.uk

(for all of your child’s immunisations up to school age)