

YOUR BABY'S FIRST WINTER



Why the first year matters

Babies breathe mostly through their noses, so even a simple cold can make it hard for them to breathe. During pregnancy, your body can pass protection to your baby that helps them get a head start against the bugs that peak in fall and winter.

	FLU	WHOOPIING COUGH (TDAP)	RSV
What is it?	Seasonal respiratory virus	Bacterial infection that causes severe coughing fits	Common cold-like virus, hardest on babies
Typical timing in pregnancy	Any trimester, ideally by end of October	Each pregnancy, typically between 27 and 36 weeks	32 to 36 weeks during September to February
Option			Infant antibody shot after birth instead of the pregnancy vaccine

Questions to bring to your OB appointment

Big-picture questions

- What protection would my baby get from a vaccine I receive during pregnancy, and how long does it last?
- Based on my health history and my due date, what timing makes sense for me?
- What are the most common side effects for me, and what's been studied about safety for my baby?
- Can I see the manufacturer's insert or ingredient list?
- Are there any of these you'd suggest waiting on or skipping for my situation, and why?

Flu

- Is it too late in the season for this to help?
- Which type of flu vaccine is used in pregnancy, and why?

Whooping cough (Tdap)

- Why is it given in every pregnancy, even if I had it last time?
- Should other people who will be holding my baby talk to their own doctors about it too?

RSV

- Should I get the RSV vaccine during pregnancy, or should my baby get the antibody shot after birth? What are the trade-offs?
- If I get the RSV vaccine close to my due date, would my baby still need the antibody shot?
- If my baby arrives early or outside RSV season, how does that change things?

Want to dig deeper before your visit?

Head to healthykidsalliance.com for additional resources to help you research alongside your doctor including:

- [Dr. Dunnavant op-ed: Trust parents and clinicians to decide on maternal vaccines](#)
- [Your Patient's Bill of Rights](#)
- [What Vaccine Policy Changes Mean for Parents](#)
- [How to Navigate Vaccine Decisions with Confidence as a Parent](#)
- [The provider informs. Parents decide](#)

This guide is provided for general informational purposes only and does not constitute medical advice. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your OB-GYN, midwife, or other qualified healthcare provider with any questions about your or your child's health or vaccinations.