



## Be There for Your Child During Immunizations

### Before Immunizations

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#### *Infants*

- Bring your child's immunization record if needed.
- Read Vaccine Information Statements.
- Ask any questions.
- Bring along a favorite toy or blanket.
- Stay calm – your baby will pick up your feelings.
- A parent's love makes all the difference.

#### *Toddlers*

- All above, plus:
- Reassure your child honestly if they ask. "It might sting but it will only last a few seconds"
- Never threaten your child with shots. "If you are not good, I will have the nurse give you a shot."
- Encourage older siblings to reassure and not scare your toddler.

### During and After Immunizations

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#### *Infants*

- Distract and comfort by breastfeeding.
- Touch soothingly and talk softly.
- Make eye contact as you smile at him/her.

#### *Toddlers*

- Hold your child securely in your lap.
- Talk or sing with your child.
- If they are used to mobile devices, let them listen to music with or without earphones, or use apps on smart phones.
- Encourage your child to take deep breaths to "blow out" the pain.
- Bring a favorite toy or new toy to distract.
- Bring a favorite book, or tell your child a favorite story.
- Distract by pointing out items or pictures in the room.
- Allow your child to cry; don't force him/her to be brave. Reassure your child all is OK.
- Give praises, hugs, or a "surprise."
- Ask your provider for advice on using a non-aspirin pain reliever.