Tips on how to be there for your child during vaccinations

**Before Vaccination**

- Bring your child’s vaccine record to the clinic.
- Bring a favorite toy or blanket and activity to do while you wait (books, homework, etc.).
- Read the vaccine information the nurse gives you.
- Ask questions.
- Stay calm. Your child picks up on your feelings.
- Reassure your child honestly. You can say, “It may feel like a sting, but it will only last a few seconds.”
- Avoid threatening your child with more vaccines if they misbehave or cry.
- Ask your doctor or nurse if they have a numbing cream or spray to reduce pain during vaccination.
- The nurse will show you how to hold your child so you are both comfortable and safe.
Tips on how to be there for your child during vaccinations (Continued)

**During Vaccination**

- **Make eye contact, smile, and speak lovingly to your child.**
- **Distract your child. Sing, tell stories, or breath deeply.**
- **Allow your child to cry. Don’t force them to be brave.**

**After Vaccination**

- **Comfort your child with their favorite toy or blanket. Tell them everything is ok.**
- **Hold and talk to your child lovingly and do a quiet activity while you rest for 15-30 minutes.**
- **Their arm may be sore, their head may ache, and they may feel tired.**

**At Home**

- **If your child has any symptoms that worry you, such as a high fever, call their doctor.**
- **It is normal if they eat less than usual or feel tired for the next few days. They’ll feel better soon.**
- **Mark your calendar for their next appointment. Everyone eligible needs at least 2 doses of COVID-19 vaccine for the best protection.**