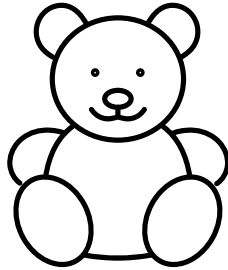


Tips on how to be there for your child during vaccinations.

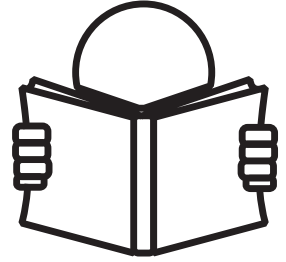
Before Vaccination



Bring your child's vaccine record to the clinic.



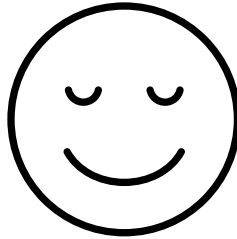
Bring a favorite toy or blanket and activity to do while you wait (books, homework, etc.).



Read the vaccine information the nurse gives you.



Ask questions.



Stay calm. Your child picks up on your feelings.

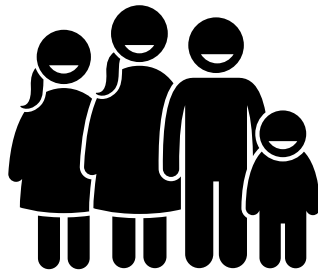


You can say, "it may feel like a sting, but it will only last a few seconds."

Reassure your child honestly.



Avoid threatening your child with more vaccines if they misbehave or cry.



Encourage older siblings to reassure and comfort your child.

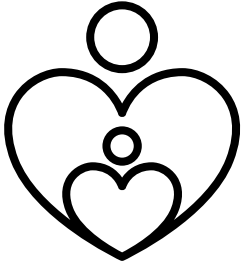


The nurse will show you how to hold your child so you are both comfortable and safe.

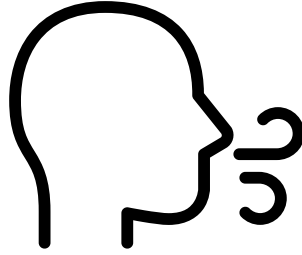
Be there for your child during vaccinations.

(Continued)

During vaccination



Make eye contact, smile, and speak lovingly to your child.

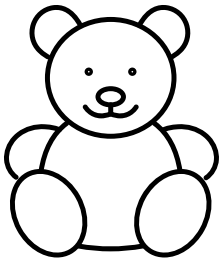


Distract your child. Sing, tell stories, or breathe deeply.



Allow your child to cry. Don't force them to be brave.

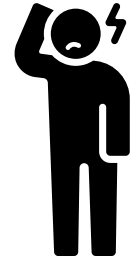
After vaccination



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.

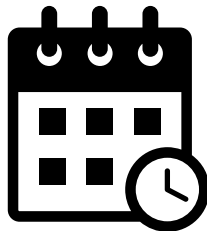


Their arm may be sore, their head may ache, and they may feel tired.

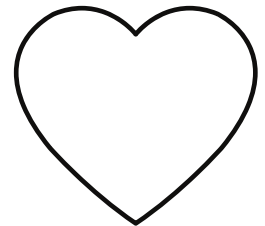
At home



If your child has any symptoms that worry you, such as a high fever, call their doctor.



Mark your calendar for your next appointment.



It is normal if they eat less than usual or feel tired for the next few days. They'll feel better soon.