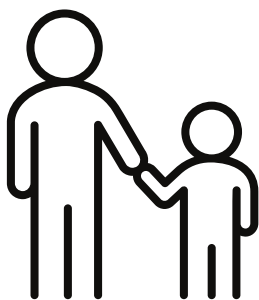


# Preparing For A Child's Vaccine Appointment



## Before the Appointment

### Prepare

- Look to trusted healthcare sources for child-focused vaccine info.
- Gather health cards and other relevant documents for your appointment.

### Talk about it

- Explain what will happen. Be honest about the needle but avoid words like "Pain" or "Hurt"; use "Squeeze" or "Poke" instead.

### Practice

- Practice sitting comfortably with the child while deep breathing.

### Plan for Comfort

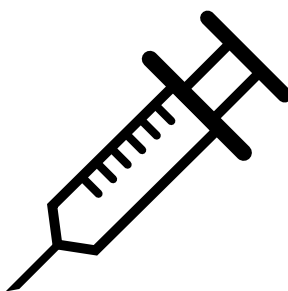
- Pick a favourite toy or comfort item to bring.
- Speak to a pharmacist about using a numbing cream or patch to help lower pain from the needle poke.

### Eat

- Share a snack before you go; kids feel better on a full stomach.

### Dress Right

- Wear the right clothes, make sure there is access to the child's shoulder (or thigh if under 1 year old).



## At the Appointment

### Be Calm & Positive

- Children are very sensitive to your emotions.

### Comfort

- Cuddle the child in an upright position while rubbing their arm.

### Ask

- Have the child ask the immunizer any questions they may have.

### Relax

- Have the child hold their favourite toy or comfort item.
- Have the child take slow, deep breaths.

### Distract

- Bring something fun and engaging like an iPad or bubbles to help shift the child's attention to something else.

### Soothe

- For infants, breastfeeding, a pacifier, or a giving a sugar solution can help with relaxation and reduces pain.



## After the Appointment

### Celebrate

- Let them know how well they did!

### Reward

- Reward them with something they like (a trip to the park or ice cream), even if it didn't go as planned.

### Review

- Read vaccine information sheet given to you by the immunizer and ask any questions you may have.

### Manage Discomfort

- Speak to a pharmacist or health care provider about options to help manage vaccine related side effects.

## Resources

[Reduce The Pain For Infants](#)

[Reduce The Pain for Kids](#)

[Topical Pain Options](#)

[Reframe The Pain](#)

[CARD System](#)

[Ask An Expert Video Series](#)

[Resources For Under 5](#)