



Central
Health

Comforting your child during immunization



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Health

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Why is immunizing my child important?

- Immunizations/vaccinations protect your child from specific diseases that can make them very sick, disabled or result in death.

Why do some parents find immunization clinic visits a stressful experience?

- Many parents do not like to see their child in any discomfort or pain
- Many are worried about side effects from the immunization
- Many parents themselves are afraid of needles .

What can I do to comfort my child during their immunizations?

Many parents are worried when they bring their children for immunizations. Making it a less stressful visit will help you and your child. Below are several suggestions which may help you.

Positive attitude

Infants and children often look to parents to understand how to act and feel.

- Talk to your child in a calm reassuring voice.
- Give positive messages. Praise your child.
 - Wow, you did great!
 - I am proud of you.
- Avoid using the following words or phrases as they may cause your child to worry:
 - If you are not good the nurse will give you another needle.
 - I feel really bad about this.
 - I hate needles too.

Breastfeeding

Breastfeeding a child while they are receiving immunizations has been shown to increase their comfort. Breastfeed your child before the immunization and continue for several minutes after the injection.

Upright position and holding

Hold or cuddle your child in an upright position on your lap or in a position that is comfortable for you and your child. Hugging feels comfortable and helps children to stay still for the immunization.

Touch

Gently touching or stroking your child prior to and after the immunization may help comfort and relax your child.

Distraction

Distraction helps to take your child's attention away from the procedure. Choose something that will work for your child.

Distraction ideas

- Hug a favorite toy, blanket, book, etc.
- Pretend to blow bubbles or blow out a candle
- Take a deep breath together
- Sing
- Talk to your child
- Musical toy or rattle
- Make plans for later

Talking to your child about vaccines

Some children do better if they know about the immunization prior to the clinic visit; others do better if they are told just prior to receiving the immunization. You know your child best. You can decide what is best for your child.

