

Comfort your child during vaccination

When your child is getting a vaccine, you can help them feel comfortable.

Entertain your child:

- Sing
- Tell a story
- Point out something interesting in the room
- Show or give your child a toy or book



Older children-

- Ask your child to read to you or themselves
- Show them a picture or a video
- Talk about what you will do after the vaccine or on the weekend

Hold your child (ask the person giving the vaccine what is best):

Babies and toddlers-

1. Put your child in your lap
2. Use one arm to hold your child's arms
3. Use your other arm to hold your child's legs



Older children-

- Hold your child's hand

or

- Give them a hug (wrap your arms around their arms) while they sit on your lap or stand in front of you. Cross your legs around your child's legs for extra support.

