

TIPS & TRICKS TO HELP YOU AND YOUR LITTLE ONE GET THROUGH THE NEEDLESTICK

Before



Plan to hold your infant or toddler upright during their shot. A comforting hold can help by:

- Providing a feeling of safety
- Keeping your child from being scared – you'll be holding them rather than having to overpower or fight them
- Allowing the vaccine to be given carefully

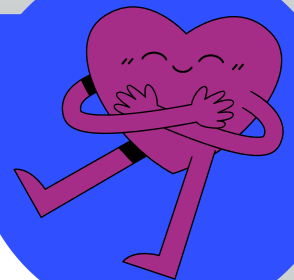


If you breastfeed, plan to breastfeed before, during and for a few minutes after the vaccination. If you don't breastfeed, ask if your healthcare provider has sugar water, sometimes called Tootsweet.™

Check in with your own feelings.

It can be hard to see your child get a vaccine, remind yourself that you are doing the best thing for them by getting them vaccinated. Children feel calmer when you are calm. If you are nervous, take a few slow deep breaths so your belly expands, not your chest. You can do this kind of breathing anytime!

During: Holding



Different Positions

Swaddle (for babies)

1. Swaddle your baby
2. Take out the leg that the vaccine will be administered to

Back-to-Chest

1. Hold the child on your lap facing away from you
2. Place your arms over their arms for a hug-like hold
3. For older children, anchor your child's feet between your thighs/legs or hold with your other hand

Sideways Lap Sit

1. Have your child sit on your lap facing sideways
2. Secure the child's arm with your own arm
3. Secure their legs with your own leg

Chest-to-Chest

1. Have your child sit on your lap facing you
2. Wrap their legs around your waist
3. Their arm can go under or over your arm

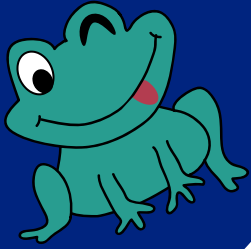


Use your normal speaking voice and tone. Stay positive. Stay Calm.

More important information on the other side

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During



Distract them. Help your child focus their attention somewhere else during their vaccine.

For babies up to 12 months

- Softly talk or sing songs
- Gently cuddle them
- Offer a pacifier
- Breastfeed (children older than 12 months too!)

For toddlers ages 1 to 3 years

- Read a story
- Play a video on a phone/tablet
- Offer a favorite or new toy
- Give them a job or task

For preschoolers ages 4 to 6 years

- Count, say the ABCs or sing with them - let them fill in some of the numbers or words
- Read a story
- Let them watch a video on a phone or tablet
- Play a game that doesn't require moving (like I spy)
- Ask them to tell you what they see in the space you're in or what they want for dinner

After

Be extra loving, kind and supportive. Hold and cuddle your child.

Keep an eye on them.

Some vaccines cause short term pain or discomfort – and your child may be fussy after their shot because of this. Remember you're protecting them from diseases that can hurt a lot more – and the hurt from those diseases last a lot longer or a lifetime!

- If your child's leg or arm is red or swollen, you can apply a clean, cool, wet washcloth for comfort.
- If your child is in pain, you can give them the recommended dose of acetaminophen or ibuprofen. *Do not give aspirin.*

Call your child's healthcare provider if you have any questions or concerns.

