

# How to Hold Your Little One During a Vaccination

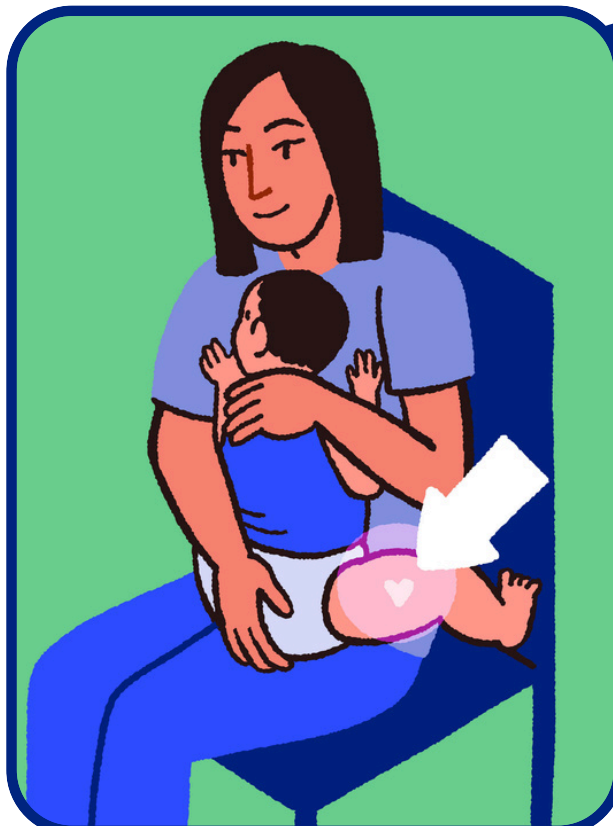
A comforting hold when getting your child vaccinated can help by giving them a feeling of safety and keeping them from being scared (you'll be holding them rather than having to overpower them). These holds allow the vaccine to be given carefully. You can coach, talk to, or distract your child during their vaccination too - this can help them to focus on something else. Make sure you check in with your own feelings. Children feel calmer when you are calm.



## SWADDLE (FOR BABIES)

1. Swaddle your baby
2. Take out the leg that the vaccine will be given in

Breastfeeding during vaccination is great to do too!



## 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



## BACK-TO-CHEST

1. Hold your child on your lap facing out
2. Place your arms over theirs for a hug-like hold



## 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 yours

