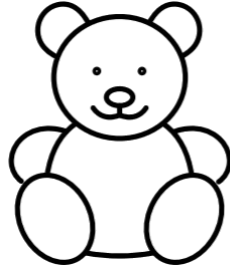


Tips on how to be there for your child during vaccinations

Before Vaccination



Bring your child's vaccine record to the clinic.



Bring a favorite toy or blanket and activity to do while you wait (books, homework, etc.).



Read the vaccine information the nurse gives you.



Ask questions.



Stay calm. Your child picks up on your feelings.



Reassure your child honestly. You can say, "It may feel like a sting, but it will only last a few seconds."



Avoid threatening your child with more vaccines if they misbehave or cry.



Ask your doctor or nurse if they have a numbing cream or spray to reduce pain during vaccination.



The nurse will show you how to hold your child so you are both comfortable and safe.



Tips on how to be there for your child during vaccinations (Continued)

During Vaccination



Make eye contact, smile, and speak lovingly to your child.

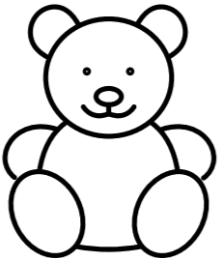


Distract your child. Sing, tell stories, or breath deeply.



Allow your child to cry. Don't force them to be brave.

After Vaccination



Comfort your child with their favorite toy or blanket. Tell them everything is ok.



Hold and talk to your child lovingly and do a quiet activity while you rest for 15-30 minutes.



Their arm may be sore, their head may ache, and they may feel tired.

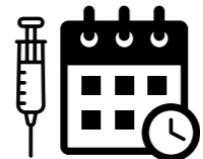
At Home



If your child has any symptoms that worry you, such as a high fever, call their doctor.



It is normal if they eat less than usual or feel tired for the next few days. They'll feel better soon.



Mark your calendar for their next appointment. Everyone eligible needs at least 2 doses of COVID-19 vaccine for the best protection.