How to Comfort Your Child During Vaccines

Before the Shot

• Talk with your child about why you are here. Vaccines help us stay healthy.

• Words matter. Use words like “poke” or “pinch” instead of “shot” or “pain.”

• Let your child know it’s ok to feel nervous and that you understand. If you stay calm, this will help your child feel secure.

• Plan how you will provide comfort or distractions. Your child can sit on your lap, breastfeed, watch something on your phone, or play with a toy.

During the Shot

• Your vaccinator can use a disc that will help your child not feel the shot as much. It is called a “shot blocker.” You can ask for this.

• Sucking on a pacifier, breastfeeding, or bottle feeding is encouraged for infants or toddlers while they are getting their vaccine. It is soothing for them.

After the Shot

• Rub the area where the shot was given to ease pain.

• Hug and praise your child for being brave. Hooray! They did it!