

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!

