

## Decrease Stress about Shots

If applicable, breastfeeding can be a great way to calm your child - please discuss this with your vaccine team as their safety and administration preferences may vary.

Use of a 'shot blocker' tool or a cool compress can help reduce discomfort and swelling before administration.

## Vaccines when Sick

If your child is sick on the date vaccinations are scheduled, your provider may choose to delay immunizations until your child is feeling better.

A child with a mild illness does not affect how the body will respond to a vaccine so they may still be vaccinated with a low grade fever, a cold, cough, or runny nose, ear infection, or mild diarrhea.

Vaccines only have a tiny fraction of the bacteria and viruses that children encounter naturally so the immune system can handle getting vaccines and fighting minor illnesses at the same time.

Vaccines do not make symptoms of illness worse.

A child with a moderate to severe illness, with or without fever, may need to wait until they are better to get vaccinated.

For more  
info!

Visit the following:

[cdc.gov/vaccines](https://cdc.gov/vaccines)  
[aap.org](https://aap.org)  
[childhealthassociates.net](https://childhealthassociates.net)

## Contact Us

508-832-9691  
508-842-1500

[childhealthassociates.net](https://childhealthassociates.net)

# Preparing for Vaccines

Child Health  
Associates

Tips on preparing for  
vaccine visits and creating  
a positive immunization  
experience

## Before Shots

- Read about the vaccines your child is due for - this information can be found on our CHA website along with the CDC and AAP.
- Be ready to support your child during vaccine visits - bring along their favorite toy, book, blanket, etc. to comfort them.
- For children 3 or younger, it is best to tell them immediately before vaccines or during the appointment.
- For children 4 and older, discuss the upcoming appointment and need for vaccines a day or so beforehand and explain why they are important to stay healthy.
- Try not to promise children there will not be any shots prior to appointments as the vaccine schedule can change.
- Be honest with your child and explain that the shot can pinch or sting but won't hurt long - don't say it won't hurt!
- Engage other family members to support your child.
- Avoid telling scary stories or making threats about shots like saying "if you misbehave the nurse will give you a shot".
- Ensure the adult accompanying the child is not afraid of needles, is able to be calm, and can support the pediatric staff.
- Parental behavior often reflects in the child response.
- Do not trick or lie to children.

Never say:  
"You won't feel it"  
"It won't hurt"  
"Don't be scared"



## During Shots

For babies and young children, distract and comfort the child with soothing words, cuddling, singing, etc. Smile and make eye contact, let them know everything is okay. Comfort them with favorite items brought from home.

For older children and adolescents, try to distract the child by pointing out interesting things in the room, telling or reading stories, watching videos, etc. Never scold them for not being brave. Take deep breaths together.

Be sure to follow all directions provided by pediatric staff for a safe and positive experience for all.



## Holding your Child

This safely prevents them from moving their arms and legs during injection to avoid injury to staff, patient, and yourself.

Avoid frightening children by embracing them, not over powering them.

Hold your child in your lap, anchor their feet between your thighs, using your arms and hands to hold their arms gently but securely.

## After Shots

Just like any other medication vaccines can cause side effects, but most often, these are mild localized reactions such as redness, tenderness or swelling at the injection site, or a mild fever up to 48 hours post administration.

- This happens in about 1 of 4 children with most vaccines
- Often appears soon after a shot is given and resolves on its own within a day or two

Read the Vaccine Information Sheet(s) provided to you to learn about the vaccines and any side effects your child may experience.

Reduce fever with a lukewarm water sponge bath.

Increase fluids after vaccines and note it is normal for some children to eat less during the 24 hours after vaccines.

Discuss with your provider the use of pain relieving medications such as Motrin or Tylenol after vaccines as this is an age based recommendation.

Monitor your child for a few days post vaccines - if there is anything concerning noted, please contact our office.

