

BEFORE SHOTS

Infants

- Bring your child's immunization record.
- Read vaccine information statements.
- Ask any questions.
- Bring along a favorite toy or blanket.
- Stay calm – your baby picks up your feelings.

Toddlers Same as for Infants PLUS...

- Reassure you child honestly, "It might sting but it will only last a few seconds."
- Never threaten your child with shots, "If you are not good, I will have the nurse give you a shot."
- Encourage older siblings to reassure and comfort, not to scare your toddler.

DURING SHOTS

Infants

- Distract and comfort by:
 - ouching soothingly and talking softly.
- Making eye contact as you smile at him/her.

Toddlers Also try...

- Holding your child securely on your lap.
- Talking to or singing with your child.
- Help child take deep breaths and slowly blow out the pain.
- Using a hand puppet.
- Pointing out posters or objects around the room.
- Telling your child a story or have him/her tell you one.
- Allowing your child to cry, don't force him/her to be brave.

AFTER SHOTS

Infants

- Comfort by:
- Holding, cuddling, caressing, and/or breastfeeding.
 - Talking lovingly and soothingly.
 - Ask your doctor for advice on using a non-aspirin pain reliever when you get home.

Toddlers Also try...

- Giving praises and hugs or a surprise.
- Reassuring your child that everything is okay.

AT HOME

- Mark your calendar for you next appointment.
- Review vaccine information statements for possible reactions.
- A cool, wet cloth can reduce redness, soreness, and/or swelling where the shot was given.
- Observe your child for the next few days. You might see a small rash or notice a fever. If your child has any reaction that concerns you, call you doctor or seek medical attention.
- To reduce pain for fever, your doctor may recommend you give your child a non-aspirin pain reliever.
- Try giving your child a sponge bath with lukewarm water to reduce fever.
- Give you child plenty of fluids. It is normal if he/she eats less than usual for the next 24 hours.

A parent's love makes all the difference.