

How can I prepare my child for vaccinations?

Preparing your child can set you up for a successful appointment

- Use neutral words such as pressure, pinch, poke, and medication that keeps you healthy, and that you need so that you can safely go to school and see your friends
- Relate to their concerns – don't tell them that they should not be worried. Let them know you understand, but that you will make a plan and make sure they are as comfortable as they can be
- Don't apologize – this makes your child think that you did something wrong

At the appointment:

- Bring something comforting - maybe a device, toy or stuffed animal
- Hold your child if you and they feel comfortable doing so
- Distract your child
- Help your child take deep breaths
- Discuss with the provider that although your child is nervous, you have created a plan and discuss if the provider can help with your plan

Call the clinic if you are concerned about your child coming in for vaccinations, and we can create a plan together

343-478-0196

