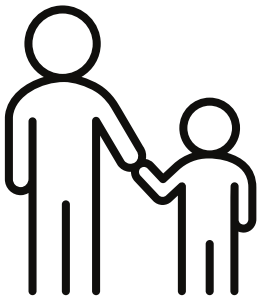# Preparing For A Child's Vaccine Appointment

Before the Appointment

☐ Prepare
- Look to trusted healthcare sources for child-focused vaccine info.
- Gather health cards and other relevant documents for your appointment.

☐ Talk about it
- Explain what will happen. Be honest about the needle but avoid words like "Pain" or "Hurt"; use "Squeeze" or "Poke" instead.

☐ Practice
- Practice sitting comfortably with the child while deep breathing.

☐ Plan for Comfort
- Pick a favourite toy or comfort item to bring.
- Speak to a pharmacist about using a numbing cream or patch to help lower pain from the needle poke.

☐ Eat
- Share a snack before you go; kids feel better on a full stomach.

☐ Dress Right
- Wear the right clothes, make sure there is access to the child's shoulder (or thigh if under 1 year old).
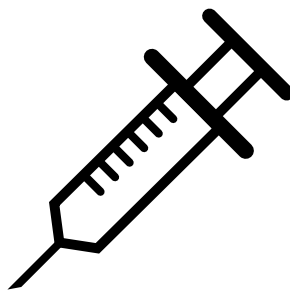
At the Appointment

☐ Be Calm & Positive
- Children are very sensitive to your emotions.

☐ Comfort
- Cuddle the child in an upright position while rubbing their arm.

☐ Ask
- Have the child ask the immunizer any questions they may have.

☐ Relax
- Have the child hold their favourite toy or comfort item.
- Have the child take slow, deep breaths.

☐ Distract
- Bring something fun and engaging like an iPad or bubbles to help shift the child's attention to something else.

☐ Soothe
- For infants, breastfeeding, a pacifier, or a giving a sugar solution can help with relaxation and reduces pain.

After the Appointment

☐ Celebrate
- Let them know how well they did!

☐ Reward
- Reward them with something they like (a trip to the park or ice cream), even if it didn't go as planned.

☐ Review
- Read vaccine information sheet given to you by the immunizer and ask any questions you may have.

☐ Manage Discomfort
- Speak to a pharmacist or health care provider about options to help manage vaccine related side effects.

Resources
Reduce The Pain For Infants

Reduce The Pain for Kids

Topical Pain Options

Reframe The Pain

CARD System

Ask An Expert Video Series

Resources For Under 5