

# TIPS & TRICKS TO HELP YOU AND YOUR LITTLE ONE GET THROUGH THE NEEDLESTICK

## Before



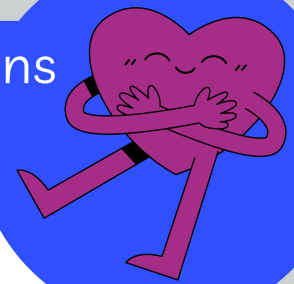
- Plan to hold your infant or toddler upright during their shot. A comforting hold can help by:
- Providing a feeling of safety
  - Keeping your child from being scared – you'll be holding them rather than having to overpower or fight them
  - Allowing the vaccine to be given carefully

If you breastfeed, plan to breastfeed before, during and for a few minutes after the vaccination. If you don't breastfeed, ask if your healthcare provider has sugar water, sometimes called Tootsweet.™



**Check in with your own feelings.** Children feel calmer when you are calm. Take a few slow deep breaths so your belly expands, not your chest.

## During: Holding Positions



for babies

### Swaddle

1. Swaddle your baby
2. Take out the leg that the vaccine will be given in



### Sideways Lap Sit

1. Have your child sit on your lap facing sideways
2. Secure the child's arm with your own arm
3. Secure their legs with your own leg



### Back-to-Chest

1. Hold your child on your lap facing out
2. Place your arms over theirs for a hug-like hold
3. For older children, anchor your child's feet between your thighs/legs or hold with your other hand

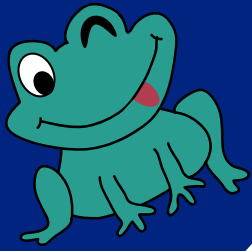


### Chest-to-Chest

1. Have your child sit on your lap facing you
2. Wrap their legs around your waist
3. Their arm can go under or over yours

More important information on the other side

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## During

Distract them. Help your child focus their attention somewhere else during their vaccine.

### For babies up to 12 months

- Softly talk or sing songs
- Gently cuddle them
- Offer a pacifier
- Breastfeed (children older than 12 months too!)

### For toddlers ages 1 to 3 years

- Read a story
- Play a video on a phone/tablet
- Offer a favorite or new toy
- Give them a job or task

### For preschoolers ages 4 to 6 years

- Count, say the ABCs or sing with them - let them fill in some of the numbers or words
- Read a story
- Let them watch a video on a phone or tablet
- Play a game that doesn't require moving (like I spy)
- Ask them to tell you what they see in the space you're in or what they want for dinner

**Remember: Stay positive. Stay Calm. Use your normal speaking voice and tone.**

## After

Be extra loving, kind and supportive. Hold and cuddle your child.

### Keep an eye on them.

Some vaccines cause short term pain or discomfort – and your child may be fussy after their shot because of this. Remember you're protecting them from diseases that can hurt a lot more – and the hurt from those diseases last a lot longer or a lifetime!

- If your child's leg or arm is red or swollen, you can apply a clean, cool, wet washcloth for comfort.
- If your child is in pain, you can give them the recommended dose of acetaminophen or ibuprofen. *Do not give aspirin.*

**Call your child's healthcare provider if you have any questions or concerns.**

