# Be there for your child during shots.

## 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**–All above, plus:

- Reassure your 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:

- Touching 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.
- Helping your 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.
- Asking 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 your 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 your doctor or seek medical attention.
- To reduce pain or fever, your doctor may recommend you give your child a non-aspirin pain reliever.
- Also try giving your child a sponge bath with lukewarm water to reduce fever.
- Give your 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.

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