

Helping Your Child with Pain & Anxiety

Use the QR codes below to find resources and learn more.

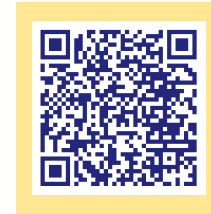
Before the vaccination visit

Preview the visit with your child. Walk through what to expect and plan for ways to be calm & comfortable during “the poke.” The Meg Foundation offers a “poke planner.”



Pack supportive items to bring to the visit, such as a drink, snack, toy, pinwheel, fidget, stuffed animal, headphones, or video/music/gaming device. Anything that will calm and comfort your child or will be a great distraction.

Consider using a numbing cream. The cream has to be applied to the area(s) that will be treated with the needle 30–60 minutes beforehand. The Meg Foundation shows you the details.



During the vaccination visit

Now is the time to put the plan you and your child made into action – with the distractions you brought.



Some children feel safer and calmer if they watch their vaccination. Making the choice helps kids cope.

Hold the child in a way that helps them feel safe and loved, while making sure they don't squirm too much.

The Meg Foundation's pictures show how to hold kids of various ages during their shots.



Be calm. If you're calm, your child will pick up on that.

Breathe. Smile. Remind yourself that all is well.

Keep your words neutral. Don't apologize or repeatedly say things like “don't worry” or “don't be scared.” Children know that if you're saying “don't worry”... then there's something to worry about! Also, don't make false promises like “this won't hurt at all.”

Breastfeeding can help infants during vaccinations.

Watch this video.



Small amounts of sweet liquid can help infants who are not breastfed.

Here's a video on this.



For more information and resources on vaccinations, visit our webpage!



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