What will happen?
- You will get a medicine called a vaccine given in the arm/leg with a needle.

Why is the vaccine being given?
- To keep you healthy.

How will it feel?
- There may be a pinch and some pushing or pressure that will last only a few seconds.

Preparation

If you have questions, ask your healthcare provider or go to www.immunizebc.ca

In general, tell young children (under 4 years old) just before the procedure and older children at least 1 day before – it helps the procedure and older children (under 4 years old) just before the procedure and older children.

Positioning

Hold it still.

With older children, ask them to relax their arm and

If you have questions, ask your healthcare provider or go to

Opposite to what you may think, reassuring your child “It will be over soon,” or apologizing “I’m sorry you have to go through this” before the immunization may make it feel like it is worse than it is.

Better Immunization Experience for You and Your Child

Preparation

Prepare your child from serous concern:

A Better Immunization Experience for You and Your Child

Looking for the needle. It makes them feel keeps the child still.

Be straightforward when answering your child’s questions.

Positioning

In control.

Most children can feel pain from the experience.

Vaccines protect your child from serious diseases.

Why is pain from immunization a concern?

In the arm/leg with a needle.

What will happen?

What is the vaccine being given for?

To prevent this, combine these strategies for a

How will it feel?

To keep you healthy.

Why is the vaccine being given?

In general, tell young children (under 4 years old) just before the procedure and older children at least 1 day before – it helps the procedure and older children.
A Better Immunization Experience

**Infants**

**Breastfeeding**
Feed your baby before, during and after the vaccines.

**Formula fed babies:**
May be offered a sucrose solution by the nurse or doctor immediately before the immunization.

**Why it works:**
The physical closeness and sweet taste of breast milk will calm your baby.

**Be Calm**
Stay calm, speak in an even and soft tone of voice.

**Why it works:**
If you are relaxed and speak calmly, your child will feel that everything is ok.

**Numb The Skin**
Medications to numb the skin are available without a prescription. Talk to your immunization provider about when and where to put on the cream or patch.

**Why it works:**
The active ingredients in these products reduce feelings of pain by blocking pain receptors in the skin.

**Deep Breathing**
Help your child to take deep breaths by having them blow bubbles, blow at a pinwheel, or blow out a pretend candle.

**Why it works:**
Deep breaths help both parent and child relax and takes focus away from the procedure.

**Distractions**
This involves taking your child’s attention away from the procedure.

Choose something that will work for the age of your child.

**Why it works:**
Distractions can be: toys, books, music, and talking about something other than the procedure.

**Formula fed babies:**
All Age Groups

**Distractions**
This involves taking your child’s attention away from the procedure.

Choose something that will work for the age of your child.

**Why it works:**
The part of the brain that processes pain is less active when children are distracted during immunizations.

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If you have questions, ask your healthcare provider or go to [ImmunizeBC.ca](http://ImmunizeBC.ca)