

# Shots Made Easy

Parents! Here are some helpful tips from real parents on how to make the immunization process easy!

## Before:

- Do your research on immunizations so you are comfortable when the shot is given – many times your child can feel if you are anxious. Credible sites to find answers are listed at the bottom of the sheet
- Explain to your child what will happen at the appointment and why shots are necessary – to keep us from getting sick
- Reinforce ahead of time that the doctor's office is a nice place and the doctors and nurses are there to help
- Give an over the counter fever reducer or pain reliever 30 min. **before** you go the appointment
- Have your child watch you or a brave older sibling get a shot first
- Find children's books about shots and teach them about the experience before
  - Lions aren't Scared of Shots
  - The Saturday Shot
  - SHOTS Project
- Dress your child appropriately – short sleeve shirts, if getting a shot in the leg, wear loose pants or jumpers that snap to avoid irritation
- Make sure your child is well fed, hydrated, & rested to decrease irritability
- Make it a game: Challenge them to laugh instead of cry and they will win a prize. If you have many kids, make it competitive – whoever does not cry wins!

## During:

- You may want to ask your provider if you can nurse your baby through the shot, use a pacifier, or let your child eat a snack/treat
- Provide physical comfort: let them sit on your lap, hug them, hold hands
- Step away from view or face the child towards the nurse if needed
- Distraction-allow them to play with something during the immunization or see if your provider has a buzzy bee
- Remain calm during the shot. If you need to, leave the room and then come in after to comfort your child

## After:

- Reward them! Here are some ideas:
  - Take them to an inexpensive store to buy a prize/reward
  - Take them for ice cream/a favorite treat
  - Go to a fun restaurant/play place or a play date with a friend
  - Go to a park to play and get those muscles moving or feed ducks at a duck pond
- Give positive praise for a job well done



Luthy, Beckstrand, Hewett & Asay. (2011).

**For more information:**

**[Aap.org/immunization](http://aap.org/immunization)**

**<http://www.ecbt.org/>**

**<http://www.vaccineinformation.org/>**

**<http://kidshealth.org/parent/infections/immunizations/vaccine.html>**

**<http://www.chop.edu/system/galleries/download/pdfs/articles/vaccine-education-center/vaccine-ingredients.pdf>**

**<http://www.cdc.gov/vaccines/pubs/parents-guide/default.htm>**