

# COVID-19 Vaccination

## Help Your Child Get Ready to be Vaccinated



### Talk about the COVID-19 Vaccine.

- Talk to your child about why they are getting the COVID-19 vaccine.
- Tell your child they might feel a pinch or a poke.
- Encourage your child to ask questions.



### Learn how you can help your child stay comfortable during their vaccination.

- Be sure your child wears a short-sleeve shirt to the clinic.
- Talk to your health care provider or a pharmacist if you have any questions about pain management for your child prior to their vaccination.



### Prepare to help position your child so they can be comfortable to safely receive their vaccination.

- Have your child sit in an upright position so their arm to be vaccinated is accessible and exposed.
- Your child may sit on your lap facing toward or away from you.
- You may hold your child's arm to be vaccinated gently with just enough force to keep it still during the vaccination.



### Model ways you can help your child relax during their vaccination.

- Breathing exercises:
  - Pretend you are blowing out candles
  - Pretend you are blowing bubbles



### Some children prefer to be distracted.

- Bring a distraction:
  - A small, handheld toy
  - Music that can be listened to through headphones
  - A book
- Some children prefer not to be distracted. That is okay too.

