



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

Talk About the COVID-19 Vaccine



Tell your child they
might feel a pinch
or a poke

Talk About the COVID-19 Vaccine



Encourage your child
to ask questions

Staying Comfortable



Be sure your child wears a short-sleeve shirt to the clinic

Staying Comfortable



Talk to your health care provider or pharmacist if you have any questions about pain management for your child prior to their vaccination

Taking a Seat



Have your child sit in an upright position so their arm to be vaccinated is exposed

Taking a Seat



Your child may sit on your lap facing toward or away from you

Taking a Seat



You may hold your child's arm to be vaccinated gently with just enough force to keep it still during the vaccination

Staying Relaxed



Model ways you can help your child relax during their vaccination



Breathing exercises:

- Pretend you are blowing out candles
- Pretend you are blowing bubbles

Bring a Distraction



Some children prefer to be distracted:

- A small handheld toy
- Music that can be listened to through headphones
- A book

Some children prefer not to be distracted and that's ok too

FAST FACTS on COVID Vaccs for Kids



Join us for a virtual information session to learn more about COVID-19 for children on **Thursday December 2nd from 6p to 7p** streaming live on YouTube.

Go to www.hkpr.on.ca to submit your question and find out how to tune into the event.

