

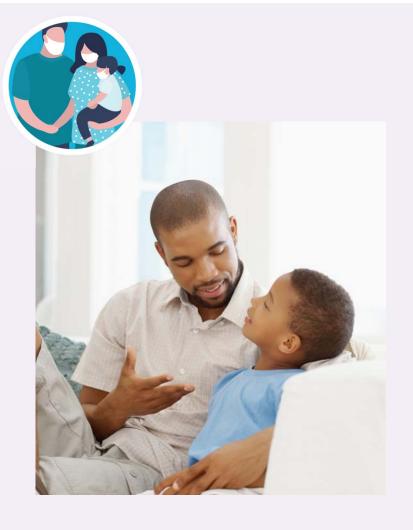




Help your Child Get Ready to be Vaccinated



Talk About the COVID-19 Vaccine



Talk to your child about why they are getting the COVID-19 vaccine



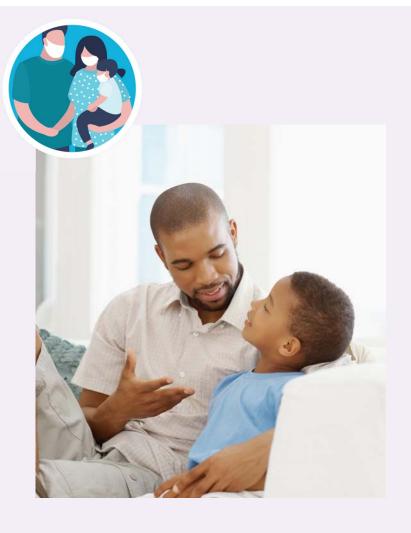
Talk About the COVID-19 Vaccine



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



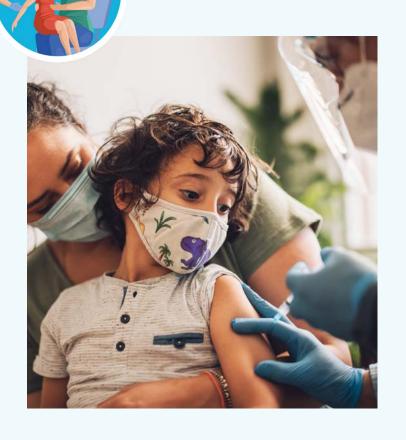
Staying Comfortable



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



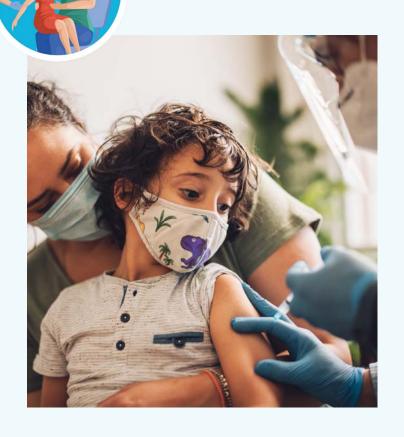
Taking a Seat



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



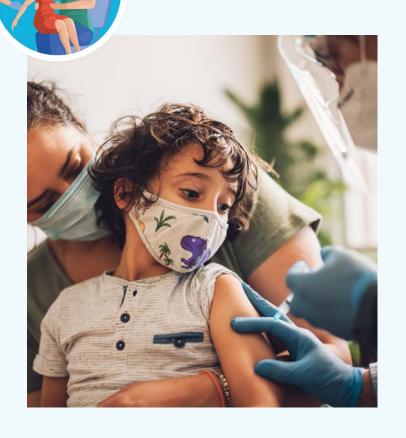
Taking a Seat



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



Staying Relaxed



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 Vacs for Kids



Join us for a virtual information session to learn more about COVID-19 for children on **Thursday December 2**nd **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.

