

# Making vaccines easier for your baby

## PLAN AHEAD

Talk to your doctor before:

- Using skin numbing creams and patches before the needle
- Using acetaminophen or ibuprofen for fever or pain after the needle



## DURING THE NEEDLE

Take deep breaths to stay calm.  
Use your normal speaking voice.  
Babies feel what their parents feel.

Breastfeed your baby before, during and after the needle. If your baby isn't breastfed, sugar water may be given right before.\*



Cuddle your baby on your lap.  
Keep your baby's arms and legs exposed.

Distract your baby with a toy,  
sing a song,  
or read a book.



\* To make sugar water, mix 1 teaspoon of sugar with 2 teaspoons of water (for babies only).  
After breastfeeding or sugar water, wipe your baby's mouth with a damp facecloth.