

Making vaccines easier for your child

PLAN AHEAD

Talk to your child about the health visit:

- They may feel a “poke” or “pinch” for a few seconds.
- Work on a plan together. Have your child choose a toy, book, or electronic device to distract or comfort them.
- Talk to your doctor or pharmacist about numbing creams or patches.
- If your child wants to look, that’s OK too.



DURING THE VACCINATION

Sit your child up and cuddle them during the needle.



Kids feel what you feel.



Distract your child with the toy, book, or electronic device you chose together.



AFTER CARE

- Praise and reward your child. Positive reinforcement can work in kids of all ages.
- Talk to your doctor about giving acetaminophen or ibuprofen after the needle for fever, aches, or pain.



416.338.7600 toronto.ca/health

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