



How to Talk to Kids about Getting Vaccinated

Children ages 5-11 are now eligible to get a COVID-19 vaccine. The Delta variant spreads easier, faster, and makes people sicker. Getting children vaccinated will make returning to normal play, socializing, and learning safer for everyone. It will also protect kids from serious illness. The following tips will help you talk to kids about getting vaccinated:

1. Keep Up to Date from Trusted Sources

- It is important for you to be informed about the COVID-19 vaccine before talking to your children. Do not rely on social media for information – instead pick trusted sources such as the City of Toronto website: <https://www.toronto.ca/home/covid-19/covid-19-vaccines/>

2. Listen

- Ask your children to share what they know or have heard about COVID-19 vaccines, and actively listen to their responses.
- Like adults, children may have heard a lot of misinformation about vaccines, and may have fears or worries. Take these concerns seriously.
- Talking to a trusted adult, such as a family doctor or other health professional, may help ease some of these concerns.
- If your child seems anxious, use play or drawing to help younger children explore their fears and feelings. Older children may try writing down their feelings or use deep, slow breaths to help them relax and keep calm.

3. Talk to Your Child about Getting the Vaccine

- It is important to talk to your children about vaccinations and share information in an age-appropriate way.
- If you are worried or have fears, your child will pick up on that. Be sure to address your own concerns about the COVID-19 vaccine before talking to your children.

4. Be Ready to Answer Their Questions

It is normal for children to have questions about their health and vaccines. Here are a list of common questions, with child-friendly responses:

What is a vaccine?

A vaccine is used to make the body stronger to fight against an infection.



How do vaccines work?

Vaccines teach your body how to fight off an infection. Your immune system will be ready to know what to do if it ever comes into contact with a real infection.

Are vaccines safe?

Yes, vaccines are very safe. Millions of people are vaccinated every year, which helps to protect them from many illnesses. The COVID-19 vaccines have been tested by doctors and scientists to make sure they are safe and work well for kids and adults.

Why do I need to get the COVID-19 vaccine?

Getting the COVID-19 vaccine protects you from getting sick. It also stops you from spreading COVID-19 to others, including your classmates and family members. As more children and adults get vaccinated, we will be able to end the pandemic and get back to doing the things we love more safely.

When can I get the COVID-19 vaccine?

There is now a COVID-19 vaccine for children age 5 to 11. All we have to do is book an appointment at a clinic or pharmacy.

Note: If your child is 5 years of age or older (turning 5 by the end of 2021/born in 2016), you can now book a vaccination appointment on the [provincial online registration system](#) or by calling 1-833-943-3900.

I'm scared of vaccines! Do I have to get one?

I know getting a vaccine can be scary. There will be a small pinch and some people can feel sore or tired afterwards – but it will go away soon. To make it less scary, we can practice and be prepared before going to get your vaccine. You can bring a special toy or device to keep you comforted. We can hold hands when it's time for your vaccine, and plan something nice to do afterwards to celebrate!