Scared of shots? No problem!

No one likes needles. But you can make your child’s vaccine appointments more comfortable.

How to Comfort Your Child:

**Before**

Walk your child through the day's events, including the medical visit and shot. Plan a fun activity for after the appointment, like going to a playground or getting ice cream.

Remind older children that vaccines are part of maintaining a healthy lifestyle, just like using seat belts or bike helmets.

**During**

- **Stay calm.** When you are anxious, your child may become anxious, too.

- **Hug and hold.** Young children feel comforted if they are hugged or held by you during the shot. Let older children sit upright for a sense of control, and offer a toy or other familiar item for them to hold.

- **Soothe.** Provide skin-to-skin contact, breastfeeding, or pacifiers to calm small children. Drinking sugar water may be a welcome distraction.

- **Breathe.** Ensure older children take deep breaths before, during, and after shots.

- **Talk to your provider** about using a numbing agent before the shot, like 4% lidocaine cream. A shot blocker, which is a plastic tool that blocks the pain from the needle's insertion, may also help.

**After**

Immediately after the shot, try to distract your child with a game, a cartoon, a stuffed animal, or a song.

If your child is fussy after vaccination or develops a fever, give acetaminophen (Tylenol) or ibuprofen (Advil) to reduce discomfort.

If your child is uncomfortable for more than 24 hours, or the fever reaches a high temperature, call your provider.

If your child's arm or leg is swollen, hot, or red, apply a clean, cool, wet washcloth over the sore for comfort. If the redness or tenderness increases after 24 hours, call your provider.

Learn more at: www.boostoregon.org/comfort