

# PREPARING YOUR CHILD FOR VACCINATION



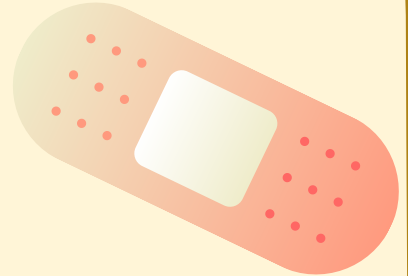
Vaccines teach the body to recognize germs that cause diseases. If the body encounters these germs in the future, it will be able to stop them. Most vaccines are given with a needle, which can be scary for some kids.

Here are some things you can do to help prepare your child for a vaccination:

## Talk to your child about:

### What will happen?

- You will get a vaccine to keep you healthy.
- The vaccine goes in your arm with a needle.



### How will the needle feel?

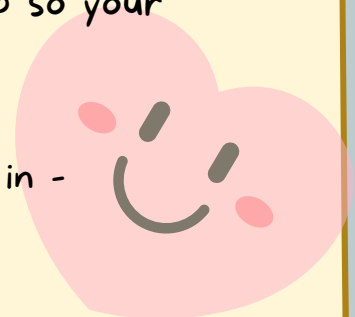
- There may be a pinch, some pushing or some pressure for a few seconds. It bothers some kids, but others think it's OK.

### Things to do so the needle doesn't bother you so much:

- Sit upright and relax your arm.
- Bring a friend or trusted adult with you.
- Take deep belly breaths before, during and after the needle. This is like blowing up a balloon. The belly should move out when breathing in and move in when breathing out.
- Talk to someone or bring an object, like a book or game, with you to get your mind off the needle. Some children like to look at the needle and that's OK too.
- Let the nurse know your preferences and ask them any questions you have.

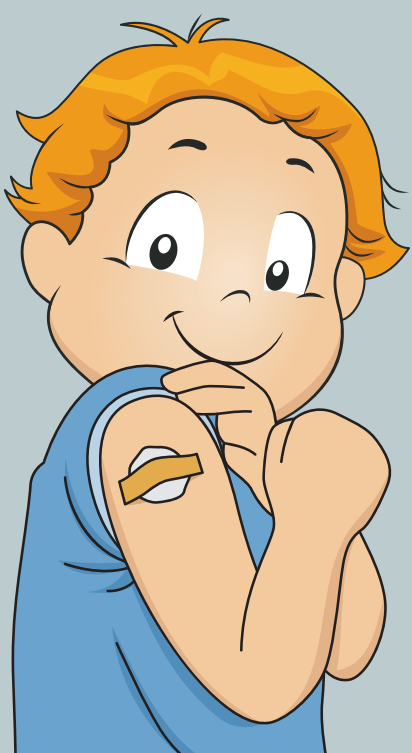
## Tips for vaccination day

- Try to eat something before vaccination and afterward.
- Wear short sleeves or something easy to pull up so your upper arm can be reached easily.
- Be calm and positive.
- Don't tense your arm where the needle is going in - keep it loose or jiggle.



### If you feel faint or dizzy during your needle:

- Sit and tense your leg and stomach muscles until you feel warm in the face like you are blushing (10-15 seconds), then release your muscles back to normal for 20-30 seconds. Repeat this 5 times.



## After the needle

- Sometimes there are minor side effects, like pain, swelling, or redness of the arm. This is normal and doesn't last very long (a few minutes to a few days). This should not prevent participation in any activities.
- If you notice a change in your child's health that worries you, contact your healthcare provider or public health at 519-376-9420.