

How to Make Vaccinations Less Stressful for Your Child



Comfort them with a favorite toy, book, or blanket.



Distract your child by cuddling them, singing, or talking softly.



Smile and let them know that everything is OK.



Take deep breaths with your older child to help with fear and discomfort while they are getting the shot.



Do not threaten your child with shots as a punishment.



Do not scold your child for being frightened or for crying; instead, give them comfort and support.

To stay current with your child's vaccination schedule, scan the QR code below.



SCAN ME

For more information about your child's vaccine, visit cdc.gov/vaccines/parents/visit/index.html