

Supporting Your Child When Getting Vaccinated

Getting vaccinated can be stressful for a child and family. This guide can help offer tips on how to have a better experience altogether.

To learn more, visit: <https://www.cdc.gov/vaccines/parents/visit/>



Tips on How to Prepare:



Make a plan

Do your research. Prepare questions and information that will help make your child's experience a more positive one.



Be ready to support your child

Bring your child's favorite things or anything your child finds comforting to help them focus on something pleasant.



Be honest and calm

Explain they may feel a little pinch and it will go away quickly. Remain positive and relaxed at all times.

Tips for Supporting Your Child:



Use physical strategies

Hugging, cuddling, hand holding, or a gentle touch may be effective for comforting your child



Validate their feelings

Words matter. Let your child know that everything is OK. If your child is not ready, consider rescheduling until they are.

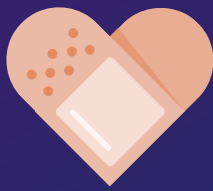


Focus on other things

Smile and make eye contact with your child. Take deep breaths with them, sing a song or count together, or have them hold a special toy.



For more information:
longbeach.gov/vaxLB | 562.570.4636 | @LBHealthDept



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Tips for Caring for Your Child After Their Vaccine:

Provide emotional support for your child after getting vaccinated











- Acknowledge your child's efforts and let them know they did a great job
- Ask your child how their experience went and what can be done better for their next visit
- Do not apologize for giving an immunization. Reinforce the reason for the vaccine, and let them know how proud you are of them.



Your child may have mild reactions, such as pain and swelling where the shot was given or a fever; these are common and will soon go away.

- Reduce fever with a lukewarm sponge bath
- Ask your child's doctor if they can take non-aspirin pain reliever
- To reduce redness and swelling use a cool damp cloth to place where the shot was given

Remember that to be fully vaccinated and protected against COVID-19, your child must receive their entire primary series. See the table below to learn when your child should return for their next dose(s).

Vaccine	Age	Primary Series				
 Pfizer	6 months - 4 years	 1st dose		 2nd dose		 3rd dose
 Moderna	6 months - 5 years	 1st dose		 2nd dose		



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