

I was an Antivax Mother for 12 Years.

How Did I Change My Mind?

I wasn't always an antivaxxer.



I took my
daughter to
her 2-month
vaccines, and
she reacted.
DTAP Cry?





Discussion Starter · #1 · Jun 23, 2008



I felt almost bullied into giving my daughter her 2 mo shots. I thought 3 needles with 7 vax's was too much but i did it any way. They gave her pentacel (which is DTaP with IPV and HiB) and the Pneum. and Meningococcal shot. She cried and was sickly for a couple of days. I felt so bad because i didnt take a stand for her. Well now i want to split the shots up.

Something like this

4 mos Pneu. and Men.

5 mos Pentacel

6 mos Pneu. and Men.

7 mos Pentacel

And thats it. She will not get any other vax's until she is old enough to decide for herself. Does anyone from Canada have their own Selective vax they can share?

My next baby wont get the first shot till at least 4 months.

Mama to L (7) and A (born 7/15 by VBAC)



After her 4-month shots I could no longer vaccinate my child.



**MountainMama
GC**

Registered 

Joined Jun 23, 2008

3,541 Posts


Discussion Starter · #7 · Dec 21, 2008

You are right it is a waste of my time. She was going on and on. Using her degree to back up everything she said. I tried telling her I spoke with mothers IRL with vaccine damaged children and she said its typical for parents to want to blame something. I just feel like my parenting has been attacked. Its my fault for being open. I just dont want to treat it like a dirty secret. If other moms can talk openly about vaxing their kids then why cant i be open too. I actually bawled over it today. I used to be an analytical chemist but yesterday i felt like i was just a housewife. (my DH got mad when i used the phrase "just a housewife" he said i do a lot and i was selling myself short)

Over the years I had a few encounters with professionals that could have had an impact but instead left me feeling attacked.

I went on to have 2 more children. I did not vaccinate them.

- ◇ I questioned my choice over the years but always fell back to inaction.
- ◇ I was stuck in an echo chamber.



Discussion Starter · #1 · Mar 16, 2016

I stopped vaccinating my daughter at 4 months. She is 8 now. She had a reaction at her 2 month pentacel shots. She had a high pitched wail and had trouble nursing for a couple days. She just wasn't herself in that time. She recovered but it scared me. At 4 months she only had prevnar and Men-C. She didn't have any reaction to those but I was too nervous to continue.

We travel, my daughter loves it. We have done some all inclusives, but I would like to take her to some more adventurous places. We also hike and camp. So I am thinking of a few vaccines. I am on the fence on MMR, but I also want her to get it before puberty if I do get it for her. I am thinking of getting her IPV, and Td, and Hep A.

The other travel vaccines will be as needed prior to travel as some don't last very long.

Does this make sense? Also, how do you know how many boosters are needed when starting so late?

Mama to L (7) and A (born 7/15 by VBAC)

Xerella

Reply Quote Save Share

The Pandemic Begins. My Children are 12, 5, and 2. The What-Ifs Start.

What if the economy collapses?

What if health care collapses?

What if this completely changes our world?

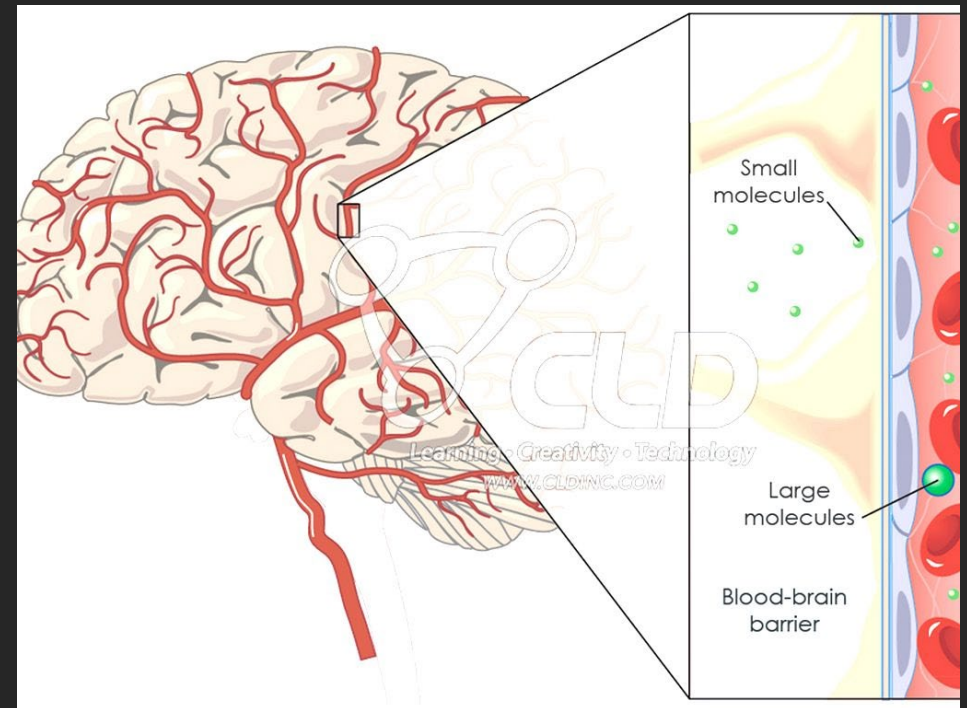
What if I can't access VACCINES?!

When will it be ok for my youngest to get vaccinated?

What are the minimal vaccines my older children should have?

I find out I am wrong about a trope I believed so long. This sent me on a mission. I finally do my own research.

Antivaxxers fully believe that babies are born with an immature blood brain barrier, that doesn't mature until the age of 2 or 3. They never seem to agree on this magic age, and so I go digging. I am shocked to find out they are born with a mature BBB. SHOCKED.



What Helped Me Vaccinate With Confidence?

Vaxopedia. Dismantles each trope.

Reading other former antivax stories.

Having a nurse work with me. “You do what you want each visit, I will keep track of what is left.”

Seeing with my own eyes, my kids were ok. I went from slow to accelerated just by seeing my kids were fine.

Experts who were accessible and supportive.



Back to the Vax is Born.

Heather and I found each other after we wrote about our experience.

I was just finishing, and she was just starting her vaccine journey. I shared my experience to support her through her daughters first vaccine.

We found community and support in each other and wanted others to have that too.

We make a website, support group, a page, and a podcast to address the tropes and build community.

Our group is not just about vaccinating but vaccinating with confidence. There are "On the Fence" groups that slow-vax but they still see vaccines as toxic and treat vaccinating as an assault on their kids body. There are often quack detoxes and other Alt-med practices. We are evidence based. If they AAP would not recommend it, neither do we.

What can health care providers do?

Listen

Listen. I know its easy to try to downplay fears in effort to stomp them out. It doesn't work. Never look angry or annoyed. This shuts the conversation down immediately.

Ask

Ask them to bring you their biggest fear so you can go over it together. Empathize. "Wow that is scary. I'm glad you're telling me this." "Let me look into that, we will talk about it next time." Just do one fear at a time, as gish gallop is an antivax defense mechanism. (My doctor told me to google my daughter's medication, and report back all the scary stuff to her.)

Be Patient and Available

Be patient. You're not going to extinguish their fears in one visit, and you want them to come back to YOU. Maybe they just do one vaccine. Can they call the office if they are scared? Especially the first vaccine, you want to be there if they have any questions. Set up an email account, specifically for their antivax questions, so all your patients can ask you a question anytime they want. You can answer at your leisure.

One More Thing: Be Trauma Informed

- ◆ Many people have medical trauma. I have medical trauma. Everyone has bad days working in healthcare. We must remember that patients will be on the receiving end of a bad day. You may forget about them at the end of the day, but they will never forget you.
- ◆ Trust in healthcare has been fractured more than it ever has. Assume that people are traumatized by the pandemic. They likely are. Falling into conspiracy theories is a trauma response. People seek to feel in control when they have very little control.
- ◆ We have a long road ahead. The mistrust created by charlatans trying to make a buck off suffering will take decades to repair.
- ◆ Celebrate wins, no matter how small.



Plant seeds. Have faith that people can change. It is a slow process.

- ◇ Before I had children, I was in a scientific STEM based profession. Antivaxxers can come from educated backgrounds.
- ◇ I then fell into the antivax rabbit whole when a perfect storm of conditions pushed me down.
- ◇ But it's now come full circle. During my preceptorship I gave a tetanus shot and I didn't even think twice about it.
- ◇ Today I am an LPN who works in long term care, a rural hospital, and corrections.



Lydia Greene, Crunchy Apostate.
@FormerAntivax

Promote ...

Who has two thumbs and administered her very first #vaccine today?
This gal.

My crunchy #antivax to pro evidence-based medicine journey has come full circle today.



5:22 PM · Sep 14, 2023 · 151.6K Views





An Ounce of Prevention...

- ◆ Heather and I are very proud of the booklet we wrote for IKC: *Vaccine Fears Overturned By Facts*.
- ◆ We discuss the antivax tropes that had the most impact on our choices and dismantle them in language that will connect with parents. Everything is reviewed by experts.
- ◆ We feel that if parents read about these tropes before they are exposed to them, it will be the best defense against falling for antivax rhetoric. Much like an inoculation against disinformation.
- ◆ Hesitancy is easier to address but don't give up on antivaxxers. We can change.