

# Make Vaccine Shots Less Stressful and Painful for your Child

Infographic for parents and caregivers with tips on comforting their child before, during, and after their vaccine shot.



**MAKE VACCINE SHOTS LESS STRESSFUL AND PAINFUL FOR YOUR CHILD**

Getting a shot can be scary for kids. Here are some tips to comfort your child before, during, and after their shot.

**Before**

- Be honest with your child: Shots can pinch or sting, but they don't hurt for long.
- Help your child see vaccines as a good thing. Tell them vaccines keep them safe from germs that might make them sick.
- Don't tell your child scary stories or make threats about shots.



**During**

- Bring a favorite toy or blanket for your child to hug.
- Hold your child in a comforting position, such as on your lap.
- Distract your child, such as with a story, a video, or a conversation.
- Ask the vaccine provider if they have a numbing ointment or spray to apply before the shot.



**After**

- Hug and praise your child.
- Remind your child why vaccines are good. Tell them their body is already making germ fighters to keep them safe and healthy.
- Consider rewarding your child, such as with a sweet treat or a sticker.



For more information, visit [CDC.GOV/CORONAVIRUS](https://www.cdc.gov/coronavirus).

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**RESOURCE TYPE**

Posters & Flyers

**LANGUAGE**

English

**AUDIENCE**

Parents

**TOPIC**

Getting Vaccinated

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