

# How can parents prepare kids for the vaccine?



## Pediatric COVID-19 Vaccine Prep Tips

### *Before the appointment*

- ▶ Pack your child's favorite toy, book, or blanket to comfort them during vaccinations.
- ▶ Be honest with your child. Explain that shots can pinch or sting, but that it won't hurt for long.
- ▶ Avoid telling scary stories or making threats about shots.
- ▶ Remind your child that vaccines can keep them healthy.

### *During the appointment*

- ▶ Point out interesting things in the room to help create distractions.
- ▶ Tell or read stories.
- ▶ Take deep breaths with your child to help "blow out" the pain.

### *After the appointment*

Mild reactions from shots, such as pain at the injection site, a rash, or fever are normal and will go away. These tips will help you identify and minimize mild side effects:

- ▶ Use a cool, damp cloth to help reduce redness, soreness and/or swelling in the place where the shot was given.
- ▶ Reduce fever with a cool sponge bath.
- ▶ Offer liquids more often. It is normal for some children to eat less during the 24 hours after getting vaccines.
- ▶ Ask your child's doctor if you can give your child a non-aspirin pain reliever.
- ▶ Pay extra attention to your child for a few days. If you see something that concerns you, call your child's doctor.

**Make a plan to get your kids vaccinated.**  
Find a vaccine location: [vaccines.gov](https://www.vaccines.gov).