

Comfort Positions for Vaccinating Children

Try one of these hugging holds that will help your child feel safe and comfortable when they get their COVID-19 vaccine.



Chest to chest

Hold your child in your lap with their head facing your chest. Turn their head away from the needle.



Back to chest

Hold your child in your lap with their back against your chest. Support their legs between yours. Hold a tablet or another distraction in front of them.



Side sitting

Hold your child in your lap and angle their body away from the needle. Hold a tablet or another distraction in front of them.



Side sitting with support

Hold your child in your lap and angle their body away from the needle. Support their legs with your arm. Have another person distract your child with a toy or tablet.