

How to Prepare Your Child for Their COVID-19 Vaccine

In the weeks and days before your child's vaccine appointment:



Talk to your child about the COVID-19 vaccine and why it's important. If you've received the vaccine, tell your child about what it was like to help normalize the experience. Let them know they are doing their part to help protect themselves, their family and others.



Listen to and be honest with your child. It's okay to acknowledge that the injection might hurt. However, try to put that feeling into context. (For example, it might feel like a pinch or poke.) Above all, listen to your child's needs and try to address them so they feel heard and know what to expect.



Ask about pain management relief. Look for information about the vaccine clinic you are going to, including what comfort measures will be available and what they recommend families bring. You may want to purchase a topical numbing cream, spray or patch at your local pharmacy, which you can apply to your child in advance.

On the day of your child's vaccine appointment:



Dress your child in comfortable clothing that allows for easy access to their upper arm. For example, a T-shirt underneath a soft sweater.



Bring a comfort item, such as a stuffed animal, blanket or pillow, which your child can hug while they are being vaccinated.



Bring a positive distraction, such as a fidget toy or smartphone or tablet where you can play a movie, TV show or music.



Consider applying pain management relief, such as a topical numbing cream, spray or patch. Read the directions carefully as some of these products need to be applied in advance. You can also bring Advil or Tylenol, which help with common temporary side effects like headache and muscle pain.



Consider a comfort position like holding your child in your lap. This helps your child feel as safe and comfortable as possible while they are being vaccinated.

Our clinic staff are ready to help. Please let us know how we can help make your child's vaccination experience as comfortable as possible.