

Decreasing Vaccination Pain & Anxiety

We understand that vaccines are stressful for you and your child. At Every Child Pediatrics, **our goal is to reduce anxiety and make the process as comfortable as possible.** We use various tools to ensure comfort and peace of mind during vaccine appointments.

Understanding the What and Why of Each Vaccine

We have included information about each vaccine your child is due for at your upcoming Well Child visit. Please review this information and feel free to ask questions so you fully understand each vaccine.

Knowledge can reduce anxiety and help you feel confident. You can use the Patient Portal for questions or write them down to ask during your appointment.

Managing Your Own Feelings to Help Your Child Stay Calm

Children pick up on how their parents are feeling. **If you stay calm, your child is more likely to stay calm too.** Although vaccines may cause your child to cry, they will settle down faster if you remain relaxed. Children often mirror their parents' emotions.

Comfort Holds

You are your child's biggest comfort, and we want to make both of you as comfortable as possible. There are specific holds you can use which will both comfort your child and allow medical staff to safely administer the vaccines. Please see below for diagrams of the comfort holds. You'll receive guidance on these holds at your visit. There may be times that for the safety of everyone involved, we need to change the plan. Breastfeeding or bottle feeding during the vaccine is encouraged.

Infant/Toddler Comfort Holds



Swaddle



Side Sit



Tummy to
tummy



Back to
tummy



Breastfeed/bottle feeding

Hold your child



Parent's state of mind

Distraction

slow breathing, sing or talk to baby,
smile and stay calm

toys, books, music, etc

Age	Vaccine	The Why
0-2 months	RSV Vaccine (nirsevimab)	<ul style="list-style-type: none"> Given to children between 0-8 months old during the RSV season as well as children between 8-19 months with specific risk factors RSV is a viral illness that can cause difficulty breathing in young children. RSV is the number one cause of hospitalizations in children 1 year old and younger. Nirsevimab has been shown to be approximately 80-90% effective in preventing infants from being hospitalized with RSV
	HBV (hepatitis B virus)	Hepatitis B is a liver disease that can cause a serious, lifelong illness
2 months 4 months 6 months	Pentacel	This is a combination vaccine which includes DTaP, Hib and IPV
	DTaP (diphtheria, tetanus, pertussis)	<ul style="list-style-type: none"> DIPHTHERIA: can lead to difficulty breathing, heart failure, paralysis, or death TETANUS: causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death. PERTUSSIS: also known as “whooping cough,” can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.
	Hib (haemophilus influenza type B)	<ul style="list-style-type: none"> Haemophilus influenzae type b can cause many different kinds of infections. These infections usually affect children under 5 years of age, but can also affect adults with certain medical conditions. Hib bacteria can cause mild illness, such as ear infections or bronchitis, or they can cause severe illness, such as infections of the bloodstream and invasive Hib disease which require treatment in a hospital and can sometimes result in death. Before the Hib vaccine, Hib disease was the leading cause of bacterial meningitis among children under 5 years old in the United States. Meningitis is an infection of the lining of the brain and spinal cord. It can lead to brain damage and deafness
	IPV (inactive polio virus)	Polio is caused by a virus that affects infants and young children more often than other age groups. Most cases of polio are mild. Paralytic polio causes muscles to be paralyzed, leaving some people physically impaired for the rest of their lives. No treatment is available for polio.
	HBV (hepatitis B virus)	Hepatitis B is a liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious, lifelong illness.
	PCV20 (Pneumococcal 20-valent Conjugate Vaccine,	any illness caused by pneumococcal bacteria. These bacteria can cause many types of illnesses, including pneumonia, sinus infections, meningitis, or an infection of the blood.
	Rota virus (oral vaccine)	Rotavirus can cause vomiting, diarrhea and fever , mostly in babies and young children which can lead to dehydration and hospitalization.
6 months+	COVID and Influenza	<ul style="list-style-type: none"> COVID and influenza vaccines are given annually during the fall and winter COVID and influenza are both respiratory viruses that can cause serious breathing difficulties in children

Age	Vaccine	The Why
12 months	MMR (mumps, measles, rubella)	<ul style="list-style-type: none"> • MEASLES cause fever, cough, runny nose, and red, watery eyes commonly followed by a rash that covers the whole body. It can lead to seizures, ear infections, diarrhea, and pneumonia. Rarely, measles can cause brain damage or death. • MUMPS causes fever, headache, muscle aches, tiredness, loss of appetite and swollen and tender salivary glands under ears. It can lead to deafness, swelling of the brain and/or spinal cord covering, painful swelling of the testicles or ovaries and very rarely death. • RUBELLA causes fever, sore throat, rash, headache, and eye irritation. It can cause arthritis in up to half of teenage and adult women. If a woman gets rubella while pregnant, she could have a miscarriage, or the baby could be born with serious birth defects.
	Varicella	Also called “chickenpox”; causes itchy rash that can last about a week. It can also cause fever, tiredness, loss of appetite, and headache. It can lead to skin infection, pneumonia, inflammation of the blood vessels, swelling of the brain and/or spinal cord. Some people who get chickenpox get a painful rash called shingles years later.
	Hep A (hepatitis A virus)	Hepatitis A is another liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious, lifelong illness.
15 months	DtaP (diphtheria, tetanus, pertussis)	<ul style="list-style-type: none"> • DIPHTHERIA: can lead to difficulty breathing, heart failure, paralysis, or death • TETANUS: causes painful stiffening of the muscles. Tetanus can lead to serious health problems, including being unable to open the mouth, having trouble swallowing and breathing, or death. • PERTUSSIS: also known as “whooping cough,” can cause uncontrollable, violent coughing which makes it hard to breathe, eat, or drink. Pertussis can be extremely serious in babies and young children, causing pneumonia, convulsions, brain damage, or death. In teens and adults, it can cause weight loss, loss of bladder control, passing out, and rib fractures from severe coughing.
	PCV20 (Pneumococcal 20-valent Conjugate Vaccine,	any illness caused by pneumococcal bacteria. These bacteria can cause many types of illnesses, including pneumonia, sinus infections, meningitis, or an infection of the blood.
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2 years	Hep A	Hepatitis A is another liver disease that can cause mild illness lasting a few weeks, or it can lead to a serious, lifelong illness.