

# 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 their 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.**

## 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.

## Parent's Role

Positive statements and encouragement from parents help too! Use words such as poke, pressure, squeeze. Praise your child for their efforts. Answer your child's questions honestly. Give your child choices in the comfort measures they want to use so they feel in control. We don't want your child to think getting vaccines is a punishment or consequence.

## Comfort Holds and Measures

**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. We also have a few interventions that have proven to be successful. Your provider, medical assistant, or behavioral health provider can share information if you or your child are interested.

# Comfort Holds



Side Sit



Back to Tummy  
Table Sit



Tummy to  
Tummy



Back to  
Tummy

# Comfort Measures



**Shot Blocker**



**Buzzy Bee**



**EMLA numbing cream**

## Positivity from Parents

"Vaccines are like superhero shots that help your body stay strong and not get sick."

"It's okay to feel nervous. I'll be right here with you."

"Vaccines help us stay strong and avoid getting sick."

"I get vaccines too, and they help me stay healthy."

"It's really fast, and then it's all done."

"You were so brave today! I'm really proud of you."



## Parent and child's state of mind

slow breathing and stay calm



## Distraction

toys, books, music, etc

# Vaccine Information

Age	Vaccine	The Why
4 years	DTaP (diphtheria, tetnus, pertussis)	<ul style="list-style-type: none"> <li>• <b>DIPHTHERIA:</b> can lead to difficulty breathing, heart failure, paralysis, or death</li> <li>• <b>TETANUS:</b> 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.</li> <li>• <b>PERTUSSIS:</b> also known as “<b>whooping cough,</b>” 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.</li> </ul>
	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.
	IPV (inactive polio virus)	<b>Polio</b> is caused by a virus that affects infants and young children more often than other age groups. Most cases of polio are mild. <b>Paralytic polio</b> causes muscles to be paralyzed, leaving some people physically impaired for the rest of their lives. No treatment is available for polio.
	MMR (mumps, measles, rubella)	<ul style="list-style-type: none"> <li>• <b>MEASLES</b> 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.</li> <li>• <b>MUMPS</b> 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.</li> <li>• <b>RUBELLA</b> 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.</li> </ul>
Yearly	COVID and Influenza	<ul style="list-style-type: none"> <li>• COVID and influenza vaccines are given annually during the fall and winter</li> <li>• COVID and influenza are both <b>respiratory viruses</b> that can cause serious breathing difficulties in children</li> </ul>