

Decreasing Vaccination Pain & Anxiety 9 years+

We understand that vaccines can be stressful for 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.

Comfort Measures

We want to make your child as comfortable as possible. We all feel better when we know HOW we want to tackle a challenge. Having trusted people present helps with feeling calm. We have some interventions that have proven to be successful. Have your child choose some strategies ahead of time so they know what they'd like to do to feel more comfortable. Encourage your child to communicate to staff what they need to feel the most comfortable.

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 with them and feel free to ask questions so you both understand each vaccine. **Knowledge can reduce anxiety and help your child feel confident.** You can use the Patient Portal for questions or write them down to ask during your appointment.

Comfort Measures 9 years+



Shot Blocker



Buzzy Bee



EMLA numbing cream



State of mind
slow, deep breathing



Distraction
videos, music, etc

Vaccine Information 9 years+

Age	Vaccine	The Why
11 years	Tdap (tetanus and diphtheria with pertussis)	<ul style="list-style-type: none"> • 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. • DIPHTHERIA: can lead to difficulty breathing, heart failure, paralysis, 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.
	Menquadfi (Meningococcal)	<ul style="list-style-type: none"> • Meningococcal is a bacterial infection that can infect the spinal cord and brain and cause meningitis, which can be fatal or lead to permanent and disabling medical problems.
	HPV (human papillomavirus)	<ul style="list-style-type: none"> • There are more than 200 types of HPV viruses. The virus can cause cancers such as cervical, tongue and tonsil.
9+ years	COVID and Influenza	<ul style="list-style-type: none"> • COVID and Influenza vaccines are given <u>annually</u> during the fall and winter • COVID and Influenza are both respiratory viruses that can cause serious breathing difficulties in children.