

Taking the “OUCH” out of vaccination!

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Here are some suggestions that can help make getting **vaccines less painful** for your child – and less stressful for you.



Stay calm.

Because children may be able to sense when you are upset or nervous, try to stay relaxed and calm while you are in the doctor's office. If you feel a little nervous, remember to take a few deep breaths.

Entertain your child.

It's a good idea to bring a storybook with you to the doctor's office. As the doctor or nurse gives your child a vaccine, read to your child in a soft, soothing voice. If you don't have a book, tell your child a story, make funny faces, or do something else that will keep your child smiling!

Stay close to your child.

Ask the doctor or nurse if you can hold your child or stroke your child's back during the vaccination. The gentle touch of a loved one may help to keep your child from getting upset.

Take your time.

If your child is upset after getting vaccinated, let him or her calm down for a few minutes before leaving the office. That way, your child won't be afraid to come see the doctor again.

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