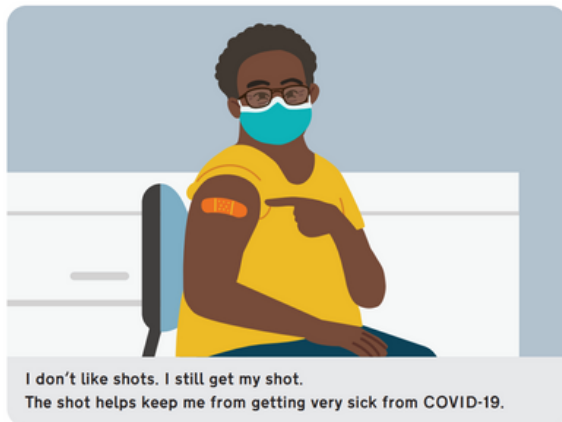


Resources for Preparation

- Social stories and role-play can be helpful for parents and caregivers to explain why vaccines are important and can be used to prepare for the vaccination process. Social stories can be found in multiple languages on the CDC website.

Example of a social story from the CDC



- VaxAbilities is an organization that hosts sensory-friendly vaccination events throughout Massachusetts and can be contacted for more information at www.vaxabilities.com

Sensory Improvements

- Create a calm environment by turning down the lights and reducing the noise
- If possible, reduce the amount of physical touch needed
- Limit the amount of time a child must wait to enter the room or receive the vaccine
- Remain patient and calm when administering the vaccine dose
- For caregivers, walk around with your child or play a game while waiting for the 15-minute observation period to end

For more information on understanding needle fears, visit:



CDC Information on needle phobias,
Spanish option available

FEAR-FREE VACCINATION

Tips for reducing anxieties surrounding childhood vaccinations for providers, parents and kids



Phone Number



Website



Our Location

For information on where to find COVID-19 and Flu vaccine clinics near you, please talk to your medical provider or visit www.vaccines.gov

For Providers

- Utilize topical numbing creams or sprays whenever available
- Invest in a Buzzy, a small, handheld device that cools and vibrates to distract the child
- Discuss each step of the process with the child and explain why vaccines are important
- Allow the child to find a comfortable position
- Demonstrate deep breathing to calm the child
- Encourage the child to hold comfort items
- If more than one shot is needed, offer the option of taking them at the same time or one after the other



For Caregivers

- Do a self-check-in to relax prior to the appointment
- Bring a comfort item for your child
- Talk about the vaccine with your child for a few days before the appointment
- Use videos and books to give examples of what a vaccine is
- Talk about the vaccine in a neutral tone
- Talk about any negative feelings your child might have
- Give your child a reward after they get a shot
- Talk with your child about the experience later in the day

For Kids

- Shots can be scary sometimes, but they keep you from getting sick
- Shots are given by a needle that pokes your arm or leg
- This can hurt sometimes, but they only hurt for a second, and then it's over!
- If you want to cry, that's okay! A lot of kids do.
- After you get your shot, you might get something fun, like a piece of candy or a sticker!
- Even though shots hurt, they protect you and everyone around you from getting sick. This way, we all help each other!

