

# Top Tips for your child's vaccination

## Introduction

As a parent/guardian we appreciate it can be an anxious time to bring your child to have their vaccination, and the tips below may help make your child's vaccination appointment go as smoothly and calmly as possible.

## Pre appointment

Have a discussion with your child so they are aware they will be visiting the Pharmacy to see a Healthcare Professional for their vaccination.

Ensure to have an open discussion, listening to their thoughts including any concerns they may have ahead of their vaccination, to try to reassure them. Any concerns can be discussed further with the Healthcare Professional at the start of the appointment.

Dress your child in loose or short sleeves as they will usually have their vaccination given into their upper arm.

Plan your journey to the appointment in advance, allowing yourself plenty of time so that you are not rushing; this could help ensure that your child doesn't feel stressed or anxious.

Consider a distraction technique: think of your child's favourite book, toy, blanket or song that may help to distract them during the appointment. Where possible, bring this to the appointment.

## During the appointment

It is natural to be worried when you are taking your child to receive a vaccination. Try to remain calm. If you are feeling anxious, your child may pick up on this.

Comfort your child with the distraction technique of your choosing. This will help them to focus on you and not solely on the vaccination.

Listen carefully to the Healthcare Professional and follow any instructions regarding positioning/holding your child to maintain safety for you, your child and the Healthcare Professional. This will also make your child feel comfortable and safe.

Ask any questions you may have and if you don't understand anything, please ask for clarification.

Try to keep your child as calm as possible with your distraction technique or by discussing plans for the rest of the day.

Smiling and making eye contact with your child is likely to make them feel safe and that everything is ok.

## Post appointment

Once your child has received the vaccination, it is common especially in younger children for them to be upset. Be supportive of them. Hold and cuddle your child. A soothing voice, combined with praise will help to reassure your child.