

Anxiety Over Immunizations?



A Few Quick Tips for Parents

- 1 Start Early:** Bring along a stuffed toy or blanket for your child to hold during the immunization. You should also reinforce that the health care provider's office is a nice place where people want to help them stay healthy.
- 2 Be Honest:** Explain why immunizations are necessary and what your child may feel when getting an immunization. Never tell them that it won't hurt.
- 3 Stay With Them:** Remain with your child during the immunization. You can help relieve pain by using distraction while waiting such as singing, watching TV, or reading. Reassure your child that you will sit next to them or hold them during the immunization.
- 4 Set Firm Limits:** Know that it is acceptable for a child of any age to cry; however, let your child know that kicking and screaming are not acceptable..
- 5 Remain Calm:** Stay calm and in control while in the examination room. Don't give your child the control to postpone the inevitable by giving reasons for why they are not ready for the immunization.
- 6 Reward Them:** Praise your child and go somewhere special afterward to celebrate.

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For more information visit:



Quick tips adapted from Hitti, M. (2007).
7 ways to sooth kids getting vaccines.