



It's normal for some children – and adults – to have anxiety or fear about needles. Here are some tips to help make their vaccination a good experience for everyone.

1 Plan ahead

- You might think that surprising your child when going to get immunized will give them less time to worry, but an unexpected vaccination can be frightening.
- One to three days' notice gives kids a chance to feel prepared.
- Explain what is going to happen when they get their vaccine and how it may feel.

2 Tell stories

- Talk with your child about why vaccination is important, why it's a good choice and how it keeps them healthy.
- Talk about their feelings about the vaccine.
- Tell them why you got vaccinated. If you or an older sibling have been vaccinated, share your experiences.

3 Be ready

- Let your child know it's normal to feel a little worried.
- You can make a plan together so they feel in control. This can make the day easier – and even fun!
- Vaccinations are safe, but their arm might feel sore afterwards, and they may have flu-like symptoms and fatigue. This is normal, and you should plan to relax at home if you can.
- Have your child wear a short sleeved shirt so it's easier to get the vaccine.
- Let them bring their favourite stuffed animal, fidget toys, or blanket for comfort, or another activity to help pass the time.

4 Be there for them

- Let your child know you'll be right beside them the whole time.
- During the appointment, remind them it's okay to feel nervous or scared.

- Ask if they want to take a few deep breaths with you. Ask them questions about their favourite topics, or let them play a game.
- Distracting your child helps them relax. Feeling relaxed makes for a more pain-free experience.

5 Ask for help

- If your child has severe anxiety, ask your health care provider for advice before the vaccine appointment.
- There are options available to help, like creams or patches that can be put on the arm to reduce any pain even more.

6 Visit [ProtectMB.ca](https://protectmb.ca) for helpful tools for you and your family.



CELEBRATE YOUR VACCINE DAY!

Kids in Manitoba have been affected by COVID-19 and many will remember the pandemic for years to come.

Find a way to make their vaccine day special, in a way that works for your family!

Let's celebrate when we #ProtectMBKids and our community:

- Stop for a special treat on the way home
- Plan a family movie night
- Bake cookies together
- Plan to do fun crafts or an art project
- Do your favourite things together, like bowling, skating, or a bonfire
- Enjoy dinner at your favourite restaurant
- Have a virtual or safe in-person visit with your family or friends
- Go to the zoo, museum, or art gallery
- Have a treasure hunt at home with a special prize
- Relax with a book

