

Comfort Positioning

For Vaccination

Front facing seated on caregivers lap

Comfort positioning supports positive coping and provides family members an active role in their child's healthcare experience.



Caregiver hugs child with both arms across the child's chest. With one arm supporting child's shoulder and the other holding their free hand.

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CHILD BEST.
YOU PROVIDE THE
BEST COMFORT,
BUT OUR CHILD LIFE
SPECIALISTS ARE
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Tips and Tricks for Comfort

VACCINATION

From a Child Life Specialist

Vaccinations can often be a stressful experience for many children and their caregivers. Here are some easy ideas to help support your child for their vaccine.

Prepare your child

Use simple, clear and honest terms. Try to avoid minimizing phrases such as "it won't hurt." Utilize social stories and describe sensations.

Develop a Coping Plan



Ask your child what they would like to do or focus on during the vaccination.

Ex. Taking deep breaths, looking away or watching. Utilizing an iPad or phone for distraction, etc.

Plan on bringing a comfort item or discussing incentives or motivators ahead of time.

Comfort Positioning

Comfort positioning supports positive coping and provides family members an active role in their child's healthcare experience. Have child sit in caregivers lap when possible for added support.

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