How to prepare your child for the COVID-19 vaccine

Here are some tips you can use to make shots less scary for your child.

– Your attitude can help keep your child calm. Take a deep breath, smile and relax your shoulders.

– Try to not say things like “don’t worry” or “it’s okay.” This could make your child think there is something to worry about. Instead, speak honestly with them and create a plan (see below).

– Give your child choices for when they feel nervous. This gives them a sense of control and lets them take part in the process. See our coping menu for some ideas:

- Something that vibrates to not feel the poke as much

- Distraction to give my brain something to focus on

- A comforting position to make me feel safe

- Cold spray that feels like an ice cube to numb my skin

- Deep breaths to help me stay calm

– Be your child’s coach and support them by carrying out the plan. Say things like “you did a great job” and “look at how strong you are.”