

# 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

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- 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."