

# How to Make Vaccinations Less Stressful for Your Child



**Comfort them with a favorite toy, book, or blanket.**



**Distract your child by cuddling them, singing, or talking softly.**



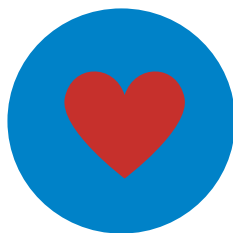
**Smile and let them know that everything is OK.**



**Take deep breaths with your older child to help with fear and discomfort while they are getting the shot.**



**Do not threaten your child with shots as a punishment.**



**Do not scold your child for being frightened or for crying; instead, give them comfort and support.**

**To stay current with your child's vaccination schedule, scan the QR code below.**



**SCAN ME**

For more information about your child's vaccine, visit [cdc.gov/vaccines/parents/visit/index.html](https://www.cdc.gov/vaccines/parents/visit/index.html)