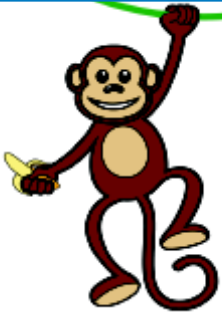
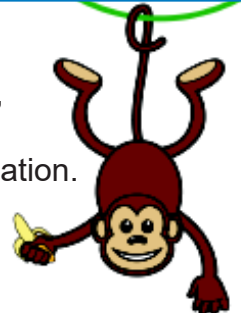


Calderdale Immunisation Team
Telephone No: 01484 728956

Information and advice for parents in preparing children for vaccination injections



This information is to support parents who need to prepare their children for a vaccination. It contains general advice and suggestions, and shares some principles to consider which can help children and young people manage their anxiety both before and during the vaccination. The aim is to help you lessen your child's distress and help them cope. It can also help you work out the best ways to work together and decide beforehand what needs to happen.



First Things First – Getting the Right Information

Preparing a child or young person needs to begin with getting access to all the information you both need, for example:

- What is the vaccination (where will the injection be given and so on)?
- Why is it necessary?
- What are the benefits and expected outcomes?
- What are the risks?
- How long will it take?
- When does it need to happen?
- Where will it be done?
- Who will do it?
- Will it hurt?
- Who can be present?

DO - dress your baby in clothes that are easy to remove. Babies under 12 months have injections in their thigh.

DO - dress your toddler or child in short sleeves as they will have their injection in their arm.

DO - try stay calm during the vaccination. It is natural to worry but it might make your child anxious and restless.

DON'T - be worried about asking Doctors or Nurses questions. They should be able to answer any questions you may have about the vaccination.

DON'T - rush to your appointment. It is important you give yourself enough time to get there so you and your child don't feel stressed.

Explain as much as you can

There is good evidence that children and young people of different ages might need different amounts of warning and preparation before a vaccination is carried out. However, it is nearly always helpful to give some warning and to support young people by preparing them for a vaccination. Fear increases pain, and so it helps to know what to expect and what choices they have. It is important to be honest about these. For example; it is not helpful to tell them something won't hurt, if it will. Tell them why they are having the vaccination and that it is to help them not to punish them.

Don't make assumptions – ask!

It is really helpful to find out from the child what is worrying them. Try not to make assumptions, but allow your child to share their own worries without “second guessing” what they might say. Things that might be worrying them may not be things you had thought of, and other things you imagined scare them, may not.

Involvement

Children and young people often cope better if they feel in control of what is happening to them. They will cope better if they feel listened to. They may not have a choice about the vaccination but they could choose where it happens, who is there, and what methods they want to use to help them feel less scared.

It is important to recognise that if the child does have a choice about whether to have the vaccination this will ultimately need to be respected even if you as their parent would like them to see things differently.

Holding and Position

You will need to hold your child in a safe, secure and comfortable position. This can help to comfort and distract your child but also maintain a good immunisation position.

If you have any comments about this leaflet or the service you have received you can contact :

Calderdale Immunisation Team
Brighouse Health Centre, Lawson Road, Brighouse
HD6 1NY

Tel: 01484 728956

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"