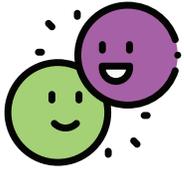


TIPS FOR SUCCESSFUL IMMUNIZATIONS – STAFF AND MEDICAL STAFF



Make a connection

Introduce yourself and find a commonality. For example: “Hi I’m _____ and I’m here to help with your vaccine. I see you’re wearing purple... that’s my favourite colour!”

Language tips:

- Speak calmly and slowly
- Use soft wording (eg. avoid the word shot, hurt, pain)
- Use positive wording (eg. “Stay still” instead of “don’t move”)

Prepare



- Offer choices where possible – let the child choose how they want to be positioned (if appropriate), or let them choose which arm they want to get the vaccine in.
- Decide on a distraction activity together (See top distraction ideas.)

- Suggest coping tools (See Coping Plan resource on cheo.on.ca).
- Avoid asking “Are you ready?”
- Give the child a job when possible, like holding the bandaid and remind them of it throughout.

Things to say:

- “Do you have any questions?”
- “Do you know the steps?”
 - Keep it simple for kids:

First, we’ll roll up your sleeve.

Second, I’ll wash your arm (*describe with senses* it might feel cold).

Lastly, we’ll give the vaccination. Remember your coping plan!

Supporting caregivers



Involve the caregiver as much as possible – it’s hard for them too.

- Help them to choose a comfort position if appropriate (See comfort positions poster.)
- Specify a role for parents – for example they might be in charge of a distraction technique like playing music at the time of vaccination.

- Coach the parent when necessary
 - Use a calm voice
 - Explain the difference between distraction vs. reassurance
 - Ask them to provide positive reinforcement

Celebrate – “You did it!”



Debrief with the child and caregiver – find the positives

Things to say:

- “What worked well for your vaccine?”

- “It sure seems like hugging your stuffy helped, let’s remember that!”
- “You did such a good job taking deep breaths!”
- “What are you going to do to celebrate?”