

How to Make Vaccinations Less Stressful for Your Child



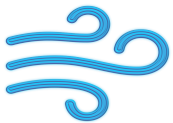
Comfort them with a favorite toy, book, or blanket.



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.



Remind them that we get vaccines to stay healthy.



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.



For more information on vaccines, visit nj.gov/health/vaccines

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