



## Things You Can Do For You and Your Baby

Learn about simple ways you can support your child before, during and after shots.

Tasting something sweet can help reduce your little one's pain response



Bring your child's favourite things like a toy, blanket, to help them focus on something



Breastfeeding can help distract and provide comfort



Distract your child. Right before the shot, call your child's name, sing or tell a story



Ask for a pain reliever



Kids are smart and sensitive to your feelings. Remain upbeat and relaxed before, during, and especially after shots

