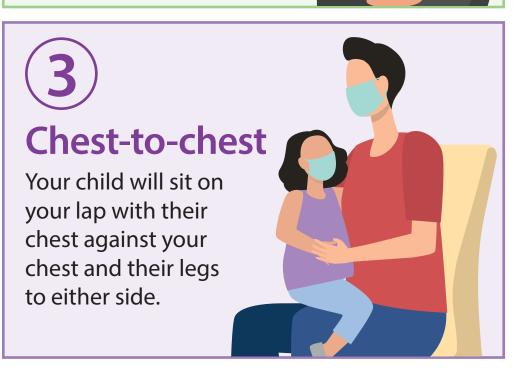
How to hold your child to improve the vaccination experience

Children can feel more comfortable when sitting on or close to a parent or caregiver. Holding your child properly will help ensure that they are vaccinated safely.

Choose the comfort hold that works best for you and your child:









Make sure the arm or thigh that is to be vaccinated is clear of clothing and visible to the immunizer. Hold the child's arms or legs firmly so that they cannot swat or kick at the needle as they are being vaccinated.

Other tips to improve vaccination:



Hold your child gently. A tight hold may make your child more nervous.



Use **relaxation** techniques such as taking slow, deep breaths. Encourage your child to keep their arm relaxed.



If you are currently **breastfeeding**, you can do so before, during and after the immunization. Breastfeeding during immunization reduces pain and distress.



Speak to your child in a calming voice.



Distract your child with a toy, electronic device or by pointing out interesting things in the room.



Stay positive when speaking about the vaccine.

