

Tips for vax visits with less stress

Environmental Tips

Exam Room Door

Keep exam room door open so the child feels less confined.

Reduce Noise

Use a sound machine or calming children's background music to reduce background noises from other children and adults.

Use Visuals

Use a visual schedule to accompany verbal directions.

Turn Off Overhead Lights

Natural light can be more calming for many children than artificial lights.

Consider Temperature

Set room temperature between 68 to 72 degrees F.



Sensory Supports, Tools, and Strategies in the Exam Room

Taste/Mouth

If a child's face is turned away from the shot, try offering a flavored chapstick on the upper lip or on clean mask. Or offer a chew necklace.

Smell/Olfactory

If a child's head is turned away from the shot, try using a favorite scented bean bag or pillow from home for them to smell. Or offer a scented chapstick.

Sight/Visual

If a child's head is turned away from the shot, encourage looking at a favorite book or an "I Spy" board. You can also use book or "I Spy" board to block seeing the shot. Use Bubbler Timer or Light Up Wand to hold, shake, turn, or spin. Also, allow child to wear sunglasses or hat with brim if the ceiling lights are too bright and cannot be turned off.

Touch/Tactile

Firm but gentle holding in a comfort position (see comfort positions). Free hand touches novel interesting fidget or sensory toy. Buzzy Bee on the arm receiving the vaccine provides cold and vibration input.



Hearing/ Auditory

Provide sound in the ear opposite side from the shot with calming familiar song sung by caregiver, listening to favorite song on cell phone (can use headphones brought from home), or listening to Rain Stick. Also they can use the Pull and Stretch Tube held with one hand by caregiver and child.

Positioning Vestibular Proprioceptive

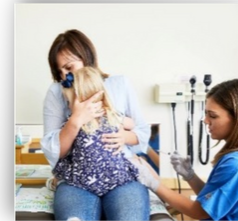
For larger children, stable sitting position with back and feet supported. Use a Weighted Lap Pad from home. Gentle rhythmic rocking of child who is sitting on caregiver's lap, stop rocking motion at time of shot, then continue.

Calm, Deep Breathing

Imagine and breathe - "smell the flowers"- by breathing in through the nose, hold the breath 4 seconds, then exhale "blow out the birthday candles" with pursed lips, repeat. Caregiver and child hold the Expandable Plastic Magic Ball - expand the Magic Ball with inhaling, contract the Magic Ball with exhale, child hold with one hand and caregiver hold the other side of ball.

Comfort Positions to Minimize Vaccination Stress

Chest to Chest Sit - Child sits on caregiver's lap, facing the caregiver. Their legs straddle and wrap around caregiver's waist. Caregiver wraps both arms around the child, for a full embrace, using the underarms and forearms to keep the child's arms safely contained.



Sideways Lap Sit - Child sits sideways on caregiver's lap. Caregiver's arm cradles around and holds child's body. Caregiver secures the child's arms with their own. Caregiver's free hand can hold child's hands or secure their body or head.

Sit and Hold Hand - Sit on opposite side of the shot and hold child's free hand.



Back to Chest - Child sits on caregiver's lap, caregiver secures child's arms, free hand and legs. Good position for children who need extra support.