

Immunization Talking Points...

- Immunizations protect not only the child getting them, but also Elders, and other people whose immune systems are compromised (like people with cancer or lupus), or unable to get vaccines for other reasons.
- Immunizations protect children against diseases that can cause life-threatening illnesses and/or lifelong disability. For example, Polio can cause permanent paralysis and Measles can cause permanent blindness.
- Serious side effects from immunizations are so rare that there is a better chance your child could be struck by lightning than have one. (1/960,000 chances with lightning and 1/1,000,000 with serious side effect from vaccines).
- Vaccine-preventable diseases are still out there. In 2015, there was an outbreak of Measles that included cases in South Dakota. As easily as people can travel now-a-days, so can disease.
- The misconception that immunizations cause Autism was created by a doctor who published a false study, that later had his medical license revoked for falsifying his results. There is no link between immunizations and Autism. No study has ever proven a link.
- Immunizations protect your child during their childhood from life threatening illness.



9 Ways to Make Immunization Visits Less Stressful

1. **Read Up-** Read up on immunizations before your child's visit. The more informed you are, the more comfortable you'll be. Read the pamphlets your doctor gave you or visit the CDC's website at:
<https://www.cdc.gov/vaccines/parents/visit/index.html>.
2. **Bring their Favorite Things-** A teddy they like, a blanket, or another toy that is familiar can help them feel more at ease at the visit.
3. **Offer a Sweet Drink-** If your child is over 6 months a cup of juice or sweet drink can help soothe your child. Breastfeeding can also help calm the baby.
4. **Be Honest-** take some time to explain that your child may feel a little pinch and it will go away very fast. Even if your baby can't understand you, your calm reassuring voice will make your baby more at ease.
5. **Be Happy & Calm-** Hugs, cuddles, soft whispers, and a calm reassuring attitude will help ease children through the process. Remain upbeat and relaxed before, during, and especially after shots.
6. **Distract your Child-** pick a careful time to call your child's name right before the shot, or sign your child's favorite song, or just act silly to pull your child's attention away from the shot giver. Keep the distraction going after the shot is given.
7. **Swaddle your Baby-** Swaddling involves wrapping your child's arms, body, and legs all together in a blanket or cloth. The wrap should be comfortable but firm.
8. **Big Kids Need Support too-** If your child is older you can take deep breaths with them to help "blow out" the pain. Have them imagine the pain is leaving their mouth as they breathe out.
9. **Care After the Shot Counts too-** Sometimes children have mild reactions from immunizations such as a rash or fever. The reactions are normal and usually go away soon. Use a cool, wet cloth to ease redness, soreness, and swelling in the place where the shot was given.

