

TIPS AND TRICKS

to help vaccinate your baby comfortably

Here are some proven tips and tricks to support and promote the comfort of your baby during vaccination.

BEFORE | Preparation at home

1. **Pack** some of your baby's favorite toys or comfort items.
2. **Choose clothes for your baby** that are comfortable and easy to remove.
3. Prepare a sweet solution (to use with a pacifier) to soothe your baby if breastfeeding or bottle feeding is not possible. Dissolve 1 packet of sugar in 10 ml of water.
4. **Buy numbing cream** without a prescription (behind the counter).
Local anesthetics have the effect of numbing the skin and reducing pain caused by vaccination.

1 hour before the appointment : steps to apply the numbing cream

- Apply the cream to the area where your child will receive the vaccine:
 - **Children 0-3 months**: both upper thighs, on the outer side, around the size of a nickel (5¢)
 - **Children 3-12 months**: both upper arms, on the outer side, around the size of a toonie (2\$)
- Cover with a dressing (Tegaderm)
- Allow the cream to work until the time of the vaccine (according to the pharmacist's instructions)



DURING | At the vaccination center

1. **Stay calm and speak in a soft tone.** Babies sense what their parents feel and often react accordingly.
2. **Choose a comfortable and safe position** with the help of the nurse. You may hold your baby in your arms to reduce their discomfort and provide reassurance.
3. **To distract your baby during the vaccine** :
 - Breastfeed. Start before the vaccine, and continue breastfeeding during and after the injection.
 - Give a sweet solution (with a pacifier) if breastfeeding is not suitable (1 teaspoon of the sweet solution if your baby shows signs of discomfort).
 - Use their favorite toys or comfort items.

AFTER | Back home

1. **Comfort and praise** your baby.
2. **Do** a relaxing activity.
3. **If your baby has fever or any signs of discomfort after the vaccine**, please follow the recommendations that were shared with you by your healthcare provider. If needed, don't hesitate to speak with your healthcare team or your pharmacist.

FOR MORE INFORMATION
Tools and ressources



Tout Doux's web site

**to:it
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POUR DES SOINS
tout en douceur

**CHU
Sainte-Justine**
Le centre hospitalier
universitaire mère-enfant
Université de Montréal