

# About COVID-19 Vaccines

## Building Vaccine Confidence Through Knowledge



Keep in mind that these positions are meant to relax and get them comfortable to receive the vaccine.

## How to Hold a Child During Vaccination

Holding a child properly during their vaccination appointment will comfort them and allow the vaccinator to properly administer the vaccine.

Children can be placed in a number of positions to receive their vaccine. They can be held by a parent or caregiver or sit or lay down independently. This depends on their comfort level, their size and yours. As a parent or caregiver, you know the child best.

Even in large public vaccination clinics, families may have the option to move to a private space, if this makes the child more comfortable.

Three methods are featured below to help you place them in the position they're the most comfortable in to receive their vaccine. Try holding them in the different positions at home before they get their vaccine. This way, both of you will know what to do when it's time for them to receive the vaccine.

As a parent or caregiver, you want to ensure that their arm is secure without overly restraining them as doing so could make them anxious. And remember, there's no need to hold tight until a few seconds before the injection.

It is recommended that the child wears a short-sleeved shirt, so they won't have to remove their clothes.

And lastly, if your child is overly anxious or too upset to receive their vaccine on the day of the initial appointment, they can take a break. Remain calm. Try to calm the child by getting them to take a deep breathe, have a drink of water, or by distracting them through talking, asking them to pretend to blow bubbles etc.

If they remain agitated, the vaccinator will not give your child their vaccine as it could create a fear of vaccination and make future experiences more difficult. When this is the case, it's best to put it off to another day when your child will be calmer.



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## Three methods you can use to hold a child



**Child sitting sideways on your thigh**

1. Place the child on your thigh, facing sideways.
2. Raise the sleeve on their t-shirt to expose the vaccination site.
3. Place your child's other arm around your back or under your arm so they don't try to reach for the needle.
4. Place your child's legs between your thighs and hold them firmly so they don't move.
5. Hold the arm where they will receive the vaccine at the elbow, firmly enough to prevent them from moving it.



**Child sitting with their back against your chest on your lap**

1. Have the child sit on your lap and lean their back against your chest.
2. Raise the sleeve on their t-shirt to expose the vaccination site.
3. Place their other arm under your arm so they don't try to reach for the needle.
4. Hold the arm where they will receive the vaccine at the elbow, firmly enough to prevent them from moving it.



**Child sitting facing you on your lap**

1. Have the child sit on your lap facing you.
2. Raise the sleeve on their t-shirt to expose the vaccination site.
3. Place their arms around your back or under your arms as if they are hugging you.
4. Turn their head away from the arm to be vaccinated (unless they want to see the needle when they get it).
5. Hold the arm where they will receive the vaccine at the elbow, firmly enough to prevent them from moving it.

This tip sheet and other resources are available for download at [www.FamiliesCanada.ca](http://www.FamiliesCanada.ca)



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