

# CHILDHOOD VACCINATIONS APPOINTMENT CHECKLIST

There are many actions you can take to help make your child's vaccination experience more positive.

## BEFORE VACCINATION

- For preschoolers and school-aged children, explain what will happen at the appointment 1 to 2 days in advance.  
*For example: "You'll be meeting with a healthcare provider who'll give you the vaccination in your arm. It'll feel like a pinch, and then you might get a bandage on your arm."*
- It's a good idea to have your child wear a short-sleeved shirt or clothing that is easy to remove.
- Bring something to keep your child's mind off the vaccination, like a game, a book or music.
- Bring your child's vaccination record or set up an electronic vaccination record.

## DURING VACCINATION

- Ask your vaccine provider any questions you have, so that you and your child feel informed and prepared.
- Distract your child to help them stay calm. Comfort them by holding and talking to them during the vaccination.
- If you're breastfeeding, nursing may help comfort your child either right before, during or after the vaccination.
- Be calm because if you're calm and positive, your child will be more at ease.

## AFTER VACCINATION

- Be sure that your healthcare provider records the vaccination in your child's vaccination record or provides you with a print or email copy of your child's vaccination record.
- Ask how to best help your child in case of common side effects like a mild fever or pain where the injection was given.
- You may be asked to stay at the clinic for at least 15 minutes after the vaccine is administered. This is so your child can be monitored for any reactions, such as an allergy.

If you have questions about vaccines, talk to a healthcare provider or visit [Canada.ca/childhood-vaccines](https://Canada.ca/childhood-vaccines).

