

# A Better Immunization Experience For Your Infant

## Breastfeeding

Feed your baby before, during and after the vaccines.

Why it works:

Breastfeeding comforts your baby with your presence, the feel of your skin touching theirs, the distraction of sucking and the sweet taste of breast milk. Breast milk also contains natural calming substances.



## Formula fed babies:

May be offered a sucrose solution by the nurse or doctor immediately before the immunization.

Why it works:

This solution, given 1-2 minutes before a medical procedure, causes the release of natural pain reducing chemicals in the brain.



## Be Calm

Stay calm, speak in an even and soft tone of voice. Hold the baby in a relaxed way.

Why it works:

When you are calm your baby is more likely to be calm.



## Upright Positioning

Hugging securely in an upright position is comforting and keeps the baby still.

Why it works:



It makes them feel more secure and in control.

## Numb the Skin

Medications to numb the skin are available without a prescription. Talk to your immunization provider about when and where to put on the cream or patch.

Why it works:

The active ingredients in these products reduce feelings of pain by blocking pain receptors in the skin.



## Distraction

Bring your child's favourite blanket, toy, or book. You can also talk or sing to your child to keep their attention focused on the activity.

Why it works:

The part of the brain that processes pain is less active when children are distracted during immunizations.

