

My child is scared of needles. What can I do?

Getting vaccinated can be scary for kids. Here are some tips to comfort your child before, during, and after getting a COVID-19 vaccine.

Before

- Be honest: Shots can pinch or sting, but they don't hurt for long.
- Help your child see vaccines as a good thing. Tell them vaccines keep them safe from germs that might make them sick.

During

- Bring a favorite toy or blanket for your child to hug.
- Distract your child, such as with a story, a video, or a conversation.

After

- Hug and praise your child.
- Remind your child why vaccines are good.



Find vaccine clinics in your area

