



Immunisation comfort for babies

This tool can be used to help create comfort during immunisations for babies. By understanding how your baby engages, connects and communicates, we can improve their comfort (and minimise distress) during their immunisation.

What you can do:

- **Comfort starts with you:** If you feel calm, your baby will feel calm. If you're feeling nervous about immunisations, you can take some slow, deep breaths to help relax.
- **Dress comfortably:** Dress your baby in comfortable and loose clothing that allows easy access to the immunisation site which is on the upper leg (thigh - under 12 months) or upper arm (deltoid - over 12 months).
- **Comfort positions:** You can give your baby include cradling, chest to chest, back to chest, or side lying. If you're unsure, ask a staff member for help.
- **Stay close:** If holding your baby during their immunisation is not possible, staying close to them will bring comfort.
- **Offer sucking:** If possible, using a dummy or a comfort feed via breast feeding or a bottle may help to soothe your baby. You can use this before, during and/or after the immunisation.
- **Soothe before, during and after with your voice or touch:** Patting, stroking, singing, gentle rocking, swaddling, humming, or talking in your home language can help calm you and your baby.
- **We respect cultural ways of soothing:** Please share any practices that help you and your baby feel safe and supported.
- **Offer a comfort item:** Bring a familiar comfort item, such as your baby's favourite toy, blanket, or a cloth that smells of you. Having something familiar nearby can help your baby feel safe and calm.



Here are ways babies find comfort:

Tick the boxes below to tell us what makes your baby feel comfortable.



Being close to caregivers:

- Skin-to-skin Cuddles Comfort feeding Looking at faces

Touch:

- Hand on chest Swaddling Patting Holding your finger

Sounds:

- Parent's voice Soft humming White noise Singing

Familiar objects:

- Dummy Soft blanket Familiar toy Comforter

Environment:

- Rocking or movement Being in a capsule or pram Looking around

Anything else?

Write any other things, such as rhythms, rituals, or stories, that help calm your baby.

What bothers or distresses your baby

Tick the boxes below to tell us what to reduce or avoid when caring for your baby.

- Loud noises Bright lights Strong smells Temperature (too hot or cold)

- Separation from caregivers Being hungry Wet/dirty nappy Being tired

Anything else?

Write anything specific to your baby. For example, being swaddled tightly, previous painful experiences.

