

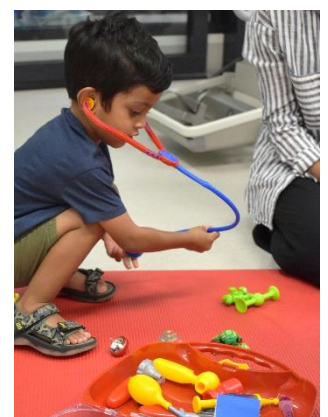


# Immunisation comfort for young children

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

## What you can do

- **Comfort starts with you:** If you're calm, your child is more likely to feel calm. Take some slow, deep breaths if you're feeling nervous. Encourage your child using pinwheels or bubbles to take slow, deep belly breaths to help calm their body.
- **Dress comfortably:** Your child in comfortable and loose clothing that allows easy access to the immunisation site (upper arm).
- **Comfort positioning:** You can position your child in an upright seated position such as a chest-to-chest cuddle or a back to chest cuddle. Ask a staff member if you're unsure.
- **Use the senses:** Cold, vibration, rubbing, or putting numbing cream on the skin can change the sensation your child feels. You can purchase numbing cream from any pharmacy, applying to their upper arm and covering with a dressing 40 minutes before their immunisation.
- **We respect cultural ways of relaxation:** Please share any practices that help you and your child feel safe and supported.
- **Bring a familiar comfort item:** Having something familiar, such as your child's favourite toy, activity, or comforter, can help your child feel safe and calm. It can also help when waiting for your appointment.
- **Give choices:** Letting your child decide gives them a feeling of control, which can be calming. Choices may include which toy to cuddle, which arm for immunisation, or what they would like to eat/drink after.
- **Medical play:** Play with your child using pretend medical equipment and toys to help them understand with the steps involved. The goal is to create a fun, playful, and engaging experience to help prepare them for the experience.



## Here are ways children find comfort:

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

### Touch:

- Cuddles     Holding your hand     Hugging a toy/item     Sitting next to or on your lap

### Familiar objects:

- A familiar toy/item                       Watching a favourite video     Looking at faces  
 Bandaid from home                       Bubbles

### Sounds:

- Parent's voice     Music                       Singing                       Listening to a favourite song

### Using the senses:

- Rubbing arm /back     Gentle rocking                       Being in a pram                       The buzzy bee  
 Favourite drink and/or snack     Something cold                       Something to squeeze / hold

### Anything else?

*Write any other things that help calm your child*

## What bothers or distresses your child:

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

- Loud noises                       Bright lights                       Strong smells                       Being hungry  
 Being tired                       Being thirsty                       Too many adults                       Separation from caregivers

### Anything else?

*Write anything specific to your child. For example, a previous uncomfortable experience.*

