

Caring for Your Child Before and After Immunization



Before the needle:

- Remain calm and confident.
- Bring your child's favorite stuffed toy or blanket.
- Breastfeed your baby before the needle and continue during and after the needle.
- Avoid pain relievers such as acetaminophen (Tylenol or Tempra) or ibuprofen (Advil)-before the needle they are not proven to reduce discomfort/pain during injection.

- If your child is older, explain that he/she will "get a vaccine in the leg or arm with a needle. It will feel like a pinch or pressure/pushing for a few seconds".
- Do not tell your child that "it won't hurt".

During the needle

- Hold your baby close. An older child may sit upright and held on your lap in a hug.

New Brunswick Routine Immunization Schedule for Children Under 4yrs

CHILD'S AGE¹

VACCINE	Birth	2 months	4 months	6 months	12 months	18 months	4 years
Hepatitis B	✓	✓		✓			
DTaP-IPV-Hib (diphtheria, tetanus, acellular pertussis/whooping cough, inactivated polio, <i>Haemophilus influenzae</i> type b)		✓	✓	✓		✓	
Rot ² (Rotavirus)		✓	✓				
Tdap-IPV/DTaP-IPV (diphtheria, tetanus, acellular pertussis/whooping cough, inactivated polio)							✓
Pneumococcal conjugate		✓	✓		✓		
Meningococcal conjugate C					✓		
MMRV ³ (measles, mumps, rubella, varicella/chickenpox)					✓	✓	
Influenza				✓ (6 months -18 years) ⁴			

¹ Eligibility criteria for free vaccine may change with the child's age.

² 1st dose: minimum age for receipt of the first dose is 6 weeks; the maximum age is 14 weeks and 6 days; 2nd dose: minimum age for receipt of the first dose is 10 weeks; the maximum age is before 8 months.

³ MMRV, MMR, Varicella (live vaccines) - After these vaccines fever and/or rash can occur, however may appear at longer intervals.

⁴ A second dose is needed 4 weeks after the first dose if the child is less than 9 years of age and receiving influenza vaccine for the first time.

- Distract your baby/child with a favorite toy, singing, cuddling, bubbles, rattles, pinwheels.
- Breastfeed.
- Stay calm, take a few slow, deep breaths if you are nervous and speak to baby/child in a soothing voice.
- Direct an older child to take slow, deep breaths.
- Acknowledge your child's pain, but do not focus on it.

After the needle

- You will be asked to stay for 15 minutes after the needle to watch for any signs of reaction.
- Your child may experience fever, pain, redness and/or swelling at the injection site for 1-2 days after vaccination. Acetaminophen or ibuprofen may be used for relief (check with the health care provider for dosage if child is less than 6 months).
- Placing a cold cloth over the site may help.
- Encourage the child to move the limb.
- Cuddle and comfort your child.
- A lump may form under the skin and could last for 1-4 weeks.