**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.
- 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).
- MMRV, MMR, Varicella (live vaccines) - After these vaccines fever and/or rash can occur from six to 23 days.
- 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.

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**New Brunswick Routine Immunization Schedule for Children Under 4yrs**

<table>
<thead>
<tr>
<th>CHILD’S AGE</th>
<th>Vaccines</th>
<th>Birth</th>
<th>2 months</th>
<th>4 months</th>
<th>6 months</th>
<th>12 months</th>
<th>18 months</th>
<th>4 years</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hepatitis B</strong></td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>DTaP-IPV-Hib (diphtheria, tetanus, acellular pertussis/whooping cough, inactivated polio, Haemophilus influenzae type b)</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rotavirus (Rotavirus)</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tdap-IPV (tetanus, diphtheria, acellular pertussis/whooping cough, inactivated polio)</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Pneumococcal conjugate</td>
<td>✔️</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meningococcal conjugate C</td>
<td>✔️</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>MMRV (measles, mumps, rubella, varicella/chickenpox)</td>
<td>✔️</td>
<td>✔️</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Influenza</td>
<td>✔️</td>
<td>(6 months -18 years)²</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

¹ 1st dose: minimum age for receipt of the first dose is 6 weeks; the maximum age is 14 weeks and 6 days; 3rd dose: the maximum age is before 8 months.
² 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.

For more information [www.gnb.ca/publichealth](http://www.gnb.ca/publichealth)

If your child has any serious reactions within 4 weeks of being immunized, it is important to contact your immunization provider or Call 811 for information.