



Taking some “ouch” out of baby’s shots

Vaccines are a crucial part of keeping your baby healthy. But, it can be difficult to watch your baby feel the pain of a shot. Don’t put off or skip vaccines that your baby needs. Instead, follow these tips from the Centers for Disease Control and Prevention (CDC):

- ***Bring along a favorite item.*** Does your baby have a “lovey,” a favorite blanket, or a pacifier? When it’s time for the shot, give them the item.
- ***Remain calm.*** Babies can sense stress in your voice and actions. Remember, the pain only lasts a few seconds. It’s well worth it for the many years of protection from disease.
- ***Breastfeed if you can.*** If your doctor gives you the go-ahead, you may be able to nurse baby during the shot itself or immediately after. This is often very comforting to babies.
- ***Consider juice or sugar.*** If your baby is over six months, a drink of juice or pacifier dipped in sugar can help calm them. Ask your pediatrician if this is okay. Avoid overdoing this for other stressful situations.