Getting your 5–11 year old vaccinated:

**Our Best Advice**

**Be Honest**
Don't say it won't hurt. Do say it will only be a quick prick/pinch. Do say it will be over quickly.

**Be Patient**
Your child may be frightened, and will be reassured by the calm presence of a trusted adult.

**Be Reassuring**
Smile. Nod. Remind your child that you will be there to help.

**Be Relatable**
Remind your child that you got the shot, too - and you were just fine!

**Be Gentle**
Don't frighten your child with too many details about COVID-19 or show your anxiety about their shot.

**Be Distracting**
Bring a favorite toy or activity to help divert your child's attention when it's time for the shot.

**Be Grateful**
Thank your child, and remind them that you are proud of them for doing something to protect not only themselves, but others, too.