



# IMPROVING THE VACCINATION EXPERIENCE:

## Comfort Positions

Having a vaccination may make children and parents feel upset, anxious or stressed. Comfort positions can be used to help make vaccinations a more positive experience.

Different comfort positions can be used to help your child feel secure and to stay still while still allowing their limbs to be exposed for vaccination. Comfort positions also help children feel more in control and help to reduce pain and fear.



### **CHEST TO CHEST:**

Your child will sit on your lap with their chest against your chest and their legs to either side.

### **BACK TO CHEST:**

Have your child sit on your lap with their back against your chest. Have their legs on either side of your legs or in between your legs.



### **LAP SITTING:**

Have your child sit on your lap in a sideways position.





## **SIDE SITTING:**

Have your child sit beside you and hug your child.

## **PHYSICAL CLOSENESS AND TOUCH:**

Physical touch and closeness can also be comforting to your child. Holding hands with your child can be comforting to them.



The comfort position you use will vary depending on your child's age and their level of fear. More support is needed for younger and more fearful children. You should also avoid laying your child down or physically restraining them as this increases their levels of pain and fear.

Comfort positions can also be used in combination with other strategies from the CARD system. To learn more about CARD, go to [CardSystem.ca](https://www.cardsystem.ca).

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