

# SUPPORTING YOUR CHILD THROUGH THEIR VACCINATION



Ministry of Education  
SINGAPORE



## Before the vaccination:



### ☐ Talk to your child about the vaccination

Share why it is important to take the vaccine. Discuss how vaccination acts like a shield to protect them from becoming seriously ill. Focus on how they are also helping to keep their friends, teachers and family safe.

- Ask how they feel about it and acknowledge their feelings.
- Talk about how well they dealt with other vaccinations or experiences that they were unsure of.

### ☐ Prepare them for what to expect, such as:

Waiting for their turn, having medical officers speak to them, receiving an injection.

- For younger children, role-play the experience so they know what to expect. Talk them through the experience:

*"You are going to get an injection to make your body stronger. It can hurt a little, but the pain will go away quickly."*

*"Mummy/Daddy is here to hold your hand."*

*"You are very brave."*

### ☐ Discuss coping strategies that your child can try during the vaccination, such as:

- Breathing in and out
- Counting from 1 to 10
- Holding your hand or a favourite toy

### ☐ Plan some quiet activities that they can do to keep themselves occupied while being monitored at the centre for 30 minutes post-vaccination:

- Read a book, do a fun quiz, listen to music or watch a video.
- For younger children, they may wish to play with a soft toy or you may wish to tell them a story.

## On the day of the vaccination, let your child:



- ☐ Have a light meal and drink water before the vaccination
- ☐ Wear a comfortable top with sleeves that can be lifted easily
- ☐ Bring along their Student Identification/Birth Certificate/Passport, and signed hardcopy or softcopy consent form if applicable

*\* Please do not come for your appointment if your child is unwell, or if a household member is having flu-like symptoms. Postpone your child's vaccination.*

## After the vaccination:



- ☐ Affirm your child for positive behaviour, such as sitting still while receiving the vaccination, listening to instructions or waiting patiently for their turn.
- ☐ Monitor your child for any side effects (e.g. fever, headache, pain, redness, or swelling at the injection site). Most side effects are mild and improve in a few days. If, in the rare instance, your child experiences chest pain, difficulty breathing or rash, please seek medical attention immediately.
- ☐ Ensure they avoid strenuous activities, like cycling or swimming, for 2 weeks.