

#BraveLikeME

How to Hold Your Child While Getting Vaccinated

Back to Front Comfort Hold

- Hold your child on your lap facing away from you.
- Embrace your child crossing your arms in front of the child holding their right forearm with your left hand and their left forearm with your right hand.
- Anchor both of your child's legs between your thighs and cross your legs over your child's.
- Watch out for your child's head so it doesn't hit your face if they move.



Chest to Chest (BEAR HUG) Comfort Hold

- Have your child sit on your lap facing you and wrap your child's legs around your waist.
- Wrap your arms around the child's lower back.
- Wrap your child's arms around your waist and hold them firmly under your arms.
- Your child can put their head on your shoulder and turn their head away from the procedure.



Side Comfort Hold

- Sit next to your child and wrap your arm around their shoulders.
- Hold them close to you.
- Wrap your child's arm around your back and press lightly against the back of the chair.
- Hold their forearm across your body.



Side by Side Comfort Hold

- Have your child sit on your lap sideways.
- Wrap your child's arm closest to you around your back and press lightly against the back of the chair.
- Wrap your arm around the child's back and hold the upper arm. Use the other hand to hold the forearm and legs.

