

TIPS FOR TALKING TO KIDS

Explain why you need vaccines. When you get sick, you are given medicine to help you feel better. Vaccines are like medicine put into your body to keep you from getting sick in the first place. Vaccines are recommended throughout your life to help prevent you from getting illnesses.

Explain why you need vaccines. Vaccines also help protect people around you, because you will be less likely to spread germs after you get your vaccines. This is especially important for protecting grandparents and other family members with medical conditions.

Explain how vaccines work. Vaccines help your body build up the ability to fight off viruses. Vaccines may not stop you from getting viruses, but if you do get sick, the vaccine may keep you from becoming seriously ill or developing complications due to the illness.

Be honest with your child. Explain that shots can pinch or sting but that it won't hurt for long.

Engage other family members, especially older siblings, to support your child.

Avoid telling scary stories or making threats about shots. Never threaten your child with shots by saying, "If you misbehave I will have the nurse give you a shot." Instead, remind children that vaccines can keep them healthy.

Review the CDC [Before, During, and After Shots](#) Resource

