



Improving Infant Immunizations

To get all the protection they need, children under two get a lot of shots. Fortunately, there are proven ways parents and providers as a team can improve comfort, decrease crying, and reduce the long term impact of pain.

Before Procedure: **Breastfeeding** during infant vaccines is proven to decrease distress. If not possible, a **sucrose solution** immediately before the vaccine injections is recommended. Sucking something during vaccines or drinking something sweet may help, too.

- 🐝 Topical anesthetics may help. L.M.X.4® is over-the-counter and can be put on 20 minutes before.

During Procedure: Give injections with the child in a “position of comfort”.

- 🐝 Skin to skin helps infants <1 month; cuddling or holding is recommended for all ages.
- 🐝 Let children 3 years and older sit up in your lap; lying flat on the back provokes anxiety at all ages.
- 🐝 Our red, black, and white DistrACTION® cards are designed for babies 6 months and younger. For older infants and toddlers, directing them to look at the brightly colored cards while asking the questions on the back can help.
- 🐝 Holding a vibrating Buzzy® against the chest, or directly proximal to the site of injections, can help provide a competing sensation.

Buzzy
DRUG FREE PAIN RELIEF®

**Proven • Reusable
Works on Contact**



IV Starts



Shots



Finger Sticks

DistrACTION
Distraction Cards



BuzzyHelps.com

MMJ Labs LLC
Personal Pain Control
195 Arizona Ave NE, LW08
Atlanta, GA 30307
1-877-805-BUZZ
info@mmjlabs.com





Improving Infant Immunizations

(Continued from front)

Nursing tips that make vaccines better:

- 🐝 Give the least painful vaccine first, most painful injection last.
- 🐝 Don't aspirate or warm the vaccines! Multiple studies show aspiration is not needed for vaccines, and makes pain and distress worse.
- 🐝 Simultaneous injections decrease distress for infants younger than 1 year.
- 🐝 Sequential injections are recommended for older children.
- 🐝 Give injections in thigh at less than 11 months; use the arm when chubby enough.
- 🐝 Parental presence and pain management education are recommended.

After Procedure: Dress and cuddle the infant to be ready to go as soon as shots are over. Change of venue or even altitude ("Let's stand up now!") helps distress, too.

More detailed instructions can be found on MMJ Labs' site (www.buzzyhelps.com).

Taddio A, . Reducing pain during vaccine injections: clinical practice guideline. Canadian Medical Journal 2015 August 24.

Taddio A. Procedural and physical interventions for vaccine injections. Clin J Pain 2015 Oct;31S124-31.

Buzzy
DRUG FREE PAIN RELIEF®

**Proven • Reusable
Works on Contact**



IV Starts



Shots



Finger Sticks

DistrACTION
Hypnosis for Kids



BuzzyHelps.com

MMJ Labs LLC
Personal Pain Control
195 Arizona Ave NE, LW08
Atlanta, GA 30307

1-877-805-BUZZ
info@mmjlabs.com

