

## Immunization

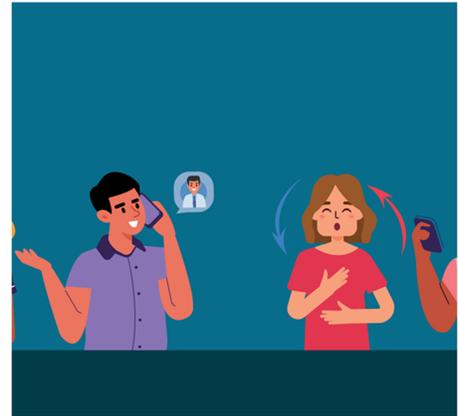
### Parent Resources from AboutKidsHealth

AboutKidsHealth is marking World Immunization Week (April 24–30) by sharing strategies to help children cope before and during vaccination and needle procedures. These strategies are part of the CARD (Comfort, Ask, Relax, Distract) system, which consists of resources such as videos, handouts and activities to help children and teens prepare for a vaccination or needle procedure. These are available in AboutKidsHealth’s [CARD learning hub](#).

#### Family resources

Resources for families, with fact sheets specifically created for children, teens and caregivers, include the following:

- ▶ [CARD Student Handout](#): Fillable cards where students can enter the strategies they wish to use for their vaccination experience. Included under each card are examples of ways to get comfortable, questions to ask, ways to relax and ways to distract themselves.
- ▶ [CARD system handout for teens](#): Ideas to get teens started with selecting strategies to reduce pain, stress and worries associated with vaccinations, with a section at the end of the handout where teens can list the strategies they wish to use.
- ▶ [What parents and caregivers can say](#): A fact sheet with information and examples of how to provide information and use neutral language to promote a more positive vaccination experience for their child.



#### Health-care provider and educator resources

Resources for health-care providers include handouts with considerations for setting up a vaccination site to improve the vaccination experience, things health-care providers can say and do during vaccination to promote coping and more positive vaccination experiences, and CARD vaccination posters health-care providers can share in their clinics. Some of these resources are listed below:

- ▶ [Planning checklist for health-care providers: Improving the vaccination experience](#)
- ▶ [What health-care providers can say](#)
- ▶ [CARD system poster: Coping with pain and fear around vaccination](#)

For a more complete list of resources, please visit [aboutkidshealth.ca/card](http://aboutkidshealth.ca/card) and select “Health-care providers and educators”. Also find handouts and videos for educators, including a guide for school staff and a checklist for teachers.