Preparing Your Baby for Doctor’s Visits

- If possible, have your baby or child take a nap before his appointment so he isn’t fussy.
- Be pleasant and calm at the visit. Speak in a soothing voice.
- Take a favorite toy or blanket for your baby to hold. Hold, touch or stay close by.
- Breastfeeding may comfort your baby. Some studies show that children who breastfeed while getting their immunizations feel less pain. If your child is bottle-feeding, let him suck on a pacifier or your finger (if there are not teeth present) while he is getting shots.
- If shots make you nervous, ask a family member or friend to go with you to hold your baby while you offer comfort. Ask a friend to care for older siblings while you care for the baby who is being seen by the doctor or nurse.
- Expect your baby or child to be fussy after shots. Remember, all babies and children are different and they react differently to shots.
- Never threaten your child with shots. It makes him afraid of the doctor and the nurse.