

# Tips for talking to tamariki about their vaccination

**For some tamariki this will be the first vaccination they remember, so this is a chance to make immunisations a positive experience.**

## **Before their appointment:**

Explain that it might hurt for a short time. Tell them there will be a small needle and that they will feel a sharp scratch or sting briefly but then it will be over. They may have a sore arm, fever, headache or feel tired afterwards.

It is important to tell them why they are getting vaccinated. Let them know the vaccine will protect them against COVID-19, and can help protect their whānau, their community, and other tamariki at school who may be more at risk from COVID-19 if they catch it.

Talk to them about who will be there on the day (e.g. you, a trusted person, or the vaccinator), and the role they will play.

## **On the day:**

You may want to have some games or toys ready so you can distract them during their vaccination and entertain them while you wait for 15 minutes afterwards.

Talk to them about something fun or special coming up. Having something to look forward to after the appointment like a small treat, choosing a special meal or maybe a big hug can help.

## **After their vaccination:**

Let them know that they might feel a bit unwell for a day or two after their immunisation and arrange to spend some extra time with them if you can.

**For videos and more resources visit –**  
[covid19.govt.nz/tamariki](https://www.covid19.govt.nz/tamariki)

