

Needle Pain & Anxiety Management for Vaccination Under 5

Resources for Children Under 5 Years Old



SickKids | About Kids Health

- Access here: [Pain Learning Hub](#)
- Access here: [Comfort Promise Learning Hub](#)



Les stratégies Tout doux

- Access here: [CHU Sainte-Justine](#)



Psychology Works Fact Sheet: Acute Pain Management in Children

- Access here: [Canadian Psychological Association](#)



Preparing to Immunize

- Access here: [Alberta Health Services](#)



Pain Narratives and Memory Study

- Access here: [Peak Research Lab](#)



Toddler Support: Pain Champions Guide

- Access here: [The Meg Foundation](#)



What to Expect: Vaccines for Children

- Access here: [Government of Canada](#)



Immunizing Children with Confidence

- Access here: [Children's Healthcare Canada](#)



HealthyChildren.org | Taking Fear and Pain out of Needles

- Access here: [HealthyChildren.org](#)



Indigenous Community Developed Resources

- Access here: [Lil Reah story](#)
- Access here: [Lil Louis story](#)
- Access here: [Children's booklet](#)



1-Page Resource: Needles Don't Have to Hurt

- Access here: [Parents Canada](#)

Specific Strategies for Children Under 3 Years Old



Immunize Canada Resources

- Access here: [A Clinician's Guide: Pain Management During Vaccine Injections](#)
- Access here: [Pain Management During Immunization for Children](#)
- Access here: [Reduce Pain of Vaccination in Children under 3 Years: a Guide for Parents](#)



Needle Pokes: Reducing Pain in Infants up to 18 Months

- Access here: [SickKids](#)



Resources for Babies 0-24 Months

- Access here: [The Meg Foundation](#)



Video Resource: Be Sweet to Babies

- Access here: [CHEO](#)



SickKids YouTube Playlist

- Access here: [Reducing Pain of Vaccination in Babies](#)



Comfort Positioning

- Access here: [Alberta Health Services](#)



Video Resource: Power of a Parent's Touch

- Access here: [Marsha Campbell-Yeo of Dalhousie University and the IWK Health Centre on YouTube](#)

Follow this link for additional resources for Children and Youth Over 5 Years old: <https://tinyurl.com/4hxcdpdp>