

How to securely hold your child for a safe immunization

2 months (1st visit)

1. Cradle child in one arm with child held against your body and resting on your lap
2. One of your child's arms embraces your back and is held under your arm
3. Wrap your arm around the child and hold child's arm towards your body
4. Hold child's leg firmly at the knee



4-6 months (2nd and 3rd visit)

1. Sit child up on your lap propped up against your arm
2. One of your child's arms embraces your back and is held under your arm
3. Wrap your arm around your child and hold their arm firmly towards your body
4. Hold child's leg firmly at the knee



On or after 1st birthday (4th visit)

Arm injection:

1. Sit child up on your lap. Place your child's legs between your legs
2. One of your child's arms embraces your back and is held under your arm
3. Hold your child's outer arm at the elbow pressed firmly towards you



18 months or older

Pretzel hold:

1. Sit forward in chair so child cannot push against chair
2. Sit child on your lap with child's arm tucked behind you
3. Wrap your arms around child's back and chest, under child's arm and use your hand to secure child's forearm/wrist
4. Place child's feet between your legs and apply sufficient pressure to hold.



School entry (4-6 years of age)

1. Place child on your lap with child's legs between your legs
2. One of your child's arms embraces your back and is held under your arm
3. Wrap your arm around child and hold their shoulder
4. With the other arm, hold child's arm at the elbow



Comfort your child after the immunization

Please wait 15 minutes
in the waiting room



fraserhealth

Better health.
Best in health care.