



How To: Talk to your child about the COVID-19 vaccine

Talking to your child about the Covid-19 vaccine may seem like a daunting task. Children are naturally curious and may have a lot of questions for you. Below are some tips for you to bring up the conversation of the Covid-19 vaccine with your child.



Ask them if they want the vaccine

It is important to remember that kids are humans to and value their autonomy just like adults. Asking your child if they want the vaccine opens the conversation and allows them to provide input where they feel like their voice is being recognized.



Encourage them to write a list of questions they may have about the vaccine to share with a trusted adult or doctor

Just like asking them if they want to get the vaccine, giving children the space to feel like their voice is being heard is very important. Children are naturally curious and may have many questions you don't have the answer for at that moment. Having your child write down questions to ask a trusted adult or doctor will aid in them feeling like they have a say in getting the vaccine.



Remind them that they have gotten many other vaccines in the past

Many kids have gotten other various vaccines before and may refer to them as "shots". Reassure them that this is just like a shot they need when they started school for the very first time and why it is like their other vaccines in keeping them safe.



Describe the vaccine process to them and what they may expect if they get it.

Be transparent. Walk through the steps with them in getting the vaccine so they know what to expect. And don't forget to mention that the Covid-19 vaccine needle is smaller than their annual flu vaccine's!



Tell them the history of vaccines

Vaccines have been around the block more times than a child could even imagine (1796 to be exact). Explain to them how vaccines like the Smallpox vaccine were important to keeping the community safe and show them examples of news articles or television segments throughout history showing the importance of vaccines.

Websites like,

<https://www.historyofvaccines.org/timeline/all>, are also a great visual tool to show to your child!

At the end of the day, you are here to choose the best option for your child's safety against Covid-19. If you or your child have any additional questions about the Covid-19 vaccine, visit www.cdph.ca.gov for more information.

To schedule your vaccine, visit MyTurn.ca.gov or call (833) 422-4255

