



Childhood Immunizations and
Recommended Pain-Management Strategies
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Age	Vaccines to be injected (according to Ontario immunization schedule)		Recommended pain-management strategies
2, 4, 6 months	Diphtheria, Tetanus and Acellular Pertussis/ Inactivated Poliovirus and Haemophilus influenzae type b (DTaP-IPV-Hib)	Pneumococcal conjugate (PCV)	<ul style="list-style-type: none"> • Topical anaesthetics • Breastfeeding or sugar water • Adult-led distraction • Physical comfort/holding • Inject PCV after DTaP-IPV-Hib • Inject vaccines rapidly without aspiration
12 months	Meningococcal C Conjugate (Men-C)	Measles, Mumps, Rubella (MMR)	<ul style="list-style-type: none"> • Topical anaesthetics • Breastfeeding or sugar water • Adult-led distraction • Physical comfort/holding • Inject Men-C rapidly without aspiration • Inject MMR* after Men-C
15 months	Varicella/Chicken Pox (Var)	Pneumococcal conjugate (PCV)	<ul style="list-style-type: none"> • Topical anaesthetics • Adult-led distraction • Physical comfort/holding • Inject PCV rapidly without aspiration • Inject PCV after Var
18 months	Diphtheria, Tetanus and Acellular Pertussis/ Inactivated Poliovirus and Haemophilus influenzae type b (DTaP-IPV-Hib)	Measles, Mumps, Rubella (MMR)	<ul style="list-style-type: none"> • Topical anaesthetics • Adult-led distraction • Physical comfort/holding • Inject DTaP-IPV-Hib rapidly without aspiration • Inject MMR* after DTaP-IPV-Hib
4-6 years	Diphtheria, Tetanus and Acellular Pertussis/ Inactivated Poliovirus (DTaP-IPV)		<ul style="list-style-type: none"> • Topical anaesthetics • Self-distraction/Adult-led distraction • Physical comfort/holding • Deep breathing (facilitated with bubbles, pinwheel, balloon) • Inject vaccine rapidly without aspiration
Grade 7	Meningococcal C Conjugate (Men-C)	Hepatitis B (HB)	<ul style="list-style-type: none"> • Topical anaesthetics • Self-distraction/Adult-led distraction • Physical comfort/holding • Deep breathing • Inject vaccines rapidly without aspiration
Grade 8	Human Papillomavirus (HPV)		<ul style="list-style-type: none"> • Topical anaesthetics • Self-distraction/Adult-led distraction • Physical comfort/holding • Deep breathing • Inject vaccine rapidly without aspiration
Every 10 years thereafter	Tetanus and Diphtheria (Td)		<ul style="list-style-type: none"> • Topical anaesthetics • Self-distraction/Adult-led distraction • Deep breathing • Physical comfort/holding • Inject vaccine rapidly without aspiration
Every year (in fall)	Influenza (Inf)		<ul style="list-style-type: none"> • Topical anaesthetics • Self-distraction/Adult-led distraction • Physical comfort/holding • Deep breathing • Inject vaccine rapidly without aspiration

* If using trade name MMR-II