**Childhood Immunizations and Recommended Pain-Management Strategies**  
By Anna Taddio for the HELPinKIDS Team

<table>
<thead>
<tr>
<th>Age</th>
<th>Vaccines to be injected (according to Ontario immunization schedule)</th>
<th>Recommended pain-management strategies</th>
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</thead>
</table>
| 2, 4, 6 months   | Diphtheria, Tetanus and Acellular Pertussis/Inactivated Poliovirus and Haemophilus influenzae type b (DTaP-IPV-Hib)          | • 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)                                                                                            | • 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)                                                                                                 | • Topical anaesthetics  
• Breastfeeding or sugar water  
• 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)              | • 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)                                                   | • 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)                                                                                            | • Topical anaesthetics  
• Self-distraction/Adult-led distraction  
• Physical comfort/holding  
• Deep breathing  
• Inject vaccines rapidly without aspiration |
| Grade 8          | Human Papillomavirus (HPV)                                                                                                   | • Topical anaesthetics  
• Self-distraction/Adult-led distraction  
• Physical comfort/holding  
• Deep breathing  
• Inject vaccine rapidly without aspiration |
| Every 10 years   | Tetanus and Diphtheria (Td)                                                                                                    | • Topical anesthetics  
• Self-distraction/Adult-led distraction  
• Deep breathing  
• Physical comfort/holding  
• Inject vaccine rapidly without aspiration |
| thereafter       |                                                                                                                                   | • Topical anesthetics  
• Self-distraction/Adult-led distraction  
• Deep breathing  
• Physical comfort/holding  
• Inject vaccine rapidly without aspiration |
| Every year (in fall) | Influenza (Inf)                                                                                                           | • Topical anesthetics  
• Self-distraction/Adult-led distraction  
• Deep breathing  
• Physical comfort/holding  
• Inject vaccine rapidly without aspiration |

* If using trade name MMR-II