

YOUR INFANT'S VACCINATION, YOUR WAY!

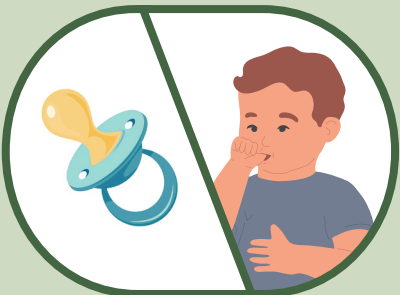
We use the CARD (Comfort Ask Relax Distract) system to help make vaccinations a more positive experience. Choose from the strategies below to personalize your vaccination experience

OPTIONS FOR EVERYONE!

COMFORT

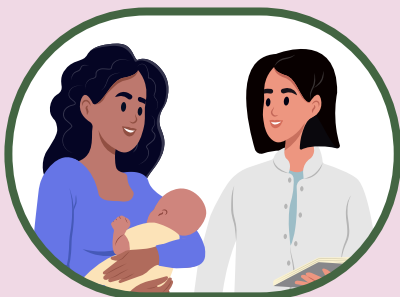


Breastfeed or
bottle feed

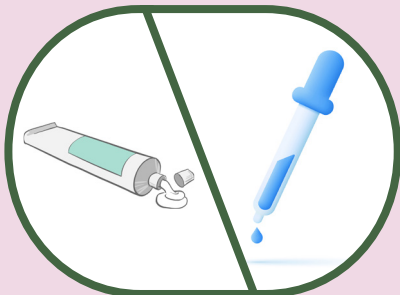


Pacifier or
suck thumb

ASK



About the vaccine
or what will happen



About other ways
to make it better

RELAX



Comfort hold



Sing

DISTRACT



A toy from home



A toy from clinic



cardsystem.ca

TELL US IF YOU HAVE ANY OTHER REQUESTS



Scan for more
resources

Financial contribution:



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Agence de la santé
publique du Canada



Partner organizations:
UNIVERSITY OF TORONTO
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