



## Resources Relevant to the Administration of Injections to Young Children (Ages 2-5)

Updated May 2026

### Articles and Guidelines

Resource	Notes	Publication Year	Relevant Ages	Link
<b>Alberta Health Services: Standard for the Administration of Immunizations</b>	<p>“Section 5: Client Position and Stabilization” reviews positioning for vastus lateralis and deltoid injections for infants and toddlers.</p> <p>“Section 7: Management of Pain and Anxiety” goes over the “5-P” approach for pain management: physical (including positioning of the client), procedural (order of vaccines and recommendation against aspiration), psychological (verbal signals, neutral language, parent coaching, distraction, and environment), pharmacological (sweet tasting solutions, topical anaesthetics), and process (education and implementation).</p>	2026	Includes information for infants and toddlers, including children under 1 year of age and up to school-aged children (5 and up)	<a href="https://www.albertahealthservices.ca/assets/info/hp/cdc/if-hp-cdc-ipsm-standard-administration-immunization-06-100.pdf">https://www.albertahealthservices.ca/assets/info/hp/cdc/if-hp-cdc-ipsm-standard-administration-immunization-06-100.pdf</a>
<b>BC Centre for Disease Control, Communicable Disease Control Manual Chapter 2: Immunization Appendix D - Reducing Immunization Injection Pain</b>	<p>Discusses strategies to reduce immunization injection pain in children under the age of 3 under “Section 5: Infants and Children &lt; 3 Years of Age”, and children aged 3 years or older in “Section 6: Children 3-17 Years of Age”</p> <p>The “Quick Reference Guide” section summarizes the strategies in these age groups.</p>	2018	Children under 3 years of age and children who are 3 years or older	<a href="http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%2002%20-%20Imms/Appendix_D_RIIP.pdf">http://www.bccdc.ca/resource-gallery/Documents/Guidelines%20and%20Forms/Guidelines%20and%20Manuals/Epid/CD%20Manual/Chapter%2002%20-%20Imms/Appendix_D_RIIP.pdf</a>
<b>Canadian Immunization Guide</b>	The primary national resource for immunization practices in Canada. It contains comprehensive	Last full revision 2017, but table of	Children and adults	<a href="#">Vaccine administration practices:</a>

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	information about needle choices, pain management, site selection etc. for adults and children	updates found here: <a href="https://www.immunizationguide.ca/updates">Canadian immunization guide: Table of updates - Canada.ca</a>		<a href="https://www.immunizationguide.ca">Canadian Immunization Guide - Canada.ca</a>
<b>CMAJ: Reducing pain during vaccine injections: clinical practice guideline</b>	Provides recommendations for reducing pain during injections. It includes strong recommendations on positioning and pharmacological interventions (e.g., topical anaesthetics, sweet-tasting solutions). It also includes comments on some weaker recommendations, including use of ibuprofen or acetaminophen, warming the vaccine, various distraction techniques, and breathing distractions.	2015	Recommendations for infants and young children (under 3), children (3-12), adolescents (12-17), and adults (over 18). Each recommendation listed in the tables includes a designation for the ages in which it is recommended.	<a href="https://www.cmaj.ca/content/187/13/975#T1">https://www.cmaj.ca/content/187/13/975#T1</a>
<b>Reduce the Pain of Vaccination in Children Under 3 Years: A Guide for Parents</b>	Geared towards parents and provides tips for planning ahead to reduce pain, including providing sugar water, topical anaesthetics, or toys to distract the child. Advice on how to hold the child and how the parent should behave is also provided. Pharmacists may consider making this information available to parents.	2010, but website was last updated on 21 July 2021: <a href="https://immunize.ca/pain-management-children#:~:text=Distract%20your%20child,if%20you%20a">https://immunize.ca/pain-management-children#:~:text=Distract%20your%20child,if%20you%20a</a>	Children under 3	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Parents/painreduction_under3_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Parents/painreduction_under3_web_e.pdf</a>



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<p><b>Reduce the Pain of Vaccination in Kids and Teens: A Guide for Parents</b></p> <p><b>Pain Management during Vaccine Injections A Clinician's Guide: Children ≤ 3 years</b></p> <p><b>Pharmacy top tips for childhood vaccinations: Setting your pharmacy up for success</b></p>		<a href="#">re%20not%20breastfeeding</a>		
	Geared towards parents and provides helpful suggestions for preparing children and teens for injections. These strategies involve discussing the procedure ahead of time, applying topical anaesthetics, upright positioning, skin rubbing, managing one's state of mind, and distracting the child or teen during the injection. Pharmacists may consider making this information available to parents.	2010	Generally children over 4 and teens	<a href="https://www.caringforkids.cps.ca/uploads/handout_images/Pain-reduction-kids-and-teens.pdf">https://www.caringforkids.cps.ca/uploads/handout_images/Pain-reduction-kids-and-teens.pdf</a>
	Geared towards clinicians and suggests strategies to manage vaccination pain in children aged 3 years or younger. The 5 P's to improve pain relief involve process strategies, physical strategies, pharmacological strategies, psychological strategies, and procedural strategies.	Unavailable	Children aged 3 years or younger	<a href="https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Clinicians/Pocket%20Guide/2015/5p_less_than3_web_e.pdf">https://immunize.ca/sites/default/files/Resource%20and%20Product%20Uploads%20(PDFs)/Products%20and%20Resources/Pain%20Management/Clinicians/Pocket%20Guide/2015/5p_less_than3_web_e.pdf</a>
Practice tool provides tips and strategies to community pharmacists on what to do in advance before immunizing a child, how to set up their pharmacy space, and a useful approach on how to vaccinate children during the appointment.	Unavailable	Not specified, but helpful in children aged 2 to 5	<a href="https://www.pharmacists.ca/cpha-ca/function/utilities/pdf-server.cfm?thefile=/education-practice-resources/VaccinatingKids-Tips_EN.pdf">https://www.pharmacists.ca/cpha-ca/function/utilities/pdf-server.cfm?thefile=/education-practice-resources/VaccinatingKids-Tips_EN.pdf</a>	

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<b>Needles Don't Have to Hurt</b>	Offers strategies and information to parents on how to reduce their children's pain and stress during immunizations. This would be a useful handout to provide to parents.	2015	Not specified, but helpful in children aged 2 to 5	<a href="https://immunize.ca/sites/default/files/resources/parentscanada-ad-feature-needles-dont-have-to-hurt.pdf">https://immunize.ca/sites/default/files/resources/parentscanada-ad-feature-needles-dont-have-to-hurt.pdf</a>

## Websites

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<b>Help Eliminate Pain in Kids &amp; Adults</b>	Website has multiple resources for parents, children, and healthcare providers. These include publications on reducing pain, resources that can be printed out for parents, and clinical practice guidelines.	Various	Infants, children, teens	<a href="https://helpkidspain.ca/">https://helpkidspain.ca/</a>

## Videos and Webinars

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<b>Immunize Canada: Reducing Fear and Pain: Integrating evidence into routine immunization practice webinar</b>	Goes over what can be done to reduce pain and fear in children. It reviews 4 P's of pain management: procedural (e.g. starting with the least painful injection if multiple are given), physical (e.g. body positioning and activity), pharmacological (e.g. pain medicine, sweet-tasting solutions), and psychological (e.g. thoughts and behaviours). 42:34	2017	Depending on the technique, the intended age may be different.	<a href="https://www.youtube.com/watch?v=kcps_9eXyBU&amp;feature=youtu.be">https://www.youtube.com/watch?v=kcps_9eXyBU&amp;feature=youtu.be</a>

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<b>Immunization Techniques: Best Practices with Infants, Children, and Adults Video</b>	Focuses on skills and techniques needed for vaccine administration in children. 25:15	2014	No specific age, but suitable in ages 2 to 5.	<a href="https://www.youtube.com/watch?v=WsZ6NEijfl">https://www.youtube.com/watch?v=WsZ6NEijfl</a>
<b>Centre for Pediatric Pain: It Doesn't Have To Hurt Video</b>	Provides tips for parents and healthcare professionals on ways to reduce the distress and pain associated with needles when immunizing children. 2:18	2013	No specific age, but suitable in ages 2 to 5.	<a href="https://www.youtube.com/watch?v=KgBwVSYqfps">https://www.youtube.com/watch?v=KgBwVSYqfps</a>

## Learning Modules

\*Please check with learning activity provider for details on accreditation and expiry dates.

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<b>Ontario Pharmacists Association: Mastering Injections in Paediatrics</b>	Reviews administration techniques, dosing for the flu vaccine, pain management, and comfort strategies for children under 5. It also discusses potential adverse reactions and the appropriate treatment, monitoring, and follow-up. Finally, these modules discuss documentation and communication procedures to the parent or caregiver and other healthcare professionals. <b>Log In or Payment Required to Access.</b>	2020	Children aged 2 to 5.	<a href="https://www.opa.today.com/product/mastering-injections-in-pediatrics/">https://www.opa.today.com/product/mastering-injections-in-pediatrics/</a>



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<b>PharmAchieve: Injections and Immunizations for Children</b>	Focuses on how to correctly administer injections, pain management techniques, distraction strategies, adverse event management, and knowing when to refer. <b>Log In or Payment Required to Access.</b>	2020	Children under 12 years of age.	<a href="https://pharmachieve.com/component/dtregister/?controller=event&amp;eventId=884&amp;itemId=&amp;task=individualRegister&amp;">https://pharmachieve.com/component/dtregister/?controller=event&amp;eventId=884&amp;itemId=&amp;task=individualRegister&amp;</a>