

The Jab: Having Conversations With Our Children About COVID-19 Vaccines

As COVID-19 vaccines become available for children, it's important to have open and honest conversations with them about the risks and benefits. Here's how to start the conversation.



The Jab?!: Having conversations with our children

by Elvio Cipollone

★★★★☆ 4.6 out of 5

Language : English
File size : 4961 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Print length : 10 pages
Lending : Enabled



1. Start by listening

Before you start talking about vaccines, ask your child what they already know about COVID-19 and the vaccines. This will help you understand their level of understanding and tailor your conversation accordingly.

2. Use age-appropriate language

When talking to your child about vaccines, use language that they can understand. Avoid using medical jargon or technical terms that they may not be familiar with.

3. Be honest and accurate

When answering your child's questions, be honest and accurate. Don't sugarcoat the risks or benefits of the vaccine. Instead, provide them with clear and concise information that they can understand.

4. Address your child's concerns

Your child may have concerns about the vaccine. They may be worried about side effects, or they may not understand why they need to get vaccinated. Address their concerns honestly and respectfully.

5. Make it a two-way conversation

Don't just lecture your child about vaccines. Instead, engage them in a two-way conversation. Ask them their questions and listen to their concerns. This will help them feel more invested in the decision-making process.

6. Be patient

It may take some time for your child to come to a decision about whether or not they want to get vaccinated. Be patient and answer their questions as they come up. Don't pressure them to make a decision that they're not comfortable with.

7. Respect your child's decision

Once your child has made a decision about whether or not they want to get vaccinated, respect their decision. Even if you don't agree with their decision, it's important to support them.

Additional resources

- [CDC: COVID-19 Vaccines for Children](#)

- HealthyChildren.org: COVID-19 Vaccines: What Kids Need to Know
- KidsHealth.org: The COVID-19 Vaccine for Kids



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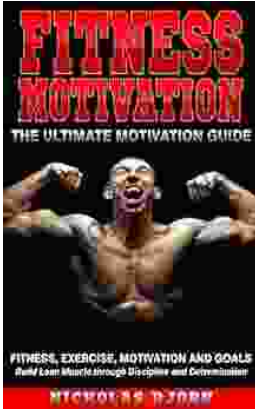
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