Parent's Preparation Guide for Pre-School Vaccines

Taking your pre-schooler to the doctor for their immunisations can be stressful for both you and your children. These vaccines are very important to ensure that your child is protected against infectious diseases before they start school. Preparing your child for the visit, using books and/or TV programmes, can help to ease anxiety for you both. In consultation with Hampshire librarians, we have identified a selection of books about visiting the doctor and also some youtube clips from children's television.

Books:

- *Freddie Visits the Doctor* by Nicola Smee
- *Sarah & Duck Visit the Doctor* by Sarah Gomes Harris
- *Betsy Goes to the Doctor* by Helen Stephens
- *Topsy and Tim Go to the Doctor* by Jean Adamson
- *George Visits the Doctor* by Nicola Smee
- *Going to the Doctor* by Roderick Hunt
- *Going to the Doctor* by Vivian French
- *At the Doctor* by Roderick Hunt
- *My Visit to the Doctor* by Rachel Tisdale
- *"Say aah!" My First Visit to the Doctor* by Jen Green



youtube clips:

- Dr Raj, Get Well Soon, 'How Do Injections Help You? https://www.youtube.com/watch?v=3ZTgsDsLIRE
- The Berenstain Bears Visit the Doctor https://www.youtube.com/watch?v=GxhCuth_ggI

If you have any questions about vaccines or which vaccines your child needs, the following websites may be helpful. They have the most up-to-date, evidence-based information about vaccines.

Personal vaccine planner – enter your child's date of birth and the NHS will calculate all the vaccines needed: https://bit.ly/2NDBYZ3

Vaccine Knowledge Project – advice from University of Oxford about vaccines: http://vk.ovg.ox.ac.uk/

NHS England

NHS North Hampshire Clinical Commissioning Group

OXFORD VACCINE GROUP

NHS choices