

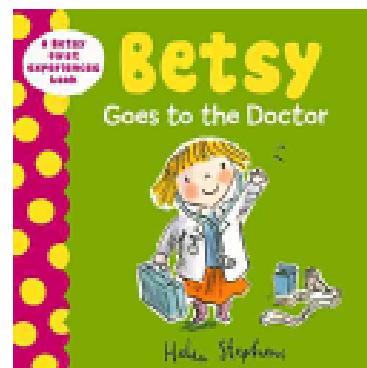
Parent's preparation guide for pre-school vaccines

Taking your pre-school child to the doctor for their immunisations can be stressful for both you and your child. 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 the 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
- ❖ *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_ggl



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

Vaccine Knowledge Project: <http://vk.ovg.ox.ac.uk/>

NHS: <https://www.nhs.uk/conditions/vaccinations/>

Wessex Healthier Together: <https://what0-18.nhs.uk/parents/carers/keeping-your-child-safe-and-healthy/childhood-vaccinations-essential-information>