

been isolated in human milk is rubella and there is no indication that this is harmful to infants; rubella infection in an infant as a result of exposure to rubella virus in human milk would likely be well tolerated, because the vaccine is attenuated ([American Academy of Pediatrics, 2015](#)). See also [Family-Centered Care](#) box.

## Family-Centered Care

### Communicating with Parents about Immunizations

- Provide accurate and user-friendly information on vaccines (the necessity for each one, the disease each prevents, and potential adverse effects).
- Realize that the parent is expressing concern for the child's health.
- Acknowledge the parent's concerns in a genuine, empathetic manner.
- Tailor the discussion to the needs of the parent.
- Avoid judgmental or threatening language.
- Be knowledgeable about the benefits of individual vaccines, the common adverse effects, and how to minimize those effects.
- Give the parent the vaccine information statement (VIS) beforehand and be prepared to answer any questions that may arise.
- Help the parent make an informed decision regarding the administration of each vaccine.
- Be flexible and provide parents with options regarding the administration of multiple vaccines, especially in infants, who must receive multiple injections at 2, 4, and 6 months old (i.e., allow parents to space the vaccinations at different visits to decrease the total number of injections at each visit; make provisions for office visits for immunization purposes only [does not incur a practitioner fee except for administration of vaccine],