

I was a Mother
who was
Skeptical About
Vaccines for 12
years.

How Did I Change My
Mind?





I usually speak in person. Why am I speaking remotely?

My last trip was in Nov 2024. I spoke in Albuquerque. I also spoke out against RFK Jr on that trip. A lot has changed since November. I now fear crossing the border. It will be at least 4 years before I can return.

CNN

Health

Life, But BetterFitnessFoodSleepMindfulnessRelationships

NOW PLAYING

She trusted RFK Jr. and didn't vaccinate her kids. Now she is a vaccine proponent

Albuquerque, NM

5:38 PM MT

10

10

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NEW DEVELOPMENTS

PENCE TELLS SENATE REPUBLICANS TO REJECT RFK JR. NOMINATION

Lydia Greene | Former Vaccine Opponent, Influenced by RFK Jr., Turned Proponent

00:04 / 01:13

Video Ad Feedback

She trusted RFK Jr. and didn't vaccinate her kids. Now she is a vaccine proponent

Mother and nurse Lydia Greene believed RFK Jr.'s claims about opposing vaccines and didn't vaccinate her children. Now, she is a vaccine proponent and tells CNN's Briana Keilar about her journey.

01:13 - Source: [CNN](#)

I wasn't always a vaccine skeptic. A few key events led me astray.




I took my
daughter to her
2-month
vaccines, and
she reacted.
DTAP Cry?





**MountainMama
GC**

Registered 

Joined Jun 23, 2008
3,541 Posts

Discussion Starter · #1 · Jun 23, 2008

I felt almost bullied into giving my daughter her 2 mo shots. I thought 3 needles with 7 vax's was too much but i did it any way. They gave her pentacel (which is DTaP with IPV and HiB) and the Pneum. and Meningococcal shot. She cried and was sickly for a couple of days. I felt so bad because i didnt take a stand for her. Well now i want to split the shots up.

Something like this

4 mos Pneu. and Men.

5 mos Pentacel

6 mos Pneu. and Men.

7 mos Pentacel

And thats it. She will not get any other vax's until she is old enough to decide for herself. Does anyone from Canada have their own Selective vax they can share?

My next baby wont get the first shot till at least 4 months.

Mama to L (7) and A (born 7/15 by VBAC)



After her 4-month shots I could no longer vaccinate my child.



**MountainMama
GC**

Registered 🇨🇦

Joined Jun 23, 2008
3,541 Posts

✓ Discussion Starter · #7 · Dec 21, 2008

You are right it is a waste of my time. She was going on and on. Using her degree to back up everything she said. I tried telling her I spoke with mothers IRL with vaccine damaged children and she said its typical for parents to want to blame something. I just feel like my parenting has been attacked. Its my fault for being open. I just dont want to treat it like a dirty secret. If other moms can talk openly about vaxing their kids then why cant i be open too. I actually bawled over it today. I used to be an analytical chemist but yesterday i felt like i was just a housewife. (my DH got mad when i used the phrase "just a housewife" he said i do a lot and i was selling myself short)

Over the years I had a few encounters with professionals that could have had an impact but instead left me feeling attacked.


I was also struggling with this new identity.

I went on to have 2 more children. I did not vaccinate them.

- I questioned my choice over the years but always fell back to inaction.
- I was stuck in an echo chamber.



**MountainMama
GC**

Registered 

Joined Jun 23, 2008
3,541 Posts

Discussion Starter · #1 · Mar 16, 2016

I stopped vaccinating my daughter at 4 months. She is 8 now. She had a reaction at her 2 month pentacel shots. She had a high pitched wail and had trouble nursing for a couple days. She just wasn't herself in that time. She recovered but it scared me. At 4 months she only had prevnar and Men-C. She didn't have any reaction to those but I was too nervous to continue.

We travel, my daughter loves it. We have done some all inclusives, but I would like to take her to some more adventurous places. We also hike and camp. So I am thinking of a few vaccines. I am on the fence on MMR, but I also want her to get it before puberty if I do get it for her. I am thinking of getting her IPV, and Td, and Hep A.

The other travel vaccines will be as needed prior to travel as some don't last very long.

Does this make sense? Also, how do you know how many boosters are needed when starting so late?

Mama to L (7) and A (born 7/15 by VBAC)

Top 3 reasons Kevin is the goodest boy

- I am his favorite person
- He is chill
- He lets me hold him like a baby



The Pandemic Begins. My Children are 12, 5, and 2. The What-Ifs Start.

What if the
economy
collapses?

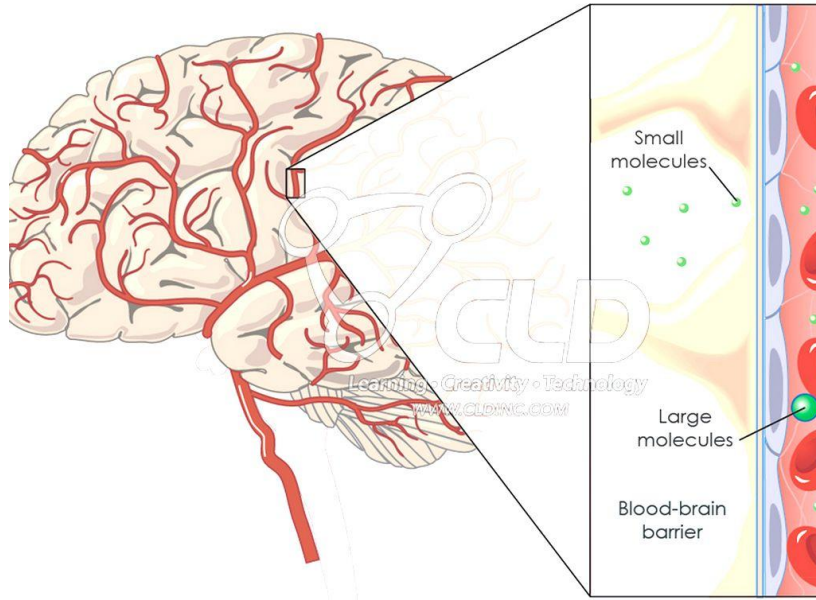
What if health
care collapses?

What if this
completely
changes our
world?

What if I can't
access
VACCINES?!

When will it be ok
for my youngest
to get
vaccinated?

What are the
minimal vaccines
my older children
should have?



I find out I am wrong about a trope I believed so long. This sent me on a mission. I finally “do my own research.”

Antivaxxers fully believe that babies are born with an immature blood brain barrier, that doesn't mature until the age of 2 or 3. They never seem to agree on this magic age, and so I go digging. I am shocked to find out they are born with a mature BBB. SHOCKED.

What Helped Me Vaccinate With Confidence?

- Vaxopedia. Dismantles each trope.
- Reading other former antivax stories.
- Having a nurse work with me. “You do what you want each visit; I will keep track of what is left.”
- Seeing with my own eyes, my kids were ok. I went from slow to accelerated just by seeing my kids were fine.
- Experts who were accessible and supportive.



Back to the Vax is Born.

Heather and I found each other after we wrote about our experience.

I was just finishing, and she was just starting her vaccine journey. I shared my experience to support her through her daughters first vaccine.

We found community and support in each other and wanted others to have that too.

We make a website, support group, a page, and a podcast to address the tropes and build community.

Our group is not just about vaccinating but vaccinating with confidence. There are "On the Fence" groups that slow-vax but they still see vaccines as toxic and treat vaccinating as an assault on their kid's body. There are often quack detoxes and other Alt-med practices. We are evidence based. If they AAP would not recommend it, neither do we.

We help each other vaccinate with confidence

We share fears



Anonymous member

April 11 at 9:48 PM · 🌐

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Hello, thank you for the add!

So I have been anti vax for about 9 years now. I have an 8.5yo and a 3yo. We recently went and got them their first dose of MMR. I wish I had found this group sooner to help me with some of the big emotions coming up. I'm not necessarily looking for advice (but am always open) but just solidarity I guess? Did anyone else feel when they were switching back that they were having a mental breakdown? Like for one i didnt realize how much fear I have been holding onto. Fear of VPD, fear of injuries if we take this route, fear of not getting proper treatment due to our status, fear of judgement from the community you have depended on, fear of a loss of identity. I was surprised at the peace i felt after making the decision to book the first appointment, and the peace i felt afterward. But now im living in fear that the kids are going to get all the VPD before its too late. its almost like a state of limbo. And I dont have anyone in my life who would understand all these conflicting emotions going on....

anyways just needed to say that in (hopefully) a safe space 🙏

We support with facts



Anonymous member

April 27 at 8:29 PM · 🌐

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Please help me with my fears about the dtap. I wish it was possible to just get the tetanus portion. I am SO SCARED of everything. I'm driving myself crazy. I'm terrified of the illnesses, and terrified of the shots. No matter what I do, I'm scared. I'm not exactly sure what I'm looking for in posting this. Please be gentle, I'm just having such a hard time with all this.

[View insights](#)

33 post reach >



Anonymous member

April 19 at 9:58 PM · 🌐

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How do you navigate your relationships when most of your friends are not giving shots once you start to change your mind? How do I move past this fear-the fear of judgment and the fear of the disease but also fear of hurting my child with shots? This is so hard.

[View insights](#)

41 post reach >



3

3 comments

What can health care providers do?

Listen

Listen. I know its easy to try to downplay fears in effort to stomp them out. It doesn't work. Never look angry or annoyed. This shuts the conversation down immediately.

Ask

What are your biggest fears? Where did you hear this?
Empathize. "Wow that is scary. I'm glad you trust me with this."
"Let me look into that, we will talk about it next time." Just do one fear at a time, as gish gallop is an antivax defense mechanism.
(My doctor told me to google my daughter's medication, and report back all the scary stuff to her.)

Look

Look for opportunities to discuss vaccinations before they stumble upon these myths. Properly informing your patients ahead of time is an inoculation against misinformation. Look at the person. Are they hesitant? Did they fall behind? Do they believe conspiracy theories?

Be Patient and Available

Be patient. You're not going to extinguish their fears in one visit, and you want them to come back to YOU. Maybe they just do one vaccine.



Be Available. Can they call the office if they are scared? (Especially the first vaccine) Set up an email account, specifically for their vaccine questions, so all your patients can ask you a question anytime they want. You can answer at your leisure.

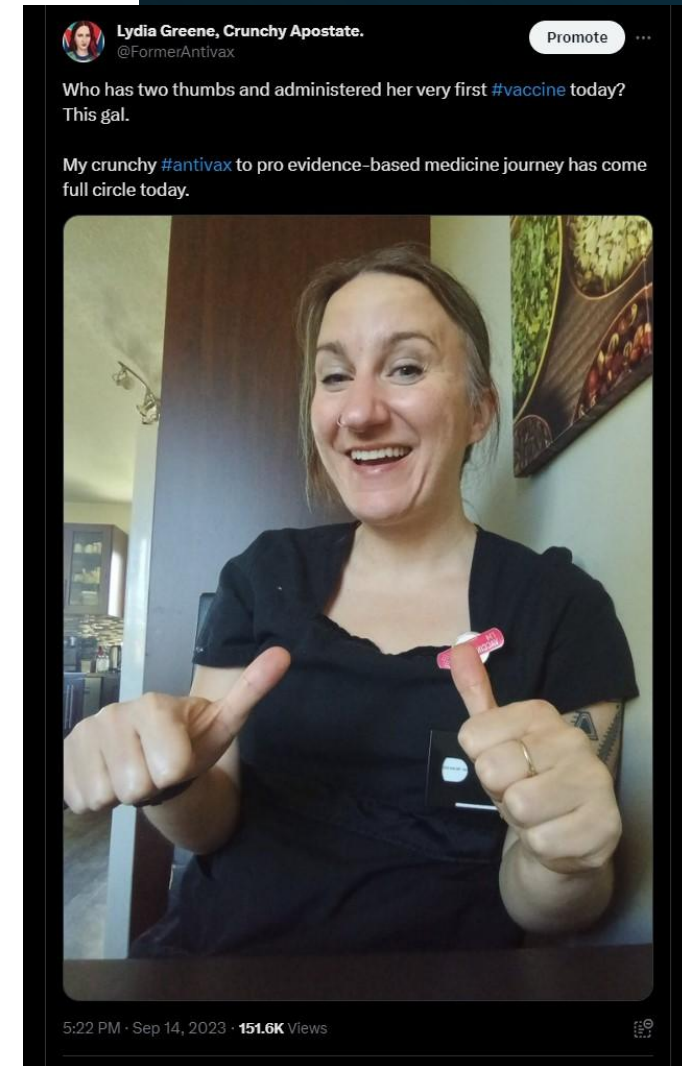
One More Thing: Be Trauma Informed

- Many people have medical trauma. I have medical trauma. Everyone has bad days working in healthcare. We must remember that patients will be on the receiving end of a bad day. You may forget about them at the end of the day, but they will never forget you.
- Trust in healthcare has been fractured more than it ever has. Assume that people are traumatized by the pandemic. They likely are. Falling into conspiracy theories is a trauma response. People seek to feel in control when they have very little control.
- We have a long road ahead. The mistrust created by charlatans trying to make a buck off suffering will take decades to repair.
- Celebrate wins, no matter how small.



Plant seeds. Have faith that people can change. It is a slow process.

- Before I had children, I was in a scientific STEM based profession. We can come from educated backgrounds.
- I then fell into the antivaccine rabbit whole when a perfect storm of conditions pushed me down. Experts being patient helped pull me out.
- Now it's come full circle. I finished nursing school in Oct 2023. I am an ER and correctional nurse. I vaccinate my patients and even my coworkers. I am the worksite vaccine champion.





An Ounce of Prevention...

- Heather and I are very proud of the booklet we wrote for IKC: Vaccine Fears Overturned By Facts.
- We discuss the antivax tropes that had the most impact on our choices and dismantle them in language that will connect with parents. Everything is reviewed by experts.
- We feel that if parents read about these tropes before they are exposed to them, it will be the best defense against falling for antivax rhetoric. Much like an inoculation against disinformation.
- Hesitancy is easier to address but don't give up on antivaxxers. We can change.