

A VACCINE-FREE PARENT GUIDE

What To Do If You Decide Not To Vaccinate

Learn how to handle pediatric pressure,
find supportive doctors, navigate
vaccine exemptions, and move
forward with confidence.



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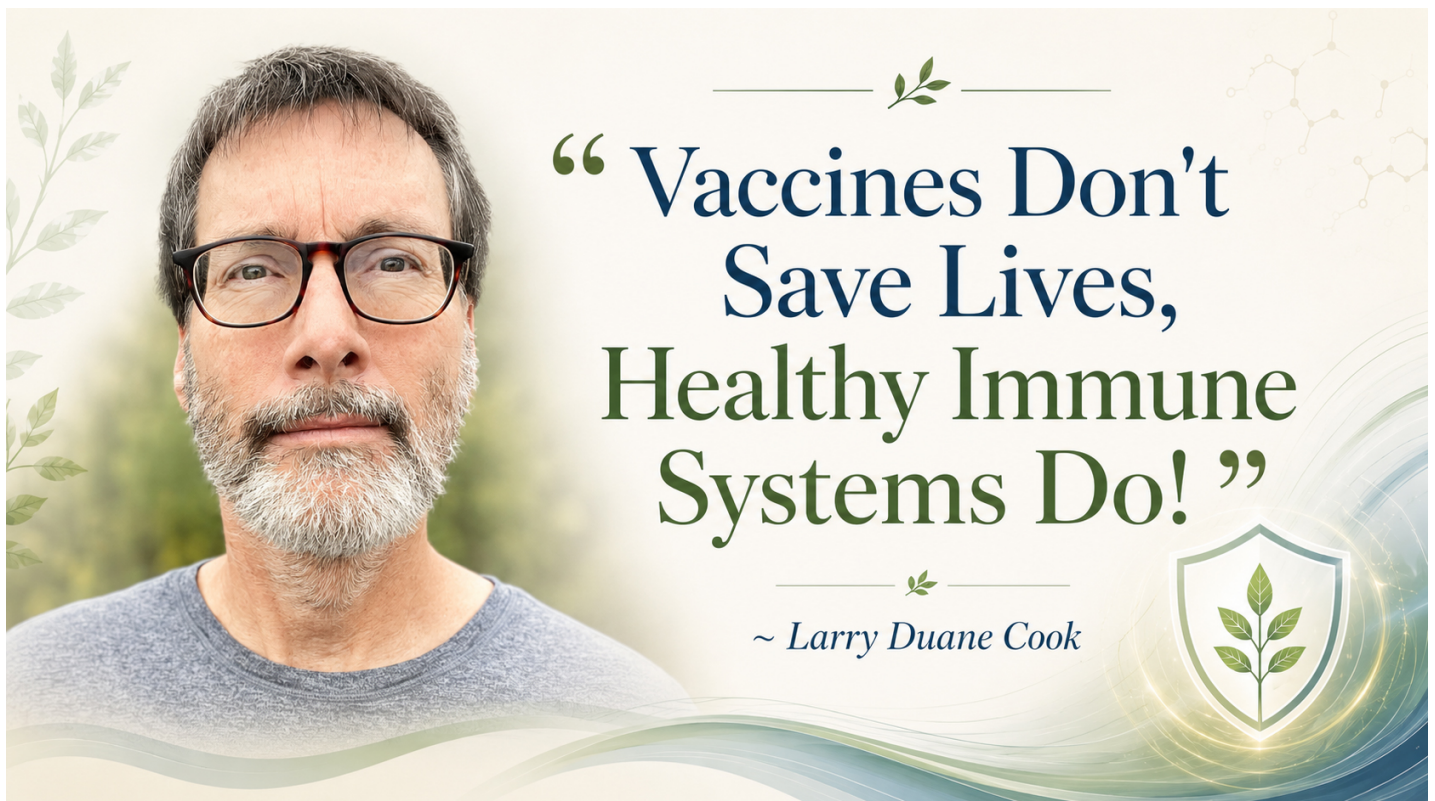
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Created by Larry Duane Cook

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Educational information only. This guide is not medical, legal, or professional advice.
Always verify current state law and work with qualified professionals when needed.

What To Do If You Decide Not To Vaccinate

Pediatric pressure, doctors, exemptions, schools, and first steps

Start With The Practical Reality

Many parents begin researching vaccines because they have a question, a concern, or a feeling that something is not right. Then reality hits.

The pediatrician expects vaccination. The hospital expects vaccination. The school expects vaccination. Daycare may require records. Relatives may have strong opinions. Friends may repeat what they have heard in the media. Suddenly, what began as a private health decision becomes a practical problem.

This guide starts with those first practical obstacles: pediatric pressure, finding a supportive doctor, understanding exemptions, and staying steady in a world where most people vaccinate without question.

This is not the full argument for raising a vaccine-free child. It is a practical first-steps guide. It gives you language, strategy, and a plan so you can move forward with more confidence.

When Your Pediatrician Uses Fear

One of the first things you may discover is that vaccine conversations are often not really conversations. Instead, they can feel like pressure sessions.

Some pediatricians respectfully answer questions. Others react strongly the moment you hesitate, question the schedule, ask about ingredients, mention vaccine injury, or say you are not comfortable vaccinating. You may be told your child could die without vaccines, that you are putting other children at risk, that you are irresponsible, or that your family will be dismissed from the practice.

When this happens, recognize the dynamic. You may have walked into the appointment expecting a discussion, while the doctor may be treating the issue as already settled. At that point, the goal is no longer open dialogue. The goal is to pressure you into compliance.

You do not need to become hostile, argue, or lecture your pediatrician on everything you have read. You are simply stating that you are not vaccinating and making clear that, for you, that decision is enough to decline vaccines today.

You Are Not Asking Permission

You are the parent. You are not seeking your pediatrician's permission to make a healthcare decision for your child. You are calmly communicating a decision that you have already made.

Many parents make the mistake of trying to answer every objection. The doctor raises one concern. The parent responds. Then another concern is raised, followed by another and another. Before long, the parent is exhausted because the goalposts keep moving.

Do not chase every argument. You do not have to explain everything. You do not have to prove your position to the doctor's satisfaction. You do not have to win a debate. Informed consent means a medical procedure requires your voluntary agreement. If you do not agree, you do not consent.

The doctor's role is to advise. Your role is to decide. Those are not the same thing.

The Broken-Record Strategy

A better approach is to choose your anchor before the appointment. Your anchor is the core reason you are declining vaccines. It should be simple, honest, and easy to repeat. You do not need ten reasons. You do not need to explain the entire vaccine issue in one office visit. You need one clear reason you believe is sufficient.

Once you choose your anchor, return to it calmly. The doctor may bring up disease risk, community protection, safety studies, herd immunity, school requirements, or office policy. Listen if you choose, stay respectful, and return to your decision.

You are not there to debate the entire vaccine program. You are there to communicate that you do not consent. Calm firmness is usually more effective than anger. You can be polite without being passive. You can be respectful without surrendering your authority. You can listen without obeying.

Parent Anchor Statements

Here are several examples of anchor statements you can use or adapt:

"I believe natural immunity provides stronger protection, and I am not comfortable interfering with my child's immune system."

"I am concerned about vaccine injuries, and I do not believe the benefits outweigh the risks for my child."

"After reviewing information from both sides, I am not convinced vaccines are necessary for my child."

"I believe building health through nutrition, breastfeeding, clean living, and natural immunity is a better approach for my family."

"I do not consent to vaccination today."

Sample Pediatrician Conversations

Here is how the broken-record strategy might sound. Notice the pattern. You are not chasing every argument, trying to persuade the pediatrician, or asking to be

approved. You are calmly stating your decision and returning to it.

Pediatrician: "If you don't vaccinate, your child could die."

Parent: "I understand that is your concern. After reviewing this issue carefully, I am not convinced vaccination is the best choice for my child."

Pediatrician: "But vaccines are safe." Parent: "I understand that is your position. I have reviewed information that leads me to a different conclusion."

Pediatrician: "But vaccines save lives." Parent: "I understand many people believe that. I am not convinced vaccination is necessary for my child."

Pediatrician: "You are putting your child at risk." Parent: "I understand your concern. I have made this decision carefully, and I am comfortable with it."

Pediatrician: "You are putting other children at risk."

Parent: "I understand that is your concern. I do not consent to vaccination today."

Pediatrician: "I cannot keep seeing your family if you refuse vaccines." Parent: "I understand. Please provide that policy in writing, and I will request a copy of my child's medical records."

Stand Firm Without Mastering Every Argument

Some pediatricians will never agree with your decision, no matter how much information you provide. Their role is to advise. Your role is to decide.

You can continue learning after the appointment. You can study natural immunity, vaccine injury, vaccinated versus unvaccinated research, childhood illness, detoxification, and natural health over time. But you do not need to master every subject before you are allowed to say no.

If vaccination is not the right choice for your family, your responsibility is not to convince every doctor, nurse, relative, teacher, or friend. Your responsibility is to make the best decision you can with the information available to you and stand by that decision with confidence.

Remember: you are not asking for permission. You are exercising parental responsibility. No one will care more about your child's future, health, and well-being than you.

When A Pediatrician Fires Your Family

Some pediatricians dismiss families who decline vaccines. If this happens, do not panic. Treat it as a practical matter.

Ask for the dismissal policy in writing. Ask when the dismissal becomes effective. Request a complete copy of your child's medical records. Ask whether the office will provide urgent care during the transition period. Ask whether they will offer referral options. Keep the communication brief and documented.

A pediatrician who dismisses your family over vaccine refusal may not be the right doctor for you anyway. Losing a hostile doctor can become a blessing if it pushes you to find a practitioner who respects informed consent and your role as the parent.

You are not out of options. You may need to find another pediatrician, use a family doctor, or build a healthcare team instead of relying on one provider. A doctor's dismissal does not end your ability to care for your child. It simply means you need a better-aligned practitioner.

Finding A Vaccine-Free Or Vaccine-Friendly Doctor

Many parents assume they must find another pediatrician. That may be ideal, but it is not your only path.

A general family doctor, integrative medical doctor, osteopathic doctor, naturopathic doctor, chiropractor, homeopath, licensed acupuncturist, or functional medicine practitioner may be able to help your family, depending on your child's needs.

The first rule is simple: do not limit your search to pediatricians.

Some pediatricians are vaccine-friendly. Many are not. Some practices are under pressure from insurance companies, medical groups, or internal office policies to keep vaccination rates high. This is why families who decline vaccines are sometimes pressured, shamed, or dismissed. If that happens, widen your search.

You are looking for a practitioner who respects your role as the parent, understands informed consent, and will not bully you into vaccinating.

How To Search For A Better-Aligned Practitioner

If you are on an insurance plan, start by looking for a general family medicine doctor, MD, or DO inside your network. This may be the fastest and least expensive option. Then widen your search.

Many vaccine-friendly practitioners do not advertise themselves as "vaccine-free." Instead, they may describe themselves as holistic, integrative, functional, naturopathic, homeopathic, or natural medicine practitioners.

Search online by combining your city, county, or state with the type of practitioner you want:

"naturopathic doctor [your city]"

"integrative medical doctor [your city]"

"holistic pediatrician [your city]"

"functional medicine doctor children [your city]"

"homeopath [your state]"

"pediatric chiropractor [your city]"

"vaccine friendly doctor [your state]"

"natural pediatric care [your city]"

Practitioner Directories And Parent Networks

Many alternative and holistic practitioners belong to professional associations with online directories. You can search by zip code, city, or state using terms such as “functional medicine doctor directory,” “homeopathic practitioner directory,” “naturopathic doctor association,” or “pediatric chiropractor directory.”

Do not assume every practitioner in these directories is vaccine-free. Many are not. But these directories give you a better starting point than randomly calling pediatric offices that may automatically reject vaccine-free families.

Doctor lists and directories should be treated as starting points, not guarantees. Doctor policies change. Websites change. Offices change. Always verify directly before making an appointment.

Some places to begin include:

VACLIB:

www.vaclib.org/basic/health/patientchoicedoctors.htm

Dr. Green Mom Provider Directory:

www.providers.drgreenmom.com/medical-freedom

Naturopathic Medicine Institute:

www.naturopathicmedicineinstitute.org

PX Docs: www.pxdocs.com

Some specific clinics and practitioners:

Regenerate Health Medical Center:

www.regeneratehealthmc.com — California, Santa Barbara area, and Arizona

Baker Health — www.baker-health.com — New Jersey and New York

St. Luke's Providers — www.slnh.org/providers — Pennsylvania and New Jersey

Dr. Lisa Caso, DO — www.tendercarepediatrics.net — Easton, Pennsylvania

Dr. Arlan Cage, ND — www.drcagewellness.org — Hamilton, Montana

Other vaccine-free parents can also be one of your best resources. Search for local vaccine-choice groups, medical freedom groups, natural parenting groups, holistic mom groups, homeschool groups, home birth communities, and local parent networks.

Ask a practical question:

“Can anyone recommend a doctor who accepts unvaccinated children?”

Or:

“Does anyone know a family doctor, naturopath, chiropractor, or homeopath in this area who works with vaccine-free families?”

Parents often know which offices are respectful, which doctors quietly accept vaccine-free families, and which clinics should be avoided.

How To Call A Doctor's Office

Call before scheduling and ask directly:

“Do you accept unvaccinated children?”

“Do you dismiss families who decline vaccines?”

“Will the doctor pressure us at every visit?”

“Do you require vaccine refusal forms?”

“Does the doctor support informed consent?”

“Is the doctor open to natural approaches such as nutrition, homeopathy, supplements, or detoxification?”

“If my child is sick, will the doctor treat the illness without turning every appointment into a vaccine lecture?”

Interviewing A New Doctor

Remember that you are hiring the doctor. Notice whether the doctor listens or lectures. Notice whether the doctor respects your role as the parent. Notice whether the doctor treats you like a decision-maker or a problem to be managed.

Ask how the doctor handles vaccine refusal. Ask how they treat childhood illness. Ask whether they respect informed consent. Ask whether they work with parents using natural approaches. Ask whether they are open to nutrition, supplements, homeopathy, and holistic care.

You do not need a doctor who agrees with you on every detail. You need a doctor who respects your authority, treats your child when care is needed, and does not turn every visit into a vaccine battle.

Building A Healthcare Team

You may not find one doctor who does everything. That is fine.

A vaccine-free family might use a family doctor for basic medical needs, a naturopath for nutrition and immune support, a chiropractor for structural or nervous system concerns, and a homeopath for acute illness support. Another family may use an integrative MD or DO as the primary doctor and consult natural practitioners as needed.

Some vaccine-free parents skip many routine “well baby” visits because those appointments often revolve around vaccination. That is a family decision. Still, it is wise to have a primary care doctor available before you need one.

Find someone ahead of time. Ask questions ahead of time. Know where you would go if your child needed medical care. Finding the right doctor may take time, but you can do this.

Vaccine Exemptions

If you choose not to vaccinate, the next practical question is simple: can your child still attend school or daycare?

In all states, children cannot attend school, and sometimes daycare, unless they either receive the required vaccines or qualify for an exemption. This is why exemptions matter. They can determine whether your child can remain in school, whether you need to homeschool, or whether moving to another state becomes a serious option.

Start by understanding the difference between a vaccine recommendation and a vaccine requirement. Federal agencies may recommend vaccines, but states decide which vaccines are legally required for school or daycare attendance. That means the rules depend on where you live.

Do not assume your state follows the entire CDC schedule. Do not assume your state allows every kind of exemption. Do not assume the law is the same as it was when your older child entered school. Vaccine laws change, and exemptions have been restricted in many states.

The best starting point is the **National Vaccine Information Center**: www.nvic.org/law-policy-state/vaccine-laws. Before relying on advice from a friend, school employee, Facebook group, pediatrician, or even this guide, check your own state's current law.

The Three Main Types Of Exemptions

Vaccine exemptions generally fall into three categories: medical, religious, and personal belief or philosophical exemptions.

A personal belief or **philosophical exemption** is usually the easiest for parents to use because it is based on a parent's personal, conscientious, or philosophical objection to vaccination. However, fewer states allow this type of exemption.

A **religious exemption** is based on a sincerely held religious or spiritual objection to vaccination. In states that allow religious exemptions, you may need to submit a written statement, sign a form, have your statement notarized, or explain your beliefs in your own words. If you use a religious exemption, make it honest, personal, and sincere.

A **medical exemption** is the hardest to obtain. All states allow some form of medical exemption, but that does not mean it is easy to get one. In many states, a medical exemption must be written by a medical doctor or osteopathic doctor. Even then, the state may review, question, or reject it.

Why Medical Exemptions Are Difficult

Many parents assume a medical exemption will be simple if their child had a vaccine reaction, has a chronic health condition, or has a family history of vaccine injury. Often, it is not.

Medical exemptions are usually judged against narrow medical guidelines. Doctors may be afraid to write them. State health departments may scrutinize them. In some states, exemptions can be revoked even after a doctor submits one.

This becomes especially important in states that have eliminated religious and personal belief exemptions. Once a state only accepts medical exemptions, your ability to remain vaccine-free may depend on finding a doctor willing to write the exemption and a state willing to accept it.

California is one of the clearest examples. California no longer offers a personal belief exemption for K-12 school vaccines and does not have a standalone religious exemption for school vaccine requirements. Medical exemptions must be submitted through the CAIR-ME system by a California-licensed MD or DO and must meet accepted medical criteria. In practice, many parents find this impossible.

New York is another difficult state because religious exemptions have been eliminated, leaving medical exemptions as the primary route. Other states have also restricted exemptions, so always verify your own state before making decisions.

Using The Exemption Your State Allows

If your state allows a personal belief or philosophical exemption, use it correctly. Find the form early. Read the instructions carefully. Make copies. Submit what is required and keep proof for your records. Some states require a parent signature. Others require notarization, an online education module, a health department form, or annual renewal. Follow the rules exactly.

If your state allows a religious exemption, take it seriously. You may need to explain your beliefs in your own words. A religious exemption is not usually a political argument, a scientific argument, or a list of vaccine ingredients copied from the internet. It is a statement of belief. Explain why forced vaccination violates your religious or spiritual convictions. Keep it honest. Keep it personal. Follow your state's instructions.

If your state only allows medical exemptions, be realistic. You may not be able to get one. That does not mean you have no options. It means the school path may become harder. In medical-only states, parents often have to consider homeschooling, private educational alternatives, independent study, an IEP if the child legitimately qualifies, or moving to another state with broader exemptions.

School And Daycare Considerations

School and daycare rules can differ. A state may treat public school, private school, daycare, preschool, homeschool, charter school, hybrid programs, independent study, and special education services differently. Do not assume one rule applies everywhere.

Ask practical questions early. Does your state allow an exemption? Does daycare follow the same rule as K-12 school? Does the exemption need to be renewed each year? Does the form require notarization? Can unvaccinated children be excluded during an outbreak? Do private schools have their own policies? Does homeschooling avoid the requirement? Does your child's IEP, if applicable, affect school access?

Keep copies of everything. Keep vaccine records, exemption forms, school correspondence, doctor letters, and confirmation receipts. Communicate in writing when possible. Avoid unnecessary disclosures. Give schools what the law requires, not a long explanation of your entire belief system.

If a school employee gives you information that sounds wrong, ask for the policy in writing. Then verify the law yourself.

Homeschooling

Homeschooling is often the most practical option for families who live in states with no usable exemption. In some states, homeschool children are not subject to the same vaccine requirements as children enrolled in public or private school. In other states, the rules may be more complicated. Homeschool charters, hybrid programs, learning centers, and independent study programs may have their own requirements.

Homeschooling is not right for every family, but many parents who choose it discover benefits they did not expect. Homeschooling gives you more time with your children, more control over the values and ideas shaping them, more flexibility in your schedule, and more ability to move at each child's natural pace.

Younger children can often complete focused schoolwork in far less time than a traditional school day, leaving more room for reading, outdoor play, family life, practical skills, and independent learning.

You do not need to panic at the thought of homeschooling. Many families begin simply, learn as they go, and find support through local homeschool groups, co-ops, online programs, and curriculum communities. Helpful places to begin include www.HSLDA.org, www.RonPaulCurriculum.com, www.ClassicalConversations.com, and www.TechTrepAcademy.com. Always check your own state's homeschool law before withdrawing a child from school or filing paperwork.

Moving To Another State

For some families, moving becomes the answer. That may sound extreme, but state law can determine whether your child can attend school without vaccination. If your state only allows medical exemptions and you cannot obtain one, you may decide that your child's health and your parental authority matter more than remaining in that state.

Before moving, research carefully. Do not move from one difficult state to another. Use NVIC's state-by-state guide and confirm the current law before making plans.

IEPs In California

An IEP is an Individualized Education Program. It is a formal education plan for a child who qualifies for special education services because of a disability, developmental delay, learning challenge, or other qualifying need.

In California, an IEP can be extremely important for vaccine-free families. According to California-specific guidance from A Voice For Choice Advocacy, children with special needs who are in public school with an IEP, or in private school while receiving public school IEP services, do not need to be fully vaccinated to attend school.

The school may ask for available vaccine records, but it cannot require those records to be up to date or require a medical exemption for missing vaccines when the child has an IEP.

This does not mean every child can simply "get an IEP" to avoid vaccination. An IEP is for children who legitimately qualify for special education services. But if your child already has an IEP, or truly qualifies for one, this may preserve school access even if your child is not fully vaccinated.

If a California school tells you that your child must be fully vaccinated despite having an IEP, do not assume the school is correct. Ask for the policy in writing, review the current law, and contact a knowledgeable California vaccine-choice or special education advocacy organization for help.

What To Do Now

Start with your state's current law at www.nvic.org/law-policy-state/vaccine-laws.

Find out whether your state allows a personal belief, religious, or medical exemption. Find out whether daycare rules are different from school rules. Find out whether homeschooling avoids the requirement. Find out whether an IEP affects school access. Find out whether exemptions must be renewed or notarized. Find out whether unvaccinated children can be excluded during an outbreak.

Get the correct form early. Follow the instructions exactly. Keep copies. Make a practical plan.

If your state offers a usable exemption, file it correctly. If it does not, consider homeschooling, another educational path, an IEP if your child legitimately qualifies, or moving to a state that still respects vaccine choice.

Staying Vaccine Free In A Hostile World

Staying vaccine-free can be difficult because most of the world around you vaccinates. Your pediatrician may pressure you. Schools may demand records. Relatives may question you. Friends may think you are being reckless. News stories may create fear. Social media may make you

feel isolated. At times, it may seem like everyone around you accepts vaccination as normal, necessary, and unquestionable.

This is why education matters. The more you understand health, immunity, childhood illness, vaccine risk, vaccine failure, natural immunity, nutrition, detoxification, and the history of infectious disease, the easier it becomes to stand firm. You are no longer relying on a feeling. You are no longer simply hoping you made the right decision. You know why you made it.

When someone says, "Vaccines saved us from disease," you will understand the role of sanitation, nutrition, clean water, better living conditions, and the decline of infectious disease mortality before many vaccines were widely used.

When someone says, "Vaccines create immunity," you will understand why antibodies are not the whole immune system. When someone says, "Your child will be healthier if vaccinated," you will understand the importance of vaccinated versus unvaccinated research, chronic illness patterns, and what many parents have observed in their own families.

You do not need to know everything before you say no. But the more you learn, the less fear controls you. You become calmer. You become clearer. You stop feeling like you have to apologize for your decision. You can explain your position when needed and refuse to debate when debate is pointless.

Closing Message

This guide gave you the first practical tools: how to handle pediatric pressure, how to find a supportive doctor, how exemptions work, and how to begin thinking about schools, daycare, homeschooling, and state laws.

Practical tools are only the beginning. To stay confident, continue learning what creates health, how immunity develops, why illness is not always the enemy, why antibodies are not the whole story, what actually reduced infectious disease mortality, and why raising a healthy child requires a different mindset than simply following a medical schedule.

If you are still unsure, keep learning. If you already feel confident, keep learning anyway. The more you understand, the stronger your position becomes.

You are not asking permission. You are making a healthcare decision for your child. Learn, prepare, document, and move forward with confidence.



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ADDITIONAL RESOURCES

- 1. Read books. Books give a much bigger picture of the vaccine topic than a short guide or Facebook post.**
- 2. Watch documentaries for the emotional side of the vaccine debate.**
- 3. Detox your children using a nano zeolite to maximize their cognitive function, neurological function and immune function.**
- 4. Join my Facebook Group, The Vaccine Free Child Uncensored, and ask more questions.**

Recommended Reading

Further your knowledge by reading one or more of these excellent books.

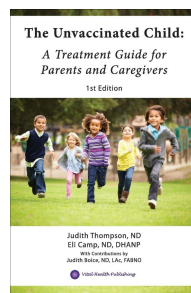


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[Vaccines: A Reappraisal](#)

Richard Moskowitz, MD

A physician's review of vaccination, natural immunity, and the clinical risks he believes have been minimized in the conventional vaccine narrative.

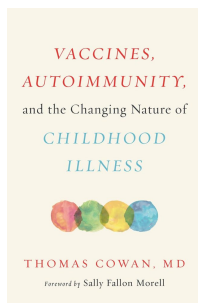


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[The Unvaccinated Child](#)

Judith Thompson, ND; Eli Camp, ND, DHANP

A practical naturopathic guide for common childhood illnesses, including herbs, supplements, essential oils, homeopathy, hydrotherapy, nutrition, and physical medicine.

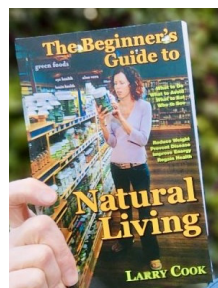


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[Vaccines, Autoimmunity, and the Changing Nature of Childhood Illness](#)

Thomas Cowan, MD

A concise book on fever, gut health, childhood illness, immune function, vaccination, and deeper questions about children's long-term health.



Scan

[The Beginner's Guide to Natural Living](#)

Larry Cook

A foundational guide to detoxification, organic food, clean water, supplements, exercise, natural medicine, holistic dentistry, and daily healthy choices.

Recommended Free Documentaries

Watch these important films to better understand vaccine safety, injury, and the vaccine-free lifestyle.



Scan to Watch



[Sophia, Jake, and Quinn Are 100% Unvaccinated, Smart, and Healthy](#)

Meet a healthy unvaccinated family and hear how parents are raising thriving children outside the vaccine schedule.



Scan to Watch



[An Inconvenient Study: Unvaccinated Children Are Healthier](#)

A documentary-style discussion of a vax-versus-unvax study and differences in long-term health outcomes.



Scan to Watch



[Vaxxed II: The People's Truth](#)

Vaccine injury stories from families across America, with concerns about safety, censorship, and public accountability.

My Recommended Heavy Metal Detox Pack



Improve the functioning of your children with targeted zeolite detox support.

This zeolite detox by [Touchstone Essentials](#) can be used at any age, and the younger the child, the faster the results will be — sometimes within just days for young toddlers. Adults often experience results in weeks or months. Pure Body Extra uses naturally sourced and properly prepared zeolite that exchange negatively charged mineral ions for positively charged heavy metal and other toxic ions, which are then caged in the zeolite honeycomb and excreted out of the body in hours. This all-natural zeolite is a mineral from volcanic activity.

This cellular detox has proven over and over again to help toddlers, children, teens and even adults function better in every possible way, including speech improvement, gut improvement, skin improvement, sleep improvement, immune improvement, and so, so much more.

Pure Body Extra uses a nano zeolite suspended inside water clusters to get into cells everywhere where water goes. Pure Body is a targeted gut detox with a larger zeolite, while Fulvic Minerals+ is loaded with essential trace minerals and some zeolite for added detox.

Scan the QR code below or [CLICK HERE](#) and use coupon code — **SMV50** — at checkout for \$50 off your first order.



Parent-Reported Results From My Audience

“My son’s sentence length and clarity improved the week I started him on the zeolite spray.”

“Within weeks, his speech went from single words to four- and five-word sentences.”

“My grandson would only scream. No words. After six months he started speaking.”

“My baby girl has flourished with our zeolite detox. She was once nonverbal; now she is speaking and hitting her milestones.”