

INJECTIONS

Tips to help your child cope

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Be Honest

- Tell your child why he or she is here today

Examples include: "You are here to get some medicine to help you stay healthy."; "It may be uncomfortable for a few seconds as you get the medicine."; "It will be done very quickly."; "The staff and I will be here to help you."

- Tell your child that injections and medicines are not punishment

Stay Calm

- If your child sees you become nervous or upset, he or she may become nervous and upset too
- You may find it helpful to take a few slow, deep breaths
- If you'd like to sit down while your child receives the injection, please do so

Provide Distraction and Support

- Distraction and support will help decrease your child's anxiety
- If possible, firmly hug your child while the injection is given
- As you and your child are waiting, play and/or talk about fun things
- Talk in a calm voice or sing to your child
- Your child may want to hold or squeeze your hand
- Help your child take slow deep breaths
- It's okay for you and your child to look away when the medicine is being given. Some children may want to look - that's okay too
- Some parents have found the following items to be helpful for their child:
Lollipops, bubbles, counting, hand held games, party horns, books or a favorite toy or game

Praise Your Child

- Choose something your child did well and praise the child for this
- Examples include: "I liked how you squeezed my hand to help yourself feel better."; "You did a great job counting to 10 as you got the medicine."; "You did a great job holding still."