

Illinois Chapter

INCORPORATED IN ILLINOIS

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



TIPS & TRICKS TO SUPPORT YOUR TEEN THROUGH A NEEDLESTICK

GIVE YOUR TEENAGER CONTROL
WHERE YOU CAN BEFORE, DURING
AND AFTER THE APPOINTMENT



LET THEM CHECK IN AT THE
FRONT DESK.

HAVE YOUR TEENAGER WATCH
YOU GET A VACCINE WITHOUT
PAIN/DISCOMFORT/FEAR



CHOOSE A REWARD
AFTER THE SHOT



GET THEIR FAVORITE FOOD
OR LET THEM SPEND TIME
WITH FRIENDS.

COMFORT THEM IF
THEY ARE FEELING
NERVOUS OR SCARED.

DO NOT SAY "IT'S OKAY"—
IT CAN MINIMIZE
THEIR FEELINGS

SAY, "I'M
HOLDING YOUR
HAND; CAN YOU
FEEL THAT?"



THINGS A TEEN
CAN DO TOO.

