TIPS & TRICKS TO SUPPORT YOUR TEEN THROUGH A NEEDLESTICK

Have your teenager watch you get a vaccine without pain/discomfort/fear.

Comfort them if they are feeling nervous or scared.

Say, "I'm holding your hand; can you feel that?"

Do not say "It's okay"; it can minimize their feelings.

Give your teenager control where you can before, during and after the appointment.

Let them check in at the front desk.

Choose a reward after the shot.

Get their favorite food or let them spend time with friends.

Things a teen can do too.

Distract yourself while you wait.

Take slow deep breaths.

At tense arm can make a shot hurt more.

Focus on something in the room.

Music

Book

Phone

Relax