

# 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.

