

Tips to Help Your Child Cope with Injections

Relaxation techniques –

Helping your child to relax their entire body can help them get through an injection. From breathing exercises to guided imagery, try different relaxation techniques before and during an injection.

- Squeeze a stress ball or other type of sensory object with the hand opposite the injection site.
- Breathe slowly and deeply. Inhale deeply for four seconds and then exhale for four seconds.
- Utilize relaxation/guided imagery/meditation apps on your electronic device.
- **Practicing relaxation techniques regularly, not just at injection times, will help make these techniques more effective during times of stress.**

Using a “script” and providing opportunities for control –

Creating/developing a “work routine” of what happens so your child can know what to expect before, during, and after the injection can help your child cope when it’s time for an injection. The steps of the script depend on what helps your child/works best for your family.

- Does your child want to be the one to clean the injection site? Does your child like to be standing up, sitting down, or being held for the injection?
- Does your child want/need to be distracted?
 - Watching a certain show, singing a certain song, telling a story, playing “I Spy”, blowing bubbles, etc.

If children are given the opportunity to be active participants in their care, many find that their ability to cope positively with injections increases. Of course, anxiety and fear of needles is a common concern for children. However, when supported by caregivers who create a positive and encouraging – yet structured – atmosphere, children are better able to cope with medical interventions involving injections.

There are also optional items you can purchase to help minimize the feeling of the injection; some of these include:

Device	Website	Other Retail Options	Approximate Cost
Buzzy	https://buzzyhelps.com/	Amazon	~\$45.00
Shot Blocker	Bionix ShotBlocker - Anxiety Disorder, Anxiety Treatment	Amazon	~\$7.00 - \$35.00
Bengay 4% Lidocaine Cream	BENGAY® 4% Lidocaine Cream in Tropical Jasmine BENGAY®	Wal-Mart, CVS, Walgreens	~\$8.00 - \$13.00
*Pain Ease *may be able to get prescription	Gebauer's Pain Ease Spray Skin Refrigerant Anesthetic Spray	MedexSupply	~\$60.00 (with shipping)
Vapocoolant Spray	Any over the counter vapocoolant spray with lidocaine	Amazon, local pharmacy	~\$10.00 – \$40.00
Vigorous rubbing of injection site prior to poke			Free (do it for about 10 seconds before cleaning)
Ice pack			Minimal; apply to injection site a couple minutes before cleaning