

# Helpful hints for your VACCINATION

There are many things you and the adults with you today can do to help you have a good experience. Many kids say pokes from needles feel like a pinch. The good news is that this only takes a few seconds and there are plenty of ways to keep your mind busy with other things.

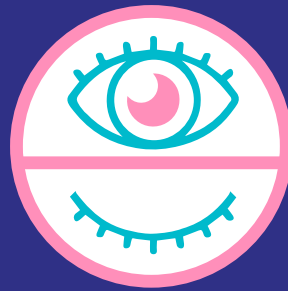
## CHOICES YOU HAVE



Right OR left arm for receiving your poke.



To be told when the poke is coming OR to focus on something else.



Eyes open OR closed during poke.



To talk OR relax quietly. You also get to choose what keeps you calm while you're at the clinic today!

## THINGS YOU CAN DO



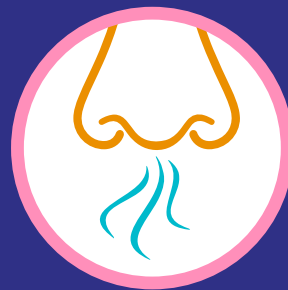
Hold a hand or sit with an adult.



Talk, tell a joke, or share a story.



Use your imagination to think of a place that makes you happy.



Take deep breaths.



Listen to music.



Play a game or watch a video.



Play a game of I Spy..



Count as high as you can.



Squeeze a rubber ball or focus on another toy.



**GILDA'S CLUB**  
**SIMCOE MUSKOKA**

An Affiliate of the  
**CANCER SUPPORT COMMUNITY**



**simcoe muskoka**  
DISTRICT HEALTH UNIT

Tel: 705-721-7520

Toll free: 1-877-721-7520

[www.smdhu.org](http://www.smdhu.org)

*Adapted with permission of Jocelyn Leworthy, MSc, Certified Child Life Specialist*