

# 10 Tips & Tricks for Coping with Injections

**1 Explain Why**  
Tell your child why they need injections and answer any questions they have honestly.

**2 Give Choices**  
Give your child control by using a Poke Plan to help them make choices about what will work best for them.

**3 Coping Strategies**  
Encourage your child to choose coping strategies (distraction, counting, watching) and *practice* them before the injection.

**4 Distraction**  
Help your child take their mind off the injection by focusing on something they like (singing, watching a show, playing a game).

**5 Be Still**  
Make sure your child understands being still can make injections go faster and less painful.

**6 Try Ice**  
Placing ice on the site for 30 seconds before the injection can help numb the skin.

**7 Use a Tool**  
Try using a sensory distraction tool during the injection, like vibration. These tools can help minimize pain.

**8 Deep Breathing**  
Taking a deep breath (try blowing bubbles or a pinwheel) during the injection can help relax your child's muscles.

**9 Time**  
Try to keep the time you spend on injections as short and calm as possible. Delaying and prolonging can increase anxiety.

**10 Rewards**  
Have your child place a sticker on an incentive chart or get a small prize when completed to help encourage coping and validate success.