Caring for Your Child
GETTING A NEEDLE

Getting a needle (immunizations or a blood test) can be scary. With your help, we will make this as easy as possible for your child.

Here are some things you can do:
1. If your child asks about getting a needle, answer honestly.
   - Everyone needs immunizations or blood tests to stay healthy.
   - Needles are NEVER used as punishment for being bad.
2. Choose words carefully; children can be confused if adults say "get a shot" or "drawing blood."
3. Remind your child that it will be easier and quicker to hold still while the needle is being given.
4. Offer your child a reward for keeping still.
5. Let your child know you understand getting a needle is scary.
6. Don't scold your child for being scared or crying. Being scared is a perfectly normal and healthy response.
7. Praise your child afterwards:
   - "You did a great job!"
   - "I'm so proud of you!"
   - "I knew you could do it!"

Age specific concerns:
- INFANTS: You can hold your infant in your arms while the needle is given. Your infant will feel safer in your arms.
- TODDLERS: We can help you with positions to hold your child safe and secure while the needle is given, such as sitting on your lap.
- PRE-SCHOOL/SCHOOL AGE: It helps your child to have some choices about how the needle is given.
   - "Which arm do you want to use?"
   - "Do you want to hold the Band-Aid?"
   - "Do you want to look or not look?"
   - "Do you want to squeeze my hand?"
   - “Do you want to sing a song?”
- SCHOOL AGE/ADOLESCENTS: Although your child is older, don't be surprised if your child reacts in an unexpected way when getting a needle at an annual check up!

We welcome your ideas as a parent. You know what works best for your child.