



Help Your Child Have Less Stressful Procedures

Getting Ready

- Be honest and describe procedure.
- Let your child know what to expect and what is expected of them.
- Use age-appropriate, non-threatening language.
Example: say "pinch" or "pressure" in place of "shot" or "hurt."
- Play: model (act out) procedure with toys and let them act it out.
- Prepare a special bag with toys, books, stuffed animals, or device your child can use during the appointment.



During Procedure

- Bring bag with toy/activity.
- Have a stuffed animal, blanket, or favorite item for your child to hold.
- Offer your lap to sit in or your hand to hold.
- Distract your child with conversation, a story, video, or play.
- Normalize common fears and reactions.



After Procedure

- Celebrate! Praise your child with words, a hug, or a high five.
- Remind your child why the procedure is important (they will feel better or not get sick).
- Congratulate your child for helping care for their health and safety.
- You may choose to give your child a sticker or other item you bring as a reward.





Help Your Child Have Less Stressful Visits

Getting Ready

- Be honest and describe what will occur at the visit.
- Let your child know what to expect and what is expected of them.
- Use age-appropriate, non-threatening language.
Example: say "pinch" or "pressure" in place of "shot" or "hurt."
- Play: model (act out) procedure with toys and let them act it out.
- Prepare a special bag with toys, books, stuffed animals, or device your child can use during the visit.



During Visit

- Bring bag with toy/activity.
- Have a stuffed animal, blanket, or favorite item for your child to hold.
- Offer your lap to sit in or your hand to hold.
- Distract your child with conversation, a story, video, or play.
- Normalize common fears and reactions.



After Visit

- Celebrate! Praise your child with words, a hug, or a high five.
- Remind your child why the medical care is important (they will feel better or not get sick).
- Congratulate your child for helping care for their health and safety.
- You may choose to give your child a sticker or other item you bring as a reward.

