



TIPS FOR CREATING A

Positive Injection Environment

As a parent or caregiver, it's important to be a part of your child's treatment regimen, and no one knows your child better than you do. Below are some tips on how you may create a positive injection environment. When considering these tips, use your best judgment on which ones will be most useful or age appropriate for your child.

If you have questions about these tips or about administering injections, talk to your child's doctor.

Develop a routine

- It's important to follow the prescribed dosing schedule. Injecting at the same time on the day that your child is due for an injection may help with your routine
- You may find that reminding your child periodically about the importance of the injections can be helpful
- Follow each injection with a big hug

Create a soothing atmosphere

- Choose a quiet and calm place to give the injection
- It may be helpful for you to be fully prepared before inviting your child into the room where the injection will take place

Be open with your child

- Speak with your child in a way he or she will best understand. Explain where and when the injection process will take place, and how long it will last
- It's always a good idea to remind your child of information he or she may have heard directly from the doctor

Refocus their attention

Here are a few things you may want to try:

- Try to schedule the injection immediately before an activity your child really enjoys, such as snack time or playing a video game
- Ask your child to count
- Play your child's favorite song, movie, or TV show
- Help your child visualize a place or activity that makes him or her happy

Project a positive, confident attitude

Children can be very sensitive to the emotions of those around them, especially their parents. Try not to project too much reassurance or criticism. The same goes for being overly anxious or apologizing too much.