

Doctor Visit with Shots

School Aged (6 - 11 years)

The why & language

Preparation AND honesty for School-age children is important

The why - concrete and honest answer to what the shot is for

- "helps to keep their body safe from germs or illness"

Older school-aged child gain more ability to understand more complex explanations with relation to the body's anatomy and functioning so can have a more in-depth conversation about the need for a shot

Ask your child what they know/remember about the doctors, discuss any misconceptions

Validate any feelings/emotions of being scared or worried or nervous

Practice

1 week prior to appointment can begin to discuss the planned doctors visit
Help them understand what to expect

- Show pictures in a book or online if they have any specific questions
- Allow opportunities for privacy - discuss why it is okay for doctors to ask the child to lift up their shirt during an exam

Discuss what they feel will work for them (deep breathing, looking or looking away, distraction)

Remind them of what their role is - holding arm still, engaging in distraction

Provide as much opportunity for choice and independence - leaving it up to them to complete within the guidelines and rules you have established

Providing Warning

2-3 days prior to the appointment provide a reminder about the appointment and explain the plan for how the day will go:

- talk about how you are going to drive/walk to visit the doctor
- see the doctor
- then what is the plan for after the doctor's office (going home, going to the park, eating lunch)



Doctor Visit with Shots

School Aged (6 - 11 years)

COPING PLAN

Appropriate Choices

Provide opportunity for control through simple choices: type of bandaid, which distraction to use, sitting with parent or not, counting before poke or no?

Positions for Comfort

Let them choose if preference for sitting on parents lap, sitting next to parent, or sitting by themselves.

If sitting alone ensure body is in comfortable position - leaning against back of chair, body propped up comfortably, distraction items easily propped or accessible

Distraction

Deep breaths

iPad game/song/video

Telling a story or talking about a favorite memory/trip

Light scratching above injection site to confuse block the message of pain being sent to the brain (or the use of Buzzy Bee)

Hold someones' hand/stress ball

Activity for After Doctor Visit

Tv time/video game/iPad for 20 minutes

Points building up to a greater prize (1 whole week of completing this on your own then on

Friday we... get ice cream, see movie, stay up late, additional tv time)

Snack drawer they can pick from