

Coping Plan for getting a shot

_____ (name)

What I like to be told before:

Do you like to know before visiting the doctors that you will need a shot? If so, how long before the visit (days, hours, minutes?)

How I like to sit or be comforted during a shot:

- Sitting on caregiver's lap
 - tummy to tummy - facing in
 - back to tummy - facing out
- Sitting next to caregiver
- Sitting by myself comfortably propped up
- other:

Distraction I like:

- looking away/distraction
 - watching a video
 - looking at a book
 - playing a game
- watching what is happening
- hugging security object (teddy bear, blanket)
- other:

How to remind me to take big, slow breaths:

- watching a breathing video
- someone breathing with me
- blowing bubbles or a pinwheel
- I can do it myself

What is helpful to do/play/look forward to right after:

Things we should remember to bring:
