

My Comfort Care Plan

Please chose the things that will make you feel more comfortable during your vaccination



Hearing all the steps



Count down



Deep relaxation breathing



Look away or eyes closed



Looking / watching



Ipad, DS or other distraction item



Special toy / comfort item



Sitting by myself



Sitting with my special person

Other (Add your own here): _____

So what is my job?

- Keep my arm still and relaxed- I may need help with this, please
- Use my breathing - deep breath in through the nose and long breath out through my mouth
- Keep my brain busy with distraction, like playing a game on an IPAD or phone.

Helpful hint

Plan to do something special after the needle to recognize how brave you are.