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.