

# Commitment to Comfort: Distraction Techniques

Ease pain and distress before, during and after immunization

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## Deep Relaxation Breathing

Breathe in through your nose and out through your mouth  
Count to 3 each time

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## Use Technology

Use a phone or tablet to play a game or listen to music



## Shift Attention

Look away from the procedure or think about a favorite place

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## Rapid Fire Questions

Name 5 cities  
Name 4 sports  
Name 3 types of fruit



## Engage Another Part of the Body

Wiggle your toes or fingers  
Relax the arm getting the immunization

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