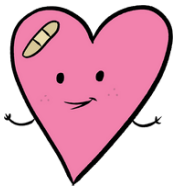


Meg Foundation
EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN

Comfort Kit Checklist



- [ ] Box: includes QR codes linking to digital content
- [ ] Fidget folding flyer: flip card flyer that shows kids various coping and pain management strategies
- [ ] Create Comfort for Kids postcard: quick review of coping strategies for kids in English and Spanish
- [ ] Create Comfort for Babies postcard: quick review of coping strategies for babies in English and Spanish
- [ ] Poke Plan - kids: worksheet that guides kids through making choices about what they would like to do to make the poke process more comfortable. By having the kids make choices and use strategies, they feel more calm and in control, and have a chance to actively cope rather just feel scared.
- [ ] Game Plan - teens: Same thing, but aimed toward an older, more independent audience.
- [ ] Comfort Positioning Guide: Kids should NEVER be held down for medical procedures. This flyer that explains the ways parents can hold kids during the poke to both keep them still and safe, but also comforted.
- [ ] Shotblocker: this little piece of plastic is held against the skin (nub side down) during a needle procedure. The nubs confuse the nerves and decrease the sensation of the needle poke so it feels more comfortable.
- [ ] Monster lollipop: treat for the kids that also can help soothe and distract. Eating it during the poke can help reduce pain and anxiety.
- [ ] Fidget spinner: just some fun for distraction and play
- [ ] Pin wheel: Depending on size, this may need to be only partially constructed to fit in the box. Blowing on the pin wheel is a great way to both distract and practice deep breathing skills, espeically for younger kids.
- [ ] Vaccine passport: fun way to check off all the fun areas around Vaccineland, and encourage them to complete it all!

