CONTINUED...

A FEW OF OUR FAVORITE TOOLS & TECHNIQUES



VIBRATION

The experience of pain happens in the brain. Vibration blocks pain signals from reaching the brain by creating a traffic jam of signals in the nervous system.

HOW

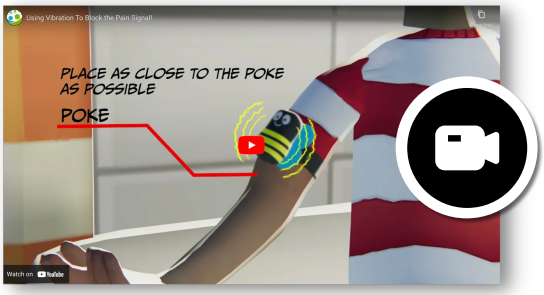
Encourage kids to play with the vibration device before a poke or procedure so it's familiar and does not startle them. This provides a distraction benefit too!

- Buzzy Bee® is commonly used hand held product. It comes with ice wings that can provide an added anesthetic impact but Buzzy can be used without them. Place Buzzy on the site of the needle entry for 20-30 seconds, then move it up, between the injection site and the brain. Read the full instructions included with Buzzy prior to use. Watch the video below to learn more.

- Showing kids how vibration works by touching their skin beforehand allows them to experience the change in sensation which helps them feel confident and calm.

Important Note:

The removable ice wings should not be used on patients under three years of age or on patients with sensitivity to cold. Also, kids with sensory issues may not like the device so try it out first.



WORDS MATTER:

"This is Buzzy, a really cool tool so you don't have to feel the poke. When you feel an ouch, a signal has to go up to your brain. But when I put Buzzy right above where you'll get the poke, it creates a kind of traffic jam in your nerves. This keeps that signal from getting through so you don't feel much of anything except the vibration. Would you like Mom to hold it for you? I bet she's good at that."