

Vaccine Clinic Volunteer Quick Guide to Comfort Kits and Supporting Kids

Please DO:

Encourage kids and families to explore the comfort kit and check out all the things (see comfort kit checklist/quick guide for more on that).

Suggest they use the worksheet in the comfort kit to create a coping plan. Emphasize that they can choose what works best for them.

Pay attention to how you are feeling: stress is contagious but so is calm. Your positive energy makes a big impact!

Distract: encourage them to pay attention to other things like toy, game or video. Talking with them about other things like hobbies or interests keeps their mind away from their anxiety. This is a great time to make jokes and use humor!

Validate any feelings they have, especially if they are upset or nervous, and then redirect to the fact that there are things that help (i.e. "It's totally normal to feel that way...the great news is that we have some great ways to help you feel better while you get your poke1"

Give the parents/caregivers something to do: it helps them stay calm (and calm the child). Redirect language if there they say things like "They always get upset with shots" with someting like "It sounds like it has been hard in the past but we have great ways to make it better now."

Offer lots of praise for any good coping: "Great job making a plan that works for you! " "Nice choice on the video to watch!"

Please DON'T:

Say things "you're too old to act like this" or "it's not big deal" if the child is upset. It's better to validate that the upset is normal and understandable AND reassure that there are ways to make it better and the team is there to help. Redirection/distraction is much more effective!



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