



**I am getting
an injection.**



A note to caregivers:

This book was written for patients of different ages and language levels. Please use language your child is familiar with at home or when visiting a doctor.

Not all sections will apply to your child.

Read this first and choose what information you think will be helpful. Advance warning and practice are helpful for many children. However, you may decide that a social story is not the best way to prepare your child. You know your child best, if you decide the social story provides too much information and your child would do better with a visual schedule right before their injection, please feel free to use the picture schedule at the end of this book.

This book will detail the steps of an injection appointment.

In this story we refer to vaccine as a “poke” or “pinch.” However, you can determine which language is best to use for your child.

Some children benefit from a reward after an injection. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., “First poke, then *[insert prize here]*”).

If your child would benefit from distraction during the injection such as watching a show (on phone or tablet) or holding a fidget, we recommend bringing items to their appointment.

If your child is having difficulty staying still, it can be helpful to count or sing a song for the duration they need to remain still. Your child may also benefit from practicing this at home.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

We recommend filling out the Autism Friendly Questionnaire in MyChart in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website (please scan QR code for link) and bring it with you to the appointment.

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team



I am going to get an injection.

An injection is medicine that helps keep my body healthy.

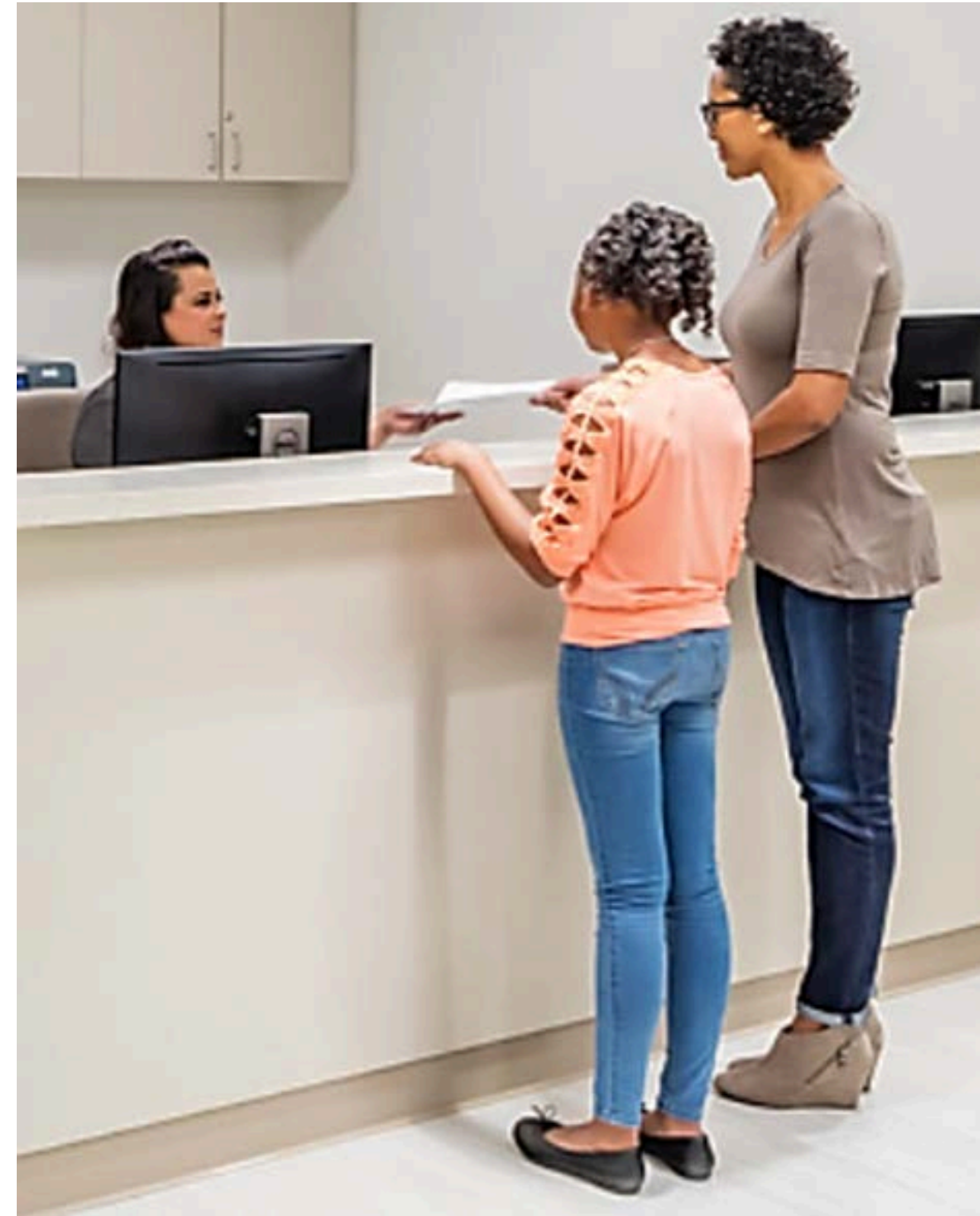


First, we will park the car.

After we park the car, we will walk to the doctor's office.

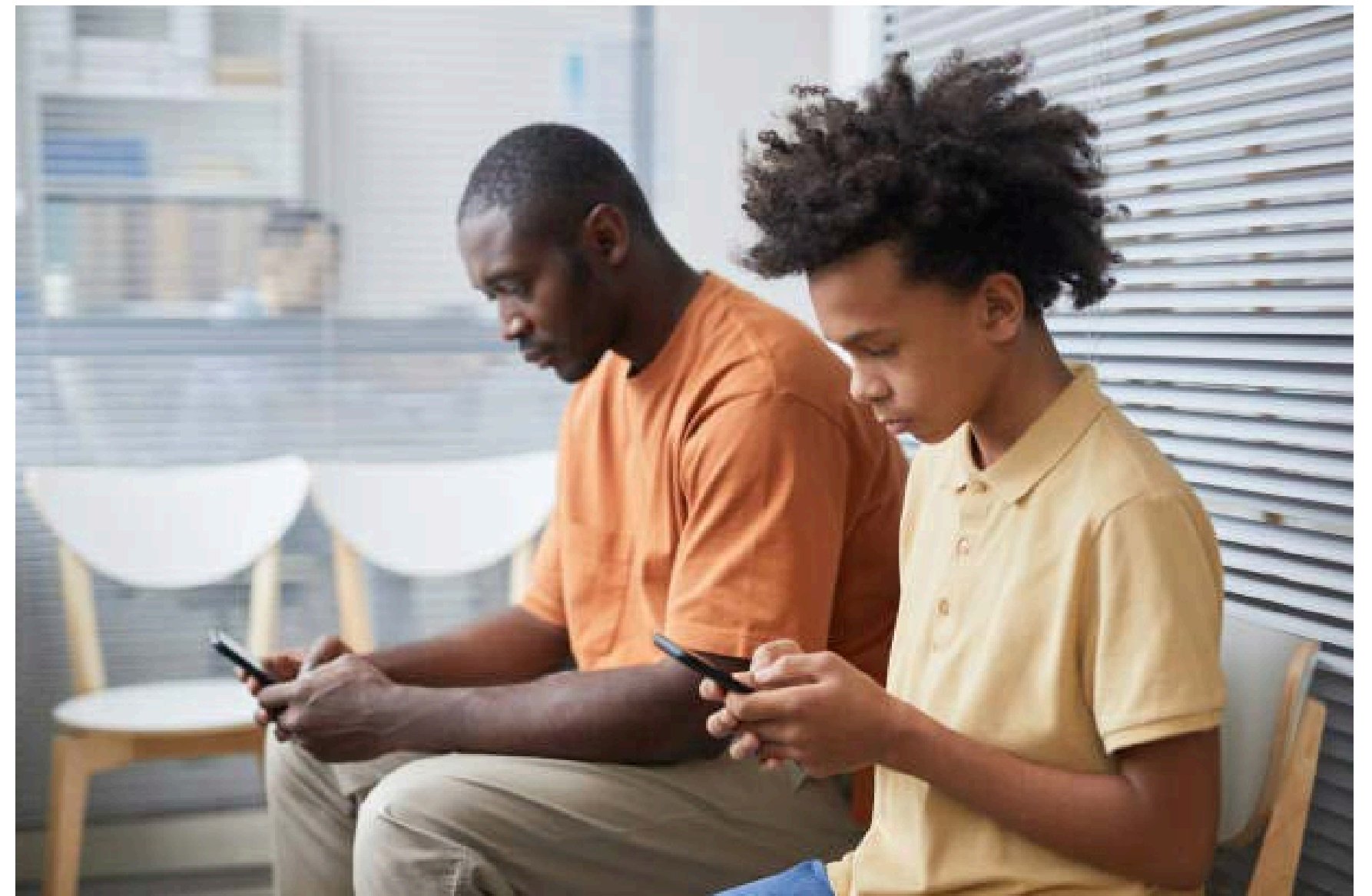


I will check-in at the front desk.

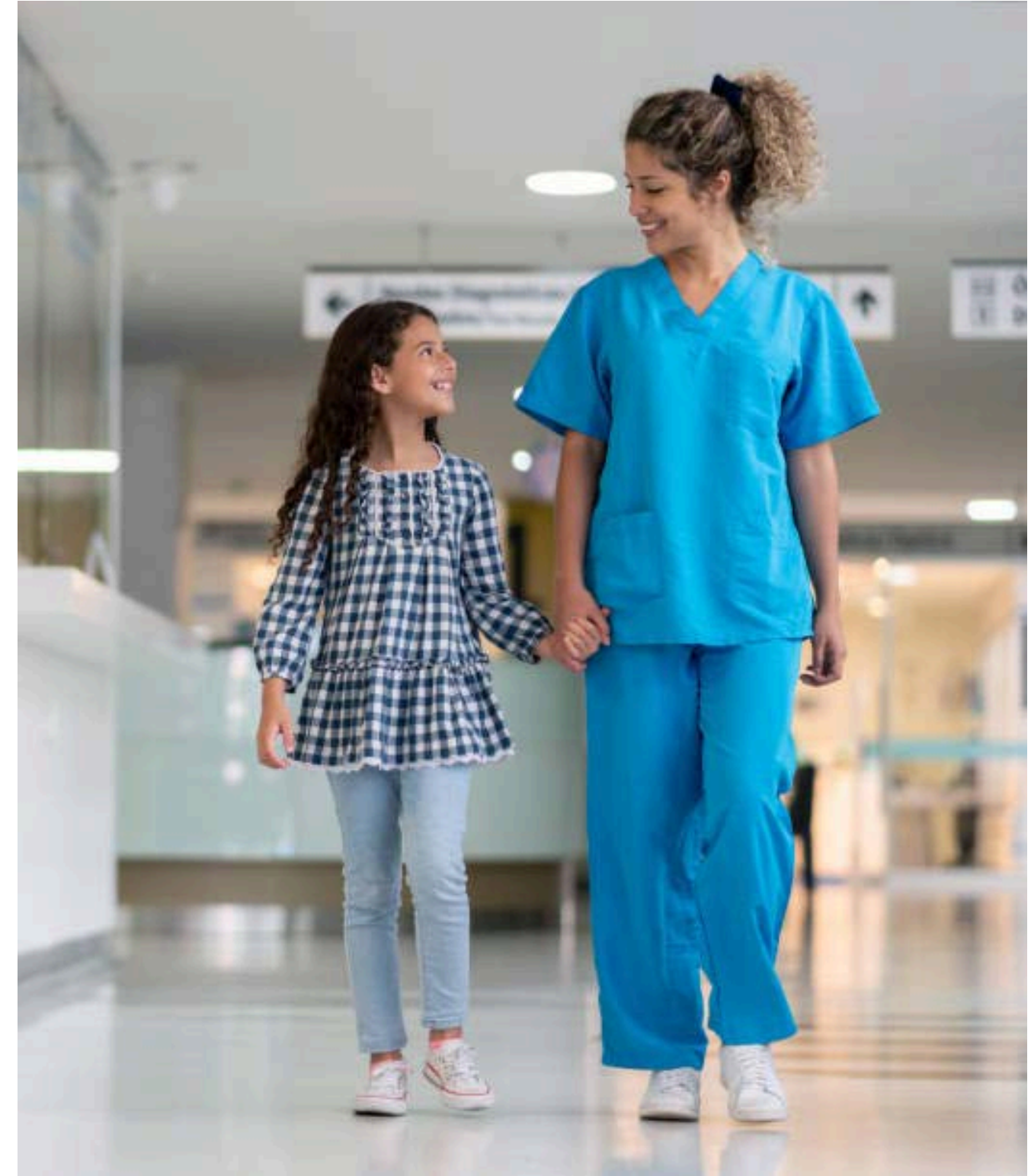


Now I will wait until my name is called. I can [insert preferred activity here] while I wait.

Note to caregivers: we recommend bringing a toy or other activity for your child while they wait.



When my name is called, I will walk to a new room with my [caregiver].



It is time for the injection.

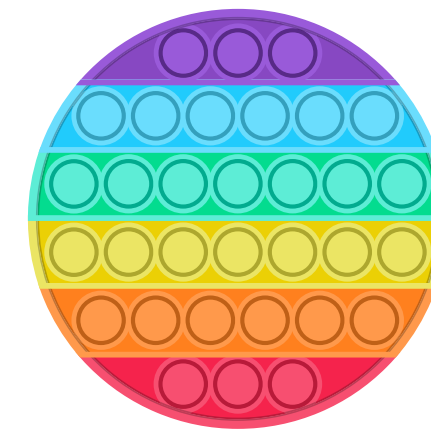
The injection will feel like a small poke or pinch.

It's ok to feel nervous.

If I am nervous, then I can take a deep breaths or [insert distraction item here].

Note to caregivers: If you feel distraction would be beneficial, make a plan ahead of time with your child.

Tell the nurse what they will be doing for distraction (e.g., watching YouTube, squeezing playdoh, etc.). Feel free to substitute an activity that is available and will help keep your child's hands busy and their mind distracted.



First, I will pull down my pants.

Next, the nurse will clean my skin using a wipe.

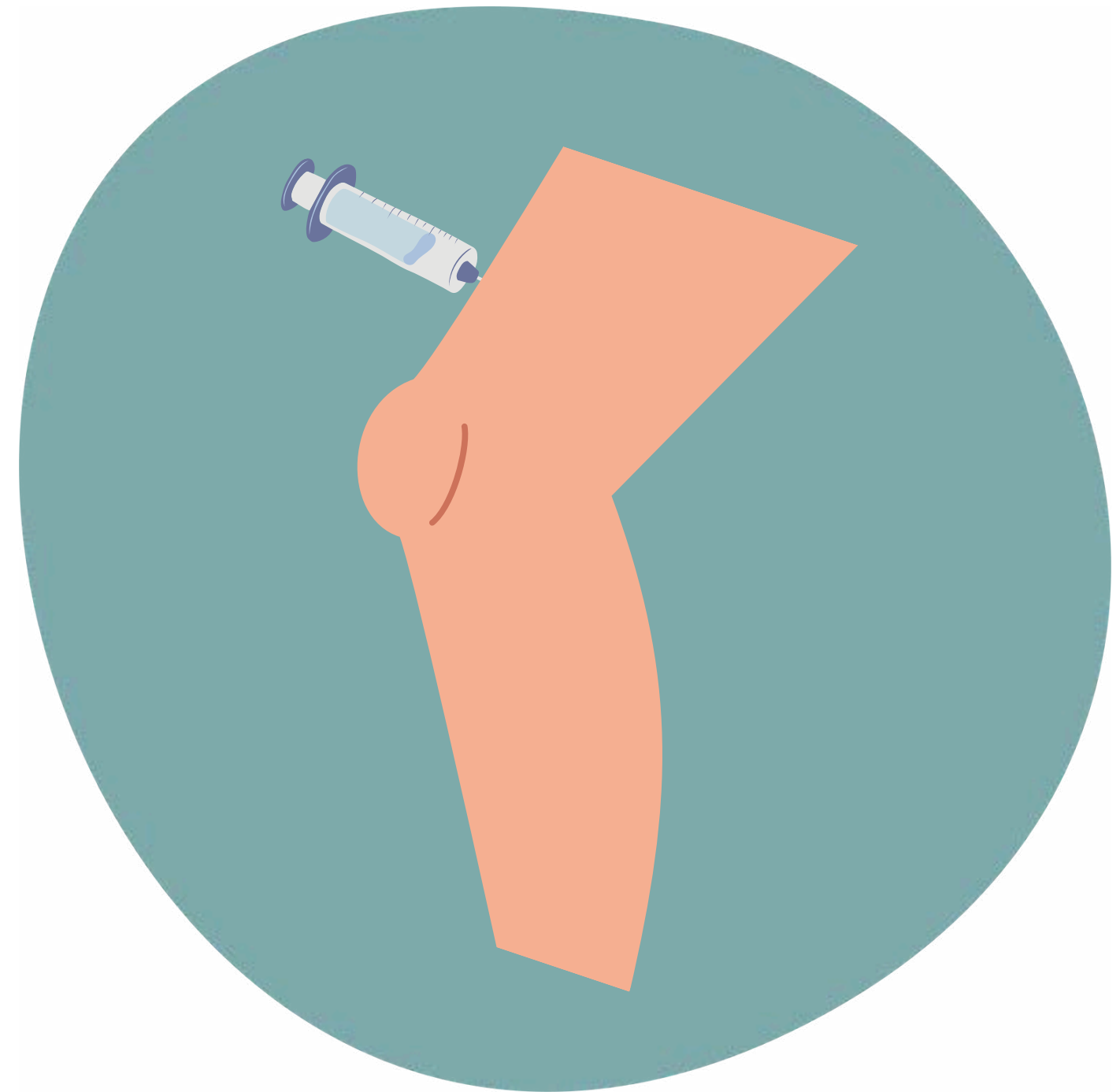
It will feel cold and wet.



Now it is time for the poke.

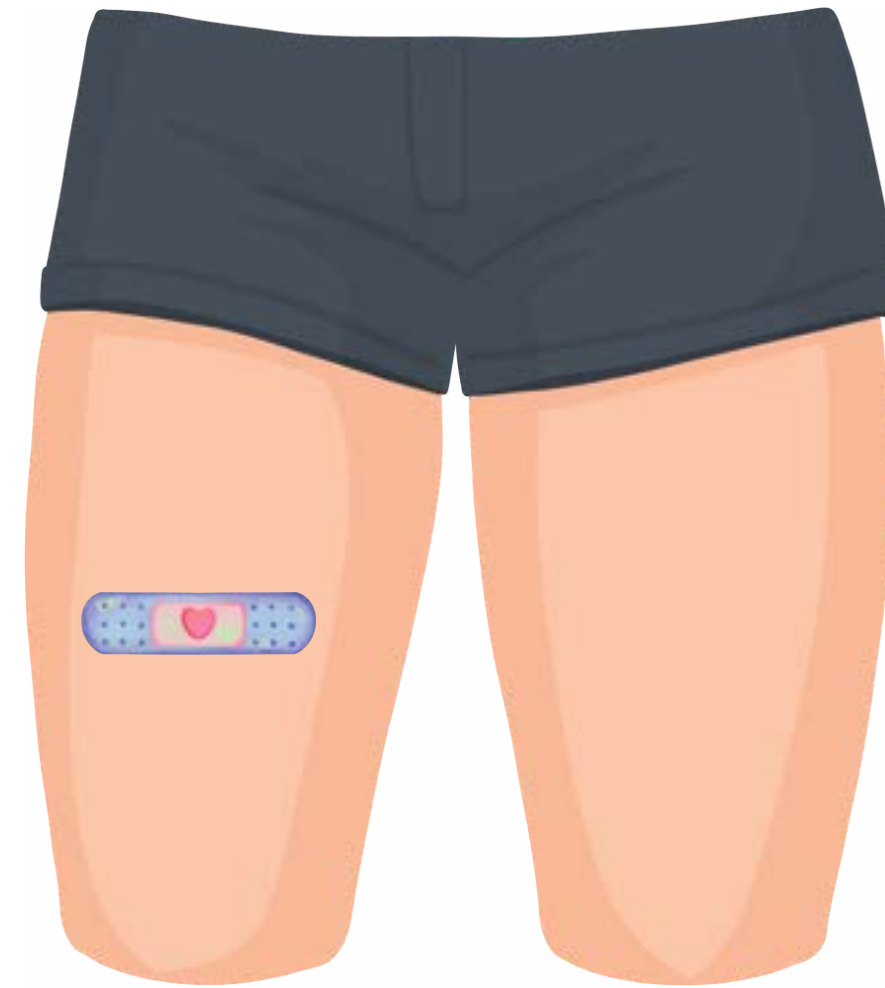
I will keep my body calm. It might help to take deep breaths or *[insert distraction item here]*.

I can count to 5 and it will be all done.



The nurse will put a band-aid on me.

Note to caregivers: Please let the care team know if your child does not like band-aids.



I did a great job with my injection!

I was brave and my body was calm!

I am all done.

Now I can [insert reward here].

Note to caregivers: If your child is motivated by rewards, it may be helpful to bring an item they can earn for completing their injection. Decide on this item ahead of time and bring it to the appointment. Give them the item immediately after completing their injection!



The End

Note to caregivers: Please review the following pages for additional visual supports that can be used during your visit.





Caregivers:

Here is a sample **“first-then”** visual if your child is earning a reward after their vaccine.

Please use the template on the next page and add your own picture of the reward your child is earning under the word, **“then.”**

You can present this by saying, **“First poke, then fruit sacks.”**

FIRST	THEN
	



FIRST

THEN



“First poke, then _____.”



Reward Chart

A **reward chart** can help the child understand how they will earn their **reward**. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.



I'm working for

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Visual Schedules

If your child benefits from the use of **visual schedules**, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, you will pull down your pants. The nurse will clean your skin. It will feel cold and wet.

Next, is the poke. You will keep your body still. You can count to 5 and it will be all done.

Now, the nurse will put a band-aid on your arm.

All done! Now you can *[insert reward here]*!

