

10 tips to help kids cope with a shot or poke.



Children'sSM
Healthcare of Atlanta

2. Squeeze

Squeeze someone's hand, a stress ball or your favorite toy.

3. Count

Count up to 10 or backward from 10: "1, 2, 3, 4, ..." or "10, 9, 8, 7, ..."

4. Look

It's OK to look at the poke, or look at something else, like a person, book, tablet or toy.

1. Cry

It's OK to cry! Sometimes, it just hurts.

5. Imagine

Pretend that you're at your favorite place.



6. Relax

Try to relax all your muscles.

10. Choose

Ask if you can choose where to sit or what you do while it's happening.

7. Yell

Yell "Ouch!" or "Eek!"

9. Breathe

Take deep breaths, in through your nose and out through your mouth.

8. Talk

Talk about how the poke makes you feel or why it may be scary.

Remember: A child's number one job during any poke is to hold still!



Scan the QR code, or visit Strong4Life.com/coping, for more coping skills ideas and resources.