

Workshop on Helping with Needle Fear

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Workshop Overview

1. What is Needle Fear?

Body's Alarm System

Thoughts-Feelings-Behaviours

2. Tools for Pain & Low Fear

What is Pain?

Reducing Needle Pain

Feeling Faint & Dizzy?

Muscle Tension

3. Tools for High Fear

Facing Fear

Relaxation Techniques

Challenge & Change Thinking

4. What Next?

Practice

Make a Plan

Anticipatory nausea

Where to Get More Help

What is NOT Covered

- Different types of injections
- How injections and self-injections are administered

Visit the following pages to get more details:

Support for injections: <https://cassieandfriends.ca/injections/>

Taking JIA medication:

<https://teens.aboutkidshealth.ca/Article?contentid=2594&language=English>

Needle Procedures Across the Lifespan

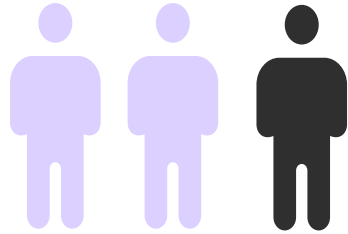
Diagnose or rule out a medical condition

Protect oneself and **prevent** the spread of infectious diseases

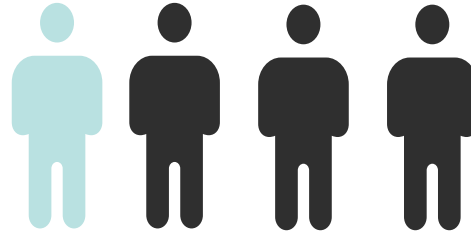
Provides medication for **treatment**

Monitor response to treatment

Some fear of needles is common

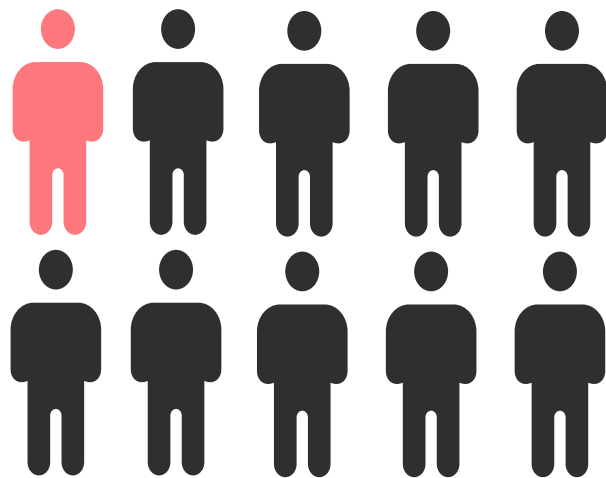


2 out of 3 kids



1 out of 4 adults

High Level of Fear



~1 in 10 people

have a really hard time and need more help

What is Feeling Afraid?

Think of something that **frightens** you...

What does it **feel** like in your body?

What do you **think** will happen?

What would you want to **do**?

Fear

Emotion we feel when we are in real danger or think we are in danger

Can be thought of as the body's **alarm system**

Helpful when we are in danger, need to be kept safe

Unhelpful when there is no danger, false alarm

Fear

Emotion we feel when we are in real danger or think we are in danger

Can be thought of as the body's **alarm system**

Helpful when we are in danger, need to be kept safe

Unhelpful when there is no danger, false alarm



We do not want to get rid of fear, instead we want to **rewire** the body's alarm system **to be helpful**

Low to medium fears

Natural reaction to getting a needle

Common to have some fear about:

- Pain from the needle
- Feeling dizzy or faint

Many tools can help with pain, fainting, and distress across different types of procedures

Tools for low to medium fears

Before

Learning about fear and pain

Prepare & talk about what to expect

Make a plan!

During

Numbing cream

Sit upright

Distraction

Words to say & avoid

Muscle tension
(fainting)

Relaxation

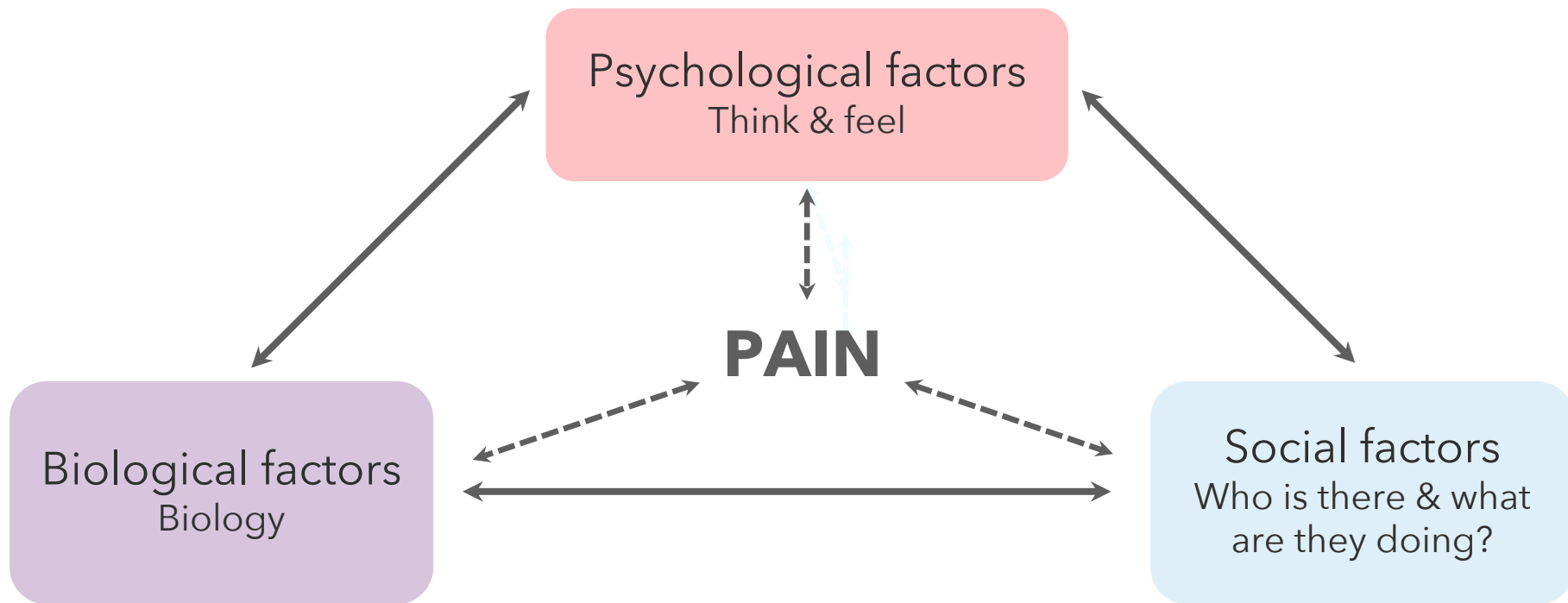
After

Talk about what went well

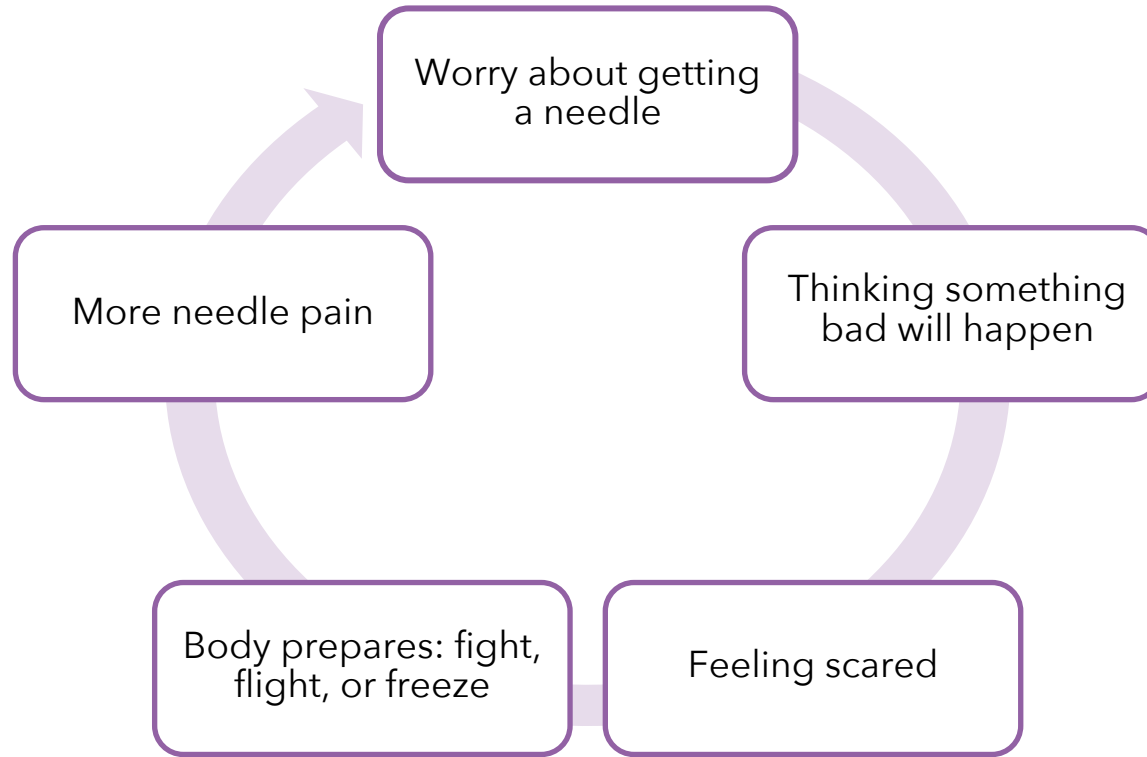
Rewards!

Learning about Pain

Biopsychosocial model



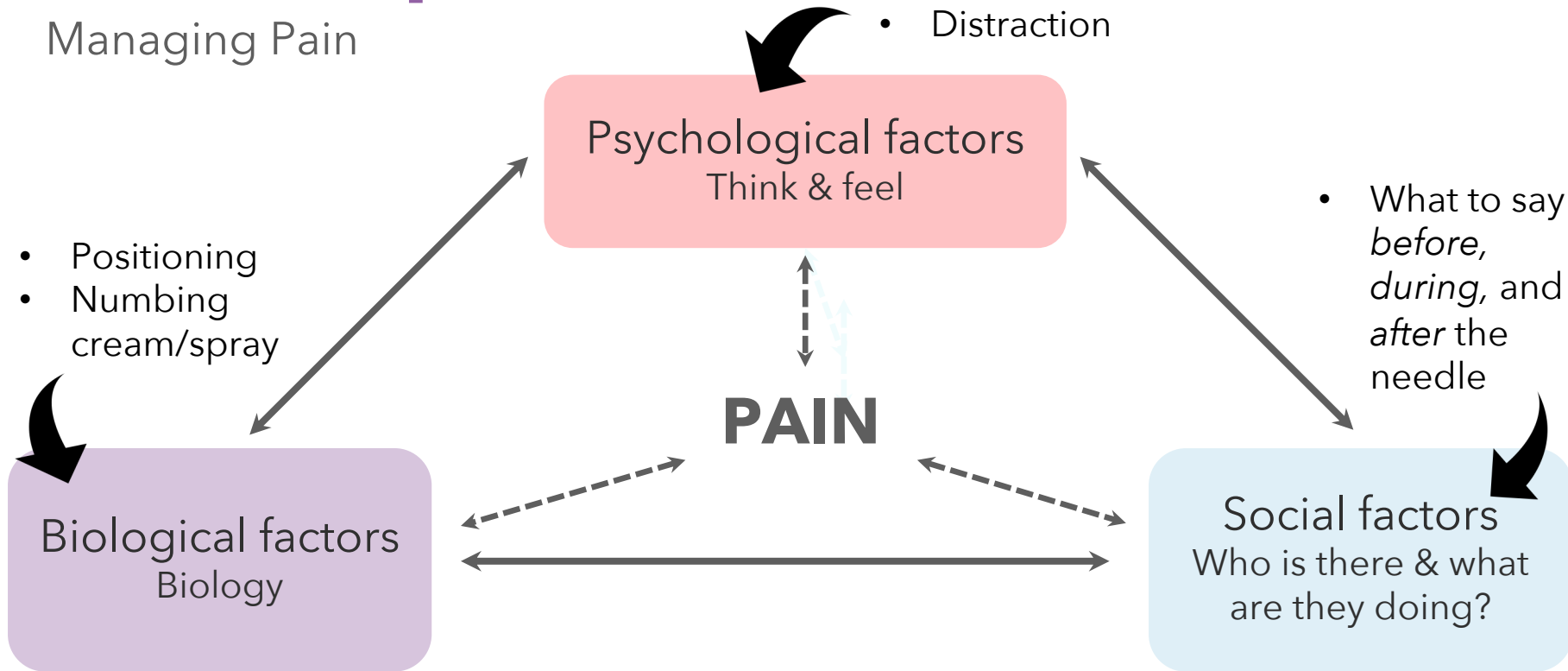
Pain and Fear are Related



What Helps?

Managing Pain

- Get information
- Relaxation (e.g., deep breathing)
- Distraction



Preparing for the Needle:

Get information

What to say before the needle

1. Explain why the needle is needed
2. Describe the procedure in concrete terms:
 - a. How long it will take
 - b. Who will be there & what will they do
 - c. What medical equipment will be used and why
 - d. What might the child/youth feel, hear, smell, or see
2. Talk about tools that can be used for coping

Topical Anesthetics



Numb the skin where the needle is being inserted

Apply ahead of time (up to 1 hour)

Can be accessed at pharmacy

Can be used for all ages (even infants!)

Physical Tools

POSITIONING

Sitting upright or gentle hold (unless history of fainting)
Should not be held down or restrained

LOOKING

Ask if the child would like to look towards or away from the needle

ENVIRONMENT

When possible, quiet and calm setting

Distraction

Distractors can be used to focus on something other than the feared stimuli

Use before, during, and after

Distractors **should be:**

Engaging

Stimulate the senses

Interesting



Read a book

Watch a video
or play a game



Listen to
music



Talk about something
unrelated to the needle



Go on a mental
vacation

Before and During the Needle

What to say?

Consider child/youth's preferences. General guide below.

DO use neutral words to signal procedure - "Here we go"

DO distract & take attention away from the pain - Watch a video

AVOID repeated reassurance

"it's okay, it's okay, it's okay. Don't worry"

AVOID suggesting it won't hurt.

After the Needle

What to say?

DO elaborate on the positive aspects of the experience

DO praise bravery & what the child did well

"You were so brave facing your fear! Good job with taking deep breaths"

DO catch exaggerations and remind your child of what really happened

AVOID pain and fear related words

"The needle looked like it hurt."

see Pavlova et al., (2021)

<https://www.peakresearchlab.com/memory-study>

Dizziness & Fainting



Why does it happen?

Heart beats **fast** and **then** suddenly starts to beat **very slowly** so blood pressure **drops** and leads to dizziness/fainting



What helps? **Muscle Tension**

Who: History of fainting; kids 7 years or older, teens, adults

What: Tensing and releasing muscles

When: Before, during, and after needle

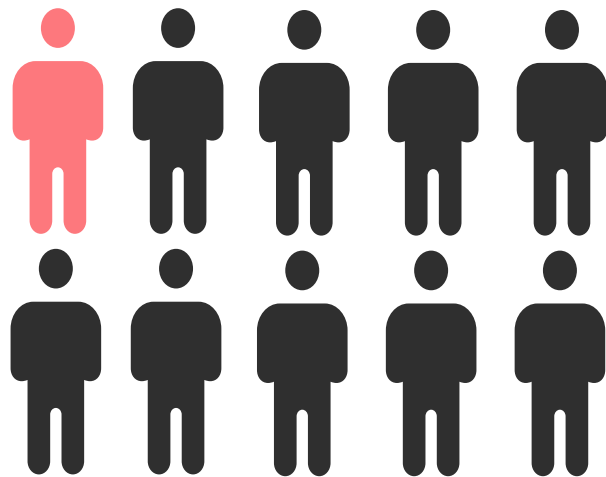
How: up next!

Muscle Tension

Do not fully
relax muscles
after tensing

1. Sit in a chair.
2. Tense or squeeze the muscles in legs and stomach.
3. Squeeze for about 10-15 seconds until face feels flushed or warm.
4. Release the tension for 20-30 seconds.
5. Repeat steps 2, 3, and 4 until the needle is over, or until the feeling of faintness passes.

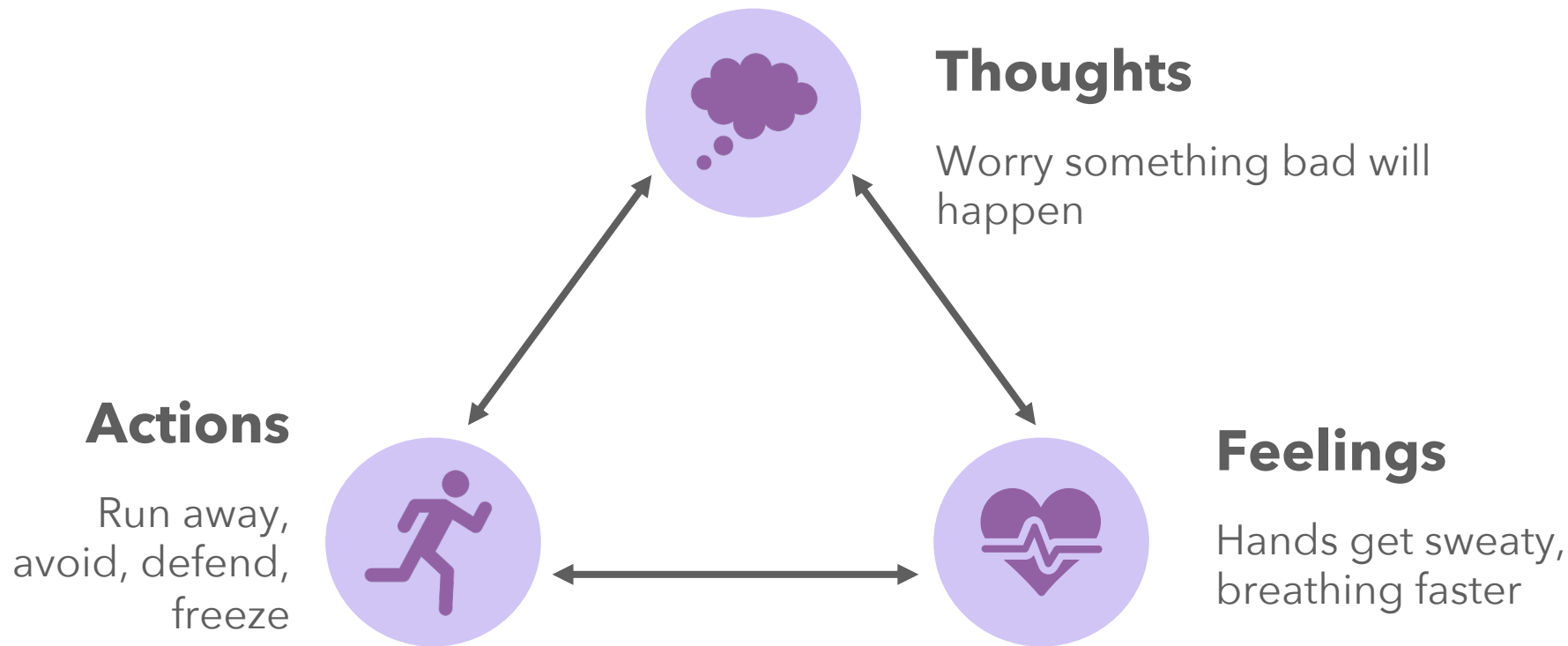
High Level of Fear



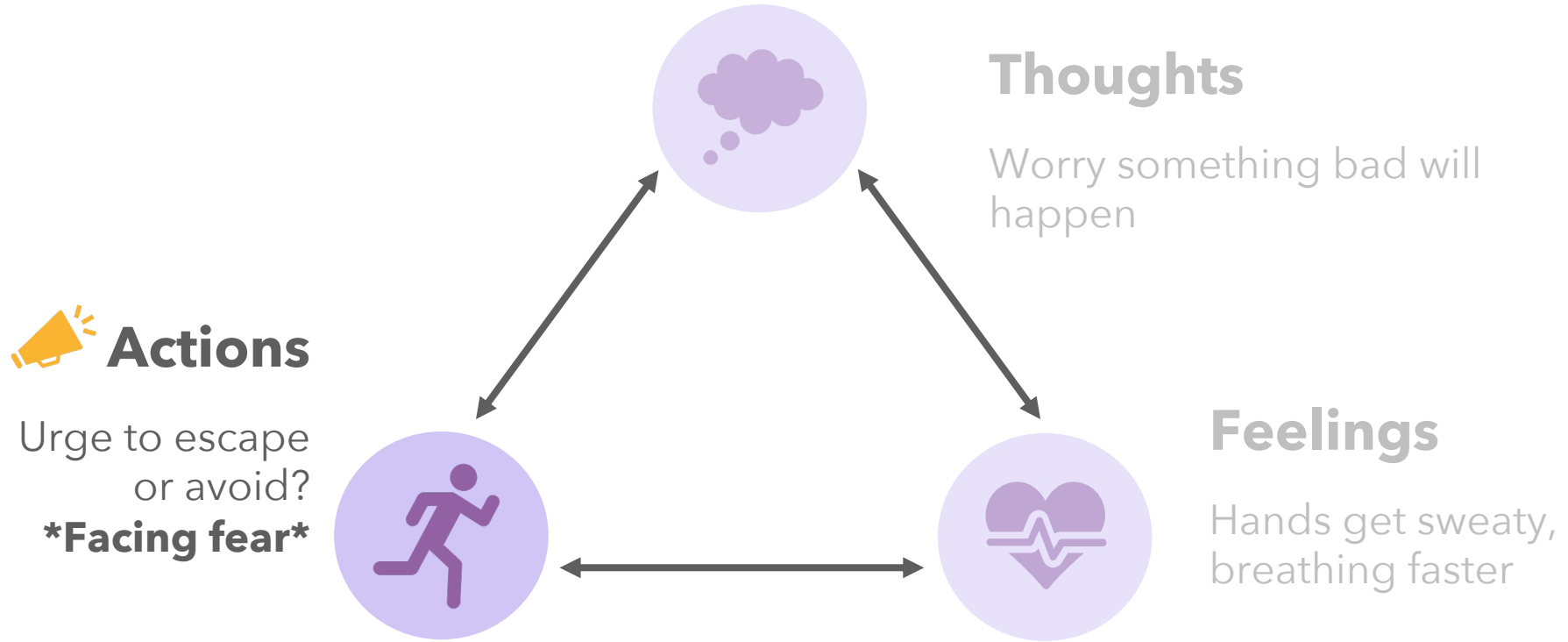
~1 in 10 people

have a really hard time and need more help

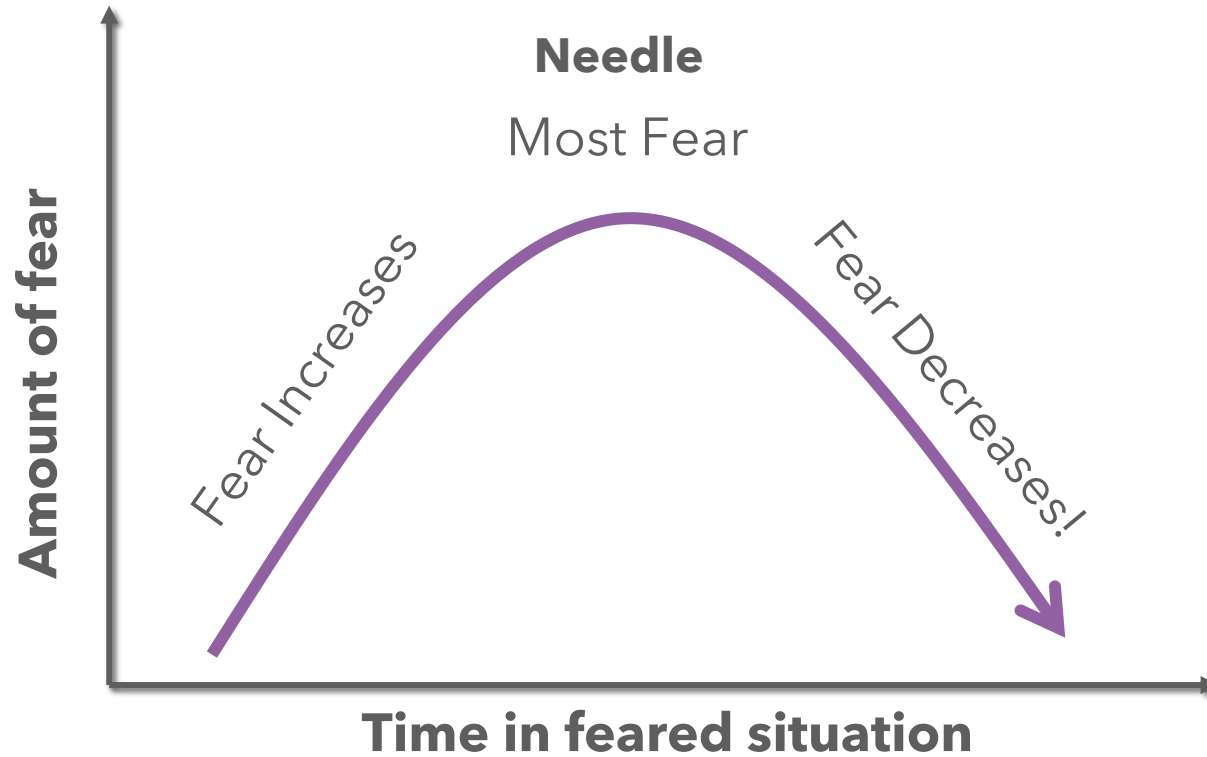
Three Parts to Fear



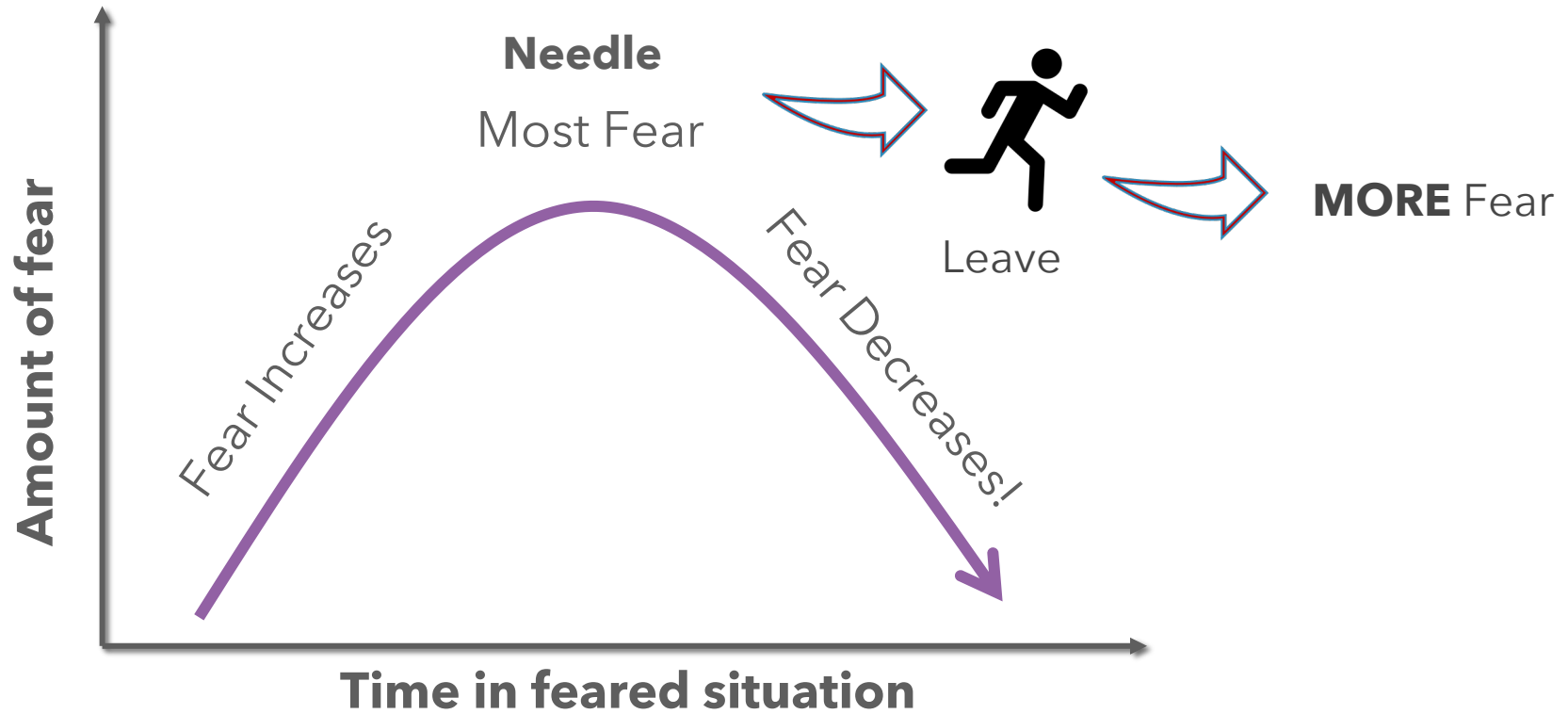
Tools to Help!



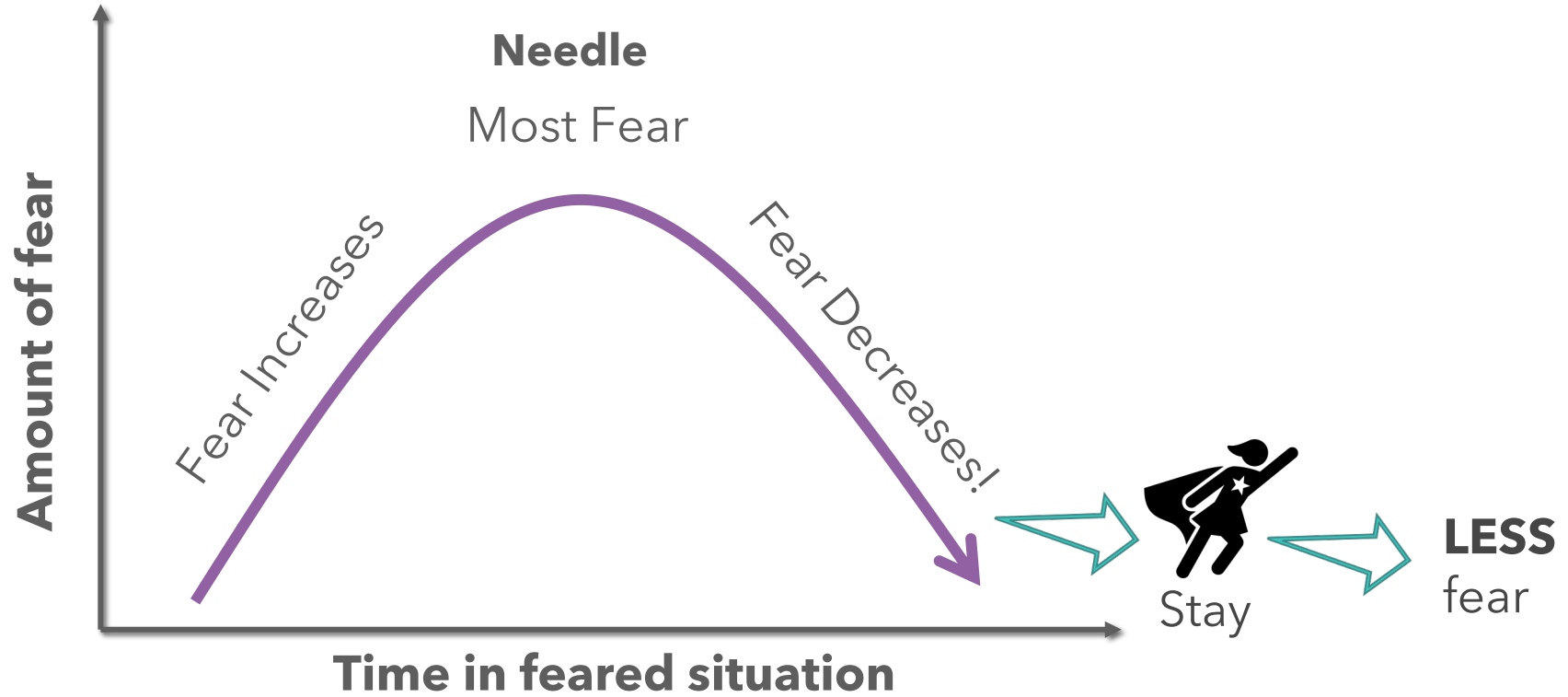
Facing Fear



Facing Fear



Facing Fear

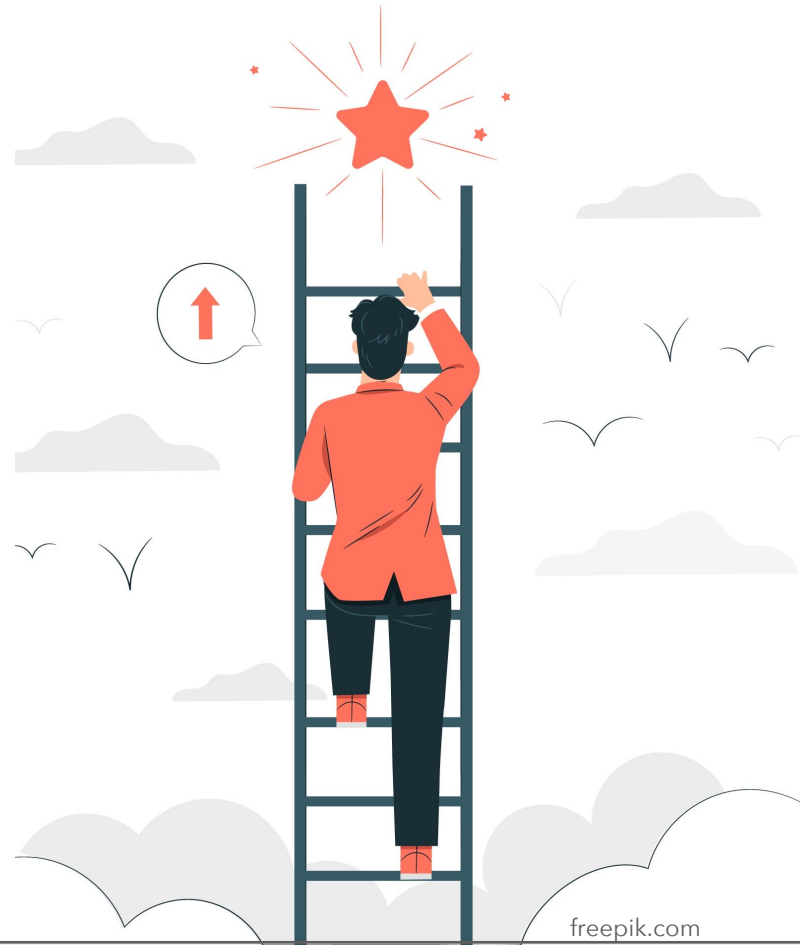




Facing Fear



Facing
fears in
small steps!



freepik.com

Facing Fear | How To

STEP 1: List of needle situations

STEP 2: Rating

STEP 3: Putting the situations in order

FACING FEAR | Step 1: List of Needle Situations

- Getting a needle
- Watching someone else getting a needle
- Watching a video of someone getting a needle
- Imagining getting a needle (picture the sights, sounds, smells)
- Smelling alcohol swab/having arm cleaned with alcohol
- Drive to clinic/hospital/lab
- Wait in the waiting room
- Holding a real needle (cap on, cap off)
- Looking at a picture of a needle

FACING FEAR | Step 2: Ratings

For each situation, child provides a rating: **0 to 10**

Not scared					Medium					Very scared
0	1	2	3	4	5	6	7	8	9	10

FACING FEAR | Step 2: Ratings

For each situation list, child provides a rating **0 to 10**

- How scary from 0 to 10 would it be to:
 - See a picture of a needle? ____
 - Hold a real needle with the cap on? ____

Tip:

Have situations that are: a little bit scary, in the middle, and very scary

FACING FEAR | Step 3: Create Your Ladder

- Put the situations with the lowest fear ratings at the bottom of the ladder

- Work your way up so that the scariest part/situation is at the top



Goal: 8 to 10 situations that range in fear ratings or how scary they are

10/10	Get a needle
8/10	Imagine getting a needle
6/10	Hold a real needle
4/10	Watch a video of vaccination
3/10	Look at a picture of vaccination
2/10	Look at picture of needle

FACING FEAR | Step 3: Example Ladder

Fear ladder ("hierarchy") step	Fear Rating 0-10
Needle insertion and injection (e.g., flu vaccine)	10
Rehearsing all parts of a vaccine injection before needle insertion in a procedure room	9
Rehearsing all parts of a vaccine injection at home	7
Holding a real needle	6
Watching an adult (e.g., parent) get an injection	5
Watching someone else give a doll a needle (real needle)	4
Pretending to give a doll a needle (using toy needle)	3
Playing with a toy needle from a play medical kit	3
Seeing a picture of a needle and syringe	2

FACING FEAR | Starting Practice



1. Start with a situations at the bottom of the ladder (lowest fear)



2. Rate fear (0 to 10) before starting the practice



3. Face fear! Stay until the fear comes down

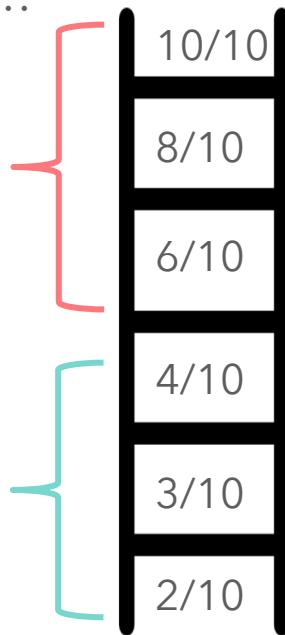
Wait until fear = 0 (for bottom of the ladder) or half (for mid to high situations on the ladder)

FACING FEAR | Practice

Before going to the next situation...

Fear rating/number
should go **down by half**

Fear rating/number
should go **down to 0**



Get a needle

Imagine getting a needle

Hold a real needle

Watch a video of vaccination

Look at a picture of vaccination

Look at picture of needle

FACING FEAR | Starting Practice



1. Start with a situations at the bottom of the ladder (lowest fear)



2. Rate fear (0 to 10) before starting the practice



3. Face fear! Stay until the fear comes down

Wait until fear = 0 (for bottom of the ladder) or half (for mid to high situations on the ladder)



4. Rewards for practicing!

Rewards

● KEY PARTS

- Motivate us to do hard things
- Small, frequently earned
- Does not need to be expensive or cost \$
- Child/young person must want them!

● HOW TO

1. Identify target behaviour – what will you reward?
2. Give reward immediately after earning
3. Be consistent
4. Combine with praise

Reward Menu

Reward	Points/Stickers Required
Choose movie for family movie night	3
Extended screen time/driving time	4
Choose meal for dinner	5
Extended bedtime/curfew	7
Game night	8
Favourite snack	4
Visit or sleep over with a friend	10

FACING FEAR | FAQ

What if there are too many situations on the list?

- Narrow it down by the **type of needle procedure** (vaccine, blood test)
- **Eliminate** situations with the **same ratings**

What if there are not enough situations on the list?

- Break down the situations into **smaller parts**
- Vary the **location** (at home vs. at clinic), **people present** (parents, siblings, friends), and **closeness** (watch someone get a needle close by vs. 5 feet away)

How often to practice?

- The more often the practice, the better. Aim for at least **1 practice/day**

FACING FEAR | FAQ

What to do during practice?

- Provide **encouragement**, avoid safety behaviours (reassuring, distracting child)

How long should the practice be?

- Until the fear to come down (at least one point)

What to do after the practice?

- **Celebrate** and **repeat** the step until fear has reduced to 0 or halved; visually **track** progress

When will my child be ready for a needle?

- After your child has **completed all the steps** on their fear ladder

Practice is too hard

- **Modify** the practice, but do not avoid it
- Use coping **strategies** like relaxation, challenging thoughts, **before practice** (stay tuned)

PRACTICE | Face fear in small steps

KEY INFORMATION

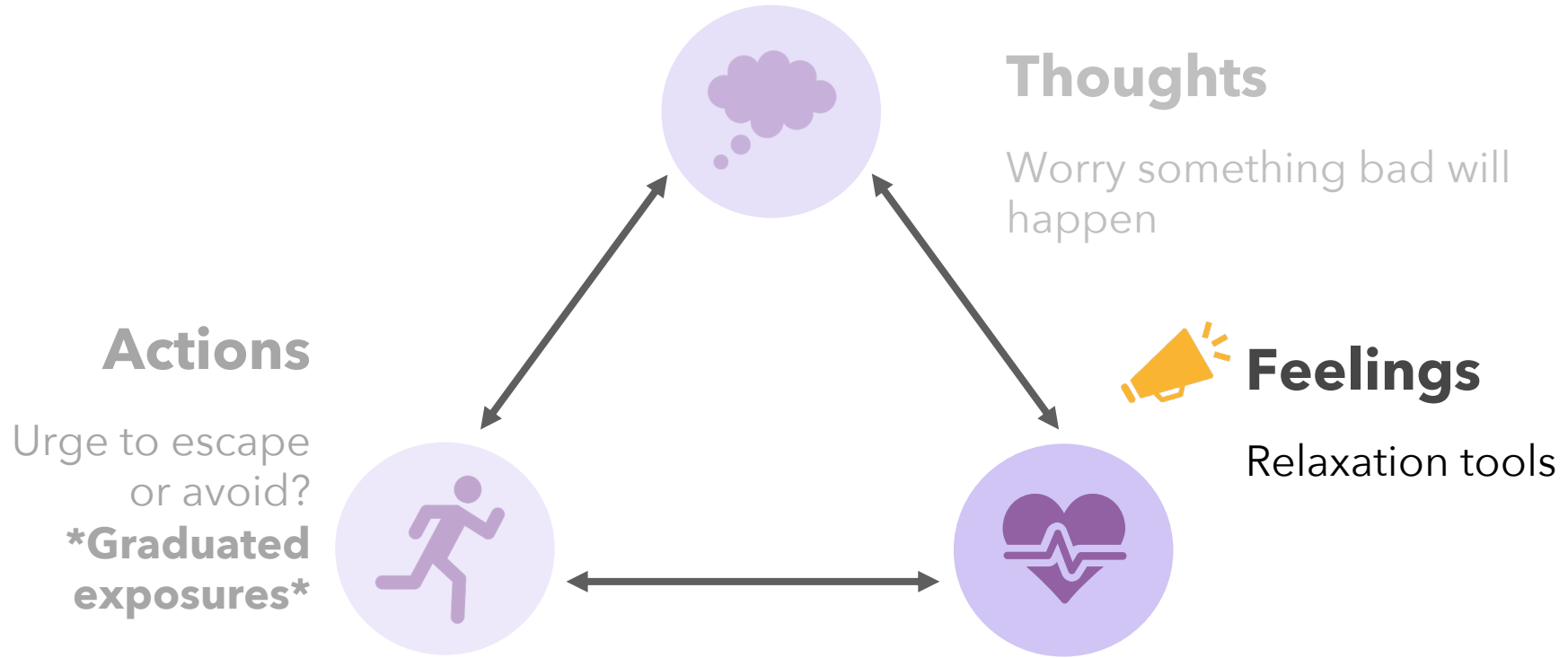
The most **important** part to making needles less scary is to **practice** facing the fear!

Go through **every step on the ladder**, before getting a needle

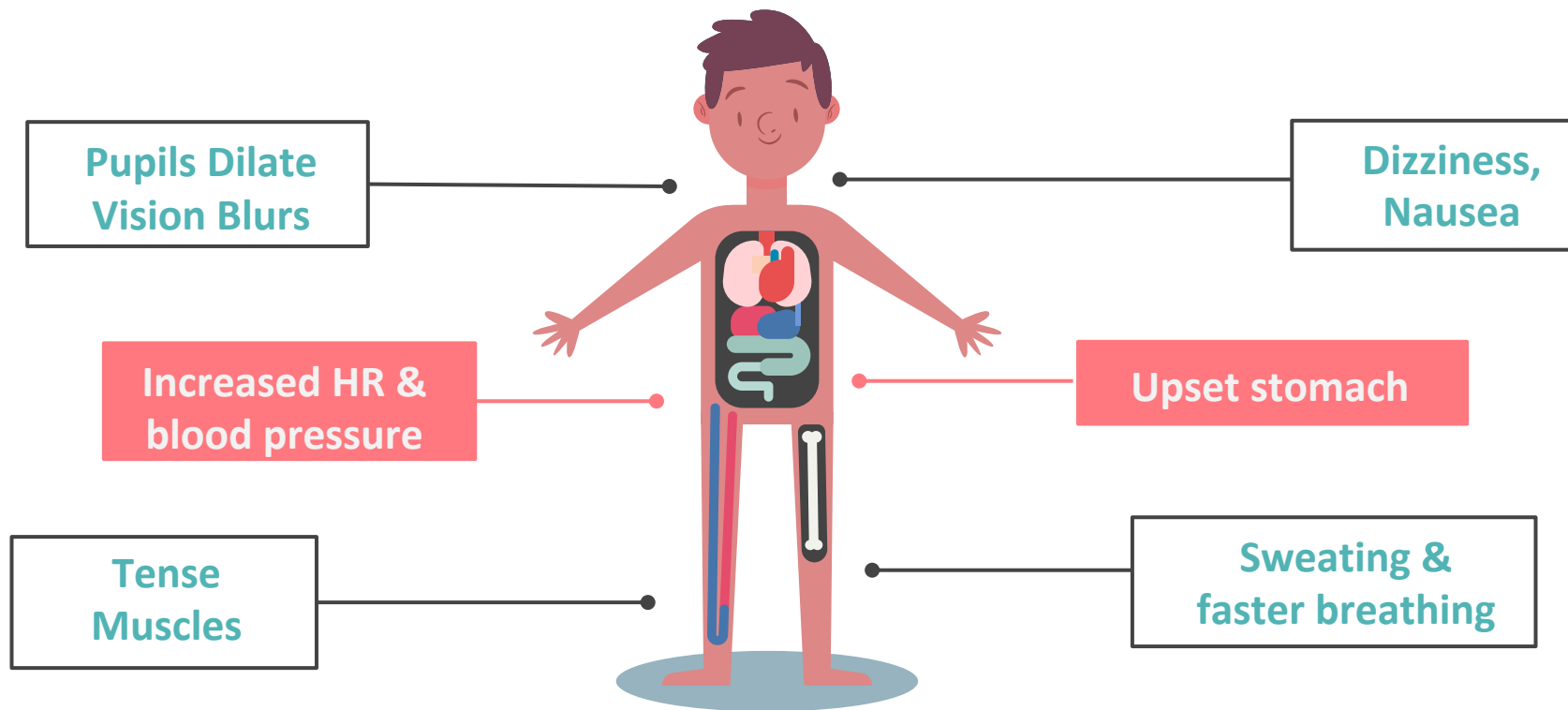
CHALLENGES?

If practice is difficult, use **coping tools**, like deep breathing or challenging thinking, **before practice**, if needed.

Tools to Help!

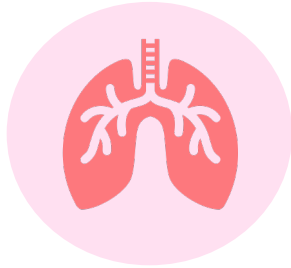


FEELINGS | Fear and the Body



freepik.com

FEELINGS | Relaxation



Deep breathing



**Progressive
Muscle Relaxation**



Guided Imagery

Deep Breathing



Breath in through **nose**
(~4 seconds)



Breath out through **mouth**
(~6 seconds)

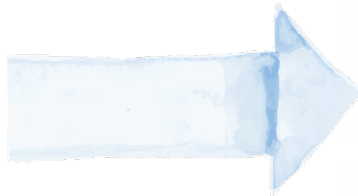
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Progressive Muscle Relaxation



Step 1:

Tense Muscles for 5
seconds
(inhale)

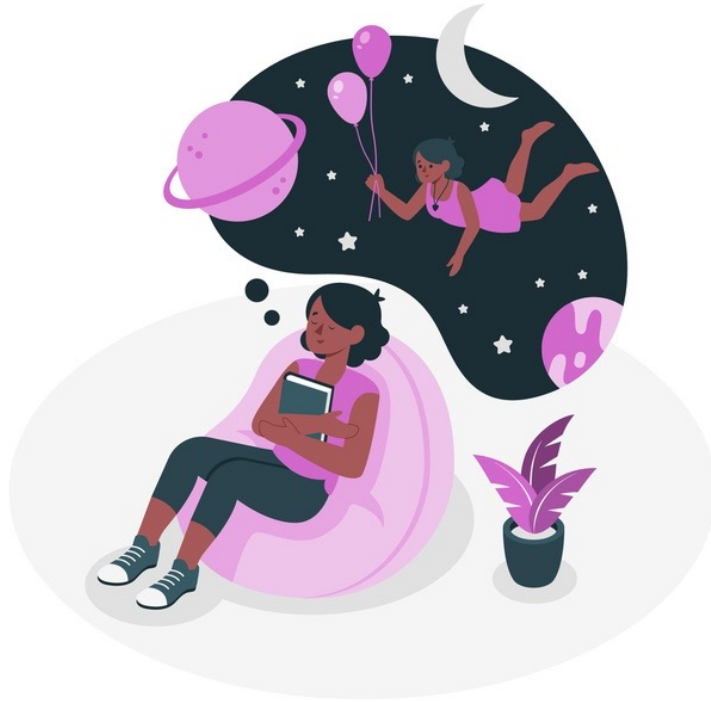


Step 2:

Fully Relax
Muscles
(exhale)

This is NOT
the same as
muscle
tension

Guided Imagery

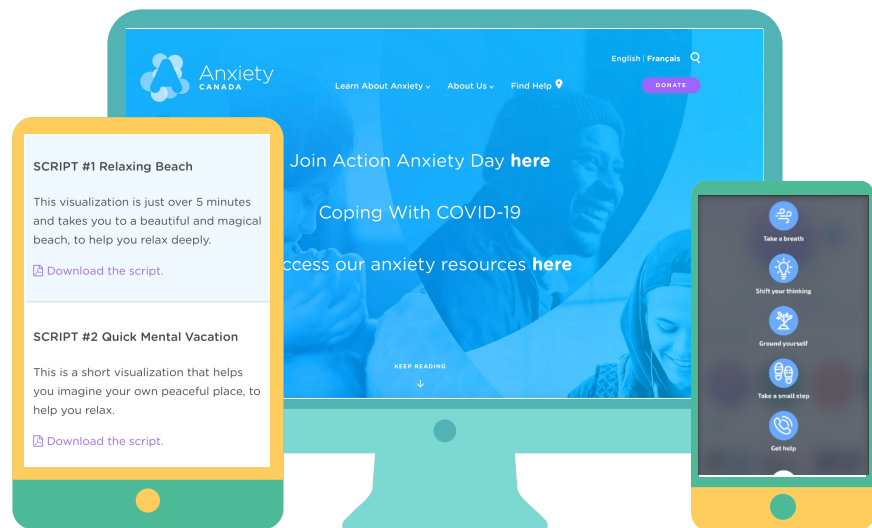


Using **imagination** to create pictures in your mind, like a peaceful place

freepik.com

Guided Relaxation

Check out the resources below for guided relaxation



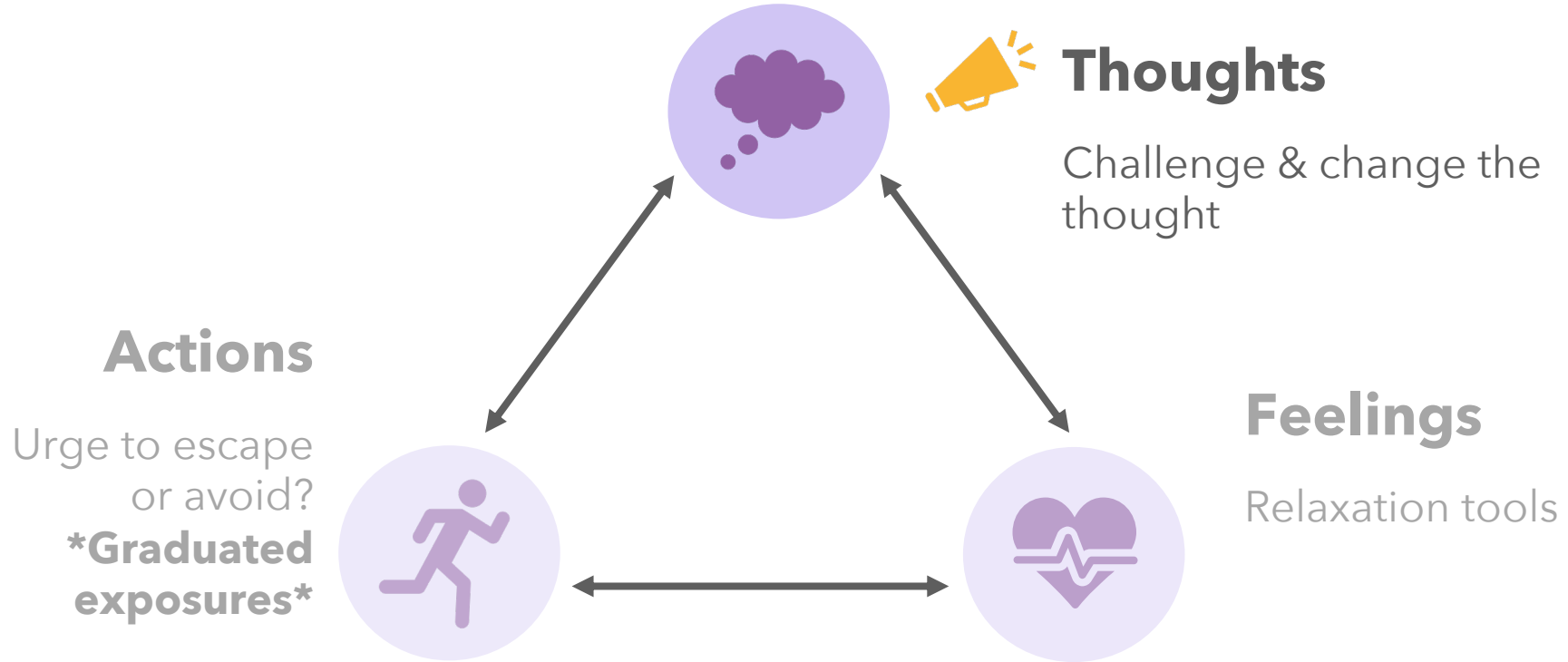
Anxiety Canada:

- <https://www.anxietycanada.com>

Apps:

- Mindshift
- Calm
- Breathe +

Tools to Help!



Challenge the Thought

Thoughts can be helpful or unhelpful. We can often tell that thoughts are unhelpful when they are **not realistic**.

1. *What is the proof the thought will come true?*
2. *How many times has it happened before?*
3. *Am I 100% sure it will happen?*
4. *What is the worst-case scenario? Best case? Most likely?*

***If the thought is realistic*, try:**

- i. Problem solving: *Is there anything to do to prepare?*
- ii. Surfing the worry and creating a coping plan

Change the Thought

Coping statements are words your child can say to themselves to make situations feel less scary

- *I have done this before and I can do this again!*
- *The needle might pinch, and I can take a deep breath*
- *This is a bit scary and I can do hard things!*

Tips:

- Have them think of their favourite superhero or character, what would they do?
- What would they tell a sibling, parent, or friend?
- For more information on unhelpful thoughts, [click here \(Anxiety Canada\)](#)

NOW WHAT? | Make a Plan

Make a Coping Plan With Your Child to Prepare

- ✓ Think about all the information we went over today.
- ✓ What would be **helpful for you/your child** to do or know before getting a needle?

Make a Plan (With Your Child)

**To make needles *less scary*,
I will...**

Practice facing fear?

Challenge & change thinking?

Problem solve?

Use coping statements?

Use a relaxation technique?

**To make needles *hurt less*,
I will...**

Ask questions

Use numbing cream?

Use a relaxation technique?

Distract myself?

Look at or away from the needle?

Example Plan

My parents can help me by...

Giving rewards for practicing facing fear

Talking to me about what is going to happen at the appointment:

- What I might feel, see, or hear.
- The equipment involved
- Who will be there and what will they do

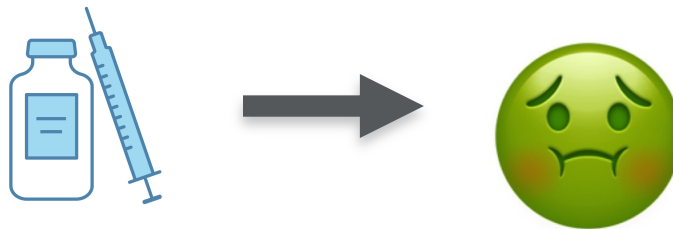
Before, during, and after my needle, my parents can:

- Distract me, like talk about something fun, or watch a video or play a game together
- Encourage me to be brave
- Remind me of what coping tools I can use

CONSIDERATIONS | Anticipatory nausea & vomiting

How and why does it happen

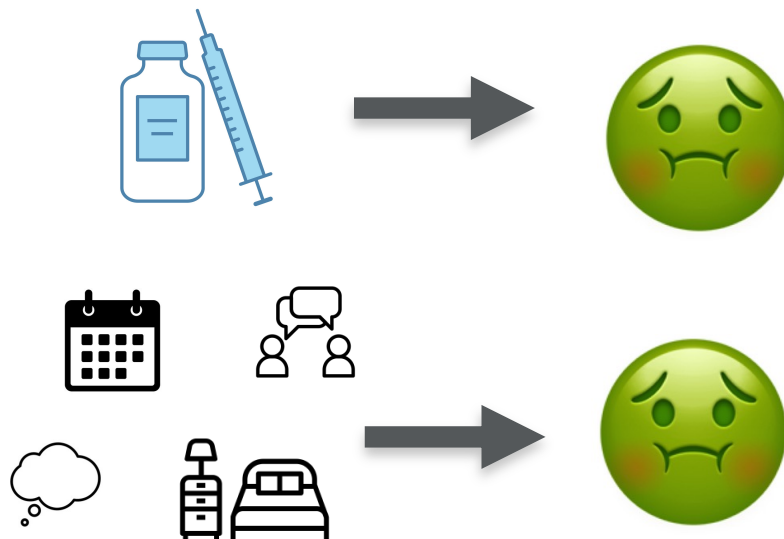
Conditioned or learned response



CONSIDERATIONS | Anticipatory nausea & vomiting

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Conditioned or learned response



CONSIDERATIONS | Anticipatory nausea & vomiting

How and why does it happen

Conditioned or learned response



Switching up your routine can (sometimes) help

Some ideas:

- » Where in the house
- » Different order of preparatory steps
- » Distraction & relaxation
- » Anti-nausea medications (talk to your rheumatologist!)

RESOURCES | Helping with Fear and Pain!

List of Resources for children, youth, families, adults, health professionals:

<https://kidsinpain.ca/wp-content/uploads/2021/11/Vaccine-Pain-Needle-Fear-Resources-v2-November-2021.pdf>

- Recently released resource: <https://theconversation.com/if-your-child-is-afraid-of-or-refusing-a-medical-procedure-heres-how-to-help-170923>

Check out the website below to see who you might **contact for more support** with needle fear:

<https://martinantony.com/resources/anxiety-referrals/>

RESOURCES | More Information

The CARD system provides resources for children, caregivers, adults, and clinicians to help prepare for vaccinations: <https://www.aboutkidshealth.ca/CARD>

- ***NEW*** CARD game for kids: <https://immunize.ca/card-game-kids>

Help Eliminate Pain in Kids and Adults provides resources, systematic reviews, and clinical practice guidelines related to vaccination pain and fear management: <http://phm.utoronto.ca/helpinkids/index.html>

It Doesn't Have to Hurt: Pain management resources (e.g., images, blog posts, videos) for families and healthcare professionals: <https://itdoesnthavetohurt.ca>

Solutions for Kids in Pain (SKIP) knowledge mobilization network: <https://www.kidsinpain.ca>

Comfort Promise information hub on a variety of evidence-based approaches to reduce children's needle-related pain: <https://www.aboutkidshealth.ca/comfortpromise>

Strategy for Needle Related Fainting: <https://www.uoguelph.ca/pphc/sites/default/files/Muscle-Tension-Resource.pdf>

THANK YOU! | Further Information About the Workshop

**Contact Dr. Meghan McMurtry for future
workshop opportunities or trainings at:**
cmcmurtr@uoguelph.ca

Additional Resources

Learn More: Progressive Muscle Relaxation vs. Muscle Tension

Does your child...

**Need help relaxing
their body?**

If yes...



Progressive Muscle Relaxation

Squeeze (5s) then relax muscles,
one muscle at a time.

**Feel dizzy or faint
from needles?**

If yes...



Muscle Tension (7 years +)

Alternate between tensing (10-15s) &
releasing (20-30s) muscles in the body.

*Do not relax muscles

Learn More: Progressive Muscle Relaxation

Visit **Anxiety Canada:**

For more information:

<https://www.anxietycanada.com/articles/how-to-do-progressive-muscle-relaxation/>

Audio recording:

<https://www.anxietycanada.com/articles/tense-and-release/>

Make a Plan

**To make needles less *scary*,
I will...**

**To make needles *hurt* less,
I will...**

Make a Plan

My parents can help me by...

Sources

HELP Eliminate Pain in Kids & Adults Team: <http://phm.utoronto.ca/helpinkids/index.html>

- Clinical practice guideline for managing high levels of needle fear:
McMurtry CM, Taddio A, Noel M, et al.. Exposure-based Interventions for the management of individuals with high levels of needle fear across the lifespan: a clinical practice guideline and call for further research. Cogn Behav Ther. 2016 Apr;45(3):217-35. doi:10.1080/16506073.2016.1157204. Epub 2016 Mar 23.
- Clinical practice guideline about reducing pain during vaccination across the lifespan and tools:
Taddio A, McMurtry CM, Shah V, et al. Reducing pain during vaccine injections: clinical practice guideline. CMAJ 2015. doi:10.1503 /cmaj.150391
- Development of needle fear & preventing, reducing, and treating pain and fear
McMurtry CM, Pillai Riddell R, Taddio A, et al. Far from “just a poke”: common painful needle procedures and the development of needle fear. Clin J Pain 2015; doi:10.1097/AJP.0000000000000272

How to talk with children after a painful procedure:

Infographic: <https://www.peakresearchlab.com/memory-study>

Study: Pavlova, M., Graham, S., Lund, T., Nania, C.G., Kennedy, M., Noel, M. (in press). Reframe the pain: A randomized controlled trial of a parent-led memory-reframing intervention. *J Pain*.



FACING FEAR | FAQ

Children's Fear Scale (McMurtry et al., 2011)



For more details, visit: <https://pphc.uoguelph.ca/childrens-fear-scale/>

FACING FEAR | FAQ

Numeric Rating Scale 0 to 100

Not scared					Medium					Very Scared
0	1	2	3	4	5	6	7	8	9	10
0	10	20	30	40	50	60	70	80	90	100

Setting up Rewards

- Praise & positive attention, like telling your child they are doing a great job being brave, are important to motivate your child to face their fears. However, children often need more incentives, paired with praise, for difficult tasks.
- A tangible reward system is useful for motivating behaviour change. This can be done creatively and with the child.

1. Choose rewards

- Child can earn a small reward after each practice OR child can earn a sticker/check mark/points that can be saved up to earn bigger rewards.
- Reward should be something the child actually wants to make sure the reward has a motivating effect.
- Rewards do not need to be expensive (e.g., dollar store toy) or cost anything at all (e.g., time with family).

2. Identify the behaviour you want to reward.

- This should be specified before each brave practice
- How will you know if they completed the practice?

Tips for Success

- i) Rewards must **immediately** and **consistently** follow the desired behaviour in order to effectively change behaviour.
 - Children will learn more slowly if they are not given immediate and consistent feedback on their behavior.
 - Once the behavior becomes more consistent, the rewards will be gradually cut back while you continue to provide positive attention.
- ii) Praise and reward any step taken towards being brave!

Make a Reward Menu

With your caregiver, come up with a list of rewards you can "cash in" like game night with your caregiver or staying up past bedtime.

Reward	Points/Sticker Required

Making your Ladder

Step 1. With your caregiver, write a list of scary situations related to needles, like looking at a picture of a needle or touching a needle.

☐	
☐	
☐	
☐	
☐	
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Step 2. Use the number scale to tell your caregiver how scary each situation is (write the number next to each situation)

Not scared										Very scared
0	1	2	3	4	5	6	7	8	9	10

Activity: Making your Ladder

Step 3. Put the situations on your ladder in order!

Most scared

How Scared?
(0 to 10)

[illegible]

Pro Tip: Top of the ladder should be "get a needle"

Needle-Related Situations for Exposures

Situations that apply to needle procedures generally:

Look at / watch media

- Look at a picture of a syringe
- Look at a picture of a cartoon needle
- Look at a picture of a real needle

Listen to someone talk

- Listening to someone talk about receiving a needle

Imagining

- Imagining I am in the waiting room before a needle procedure
- Imagining I am in the hospital room where I will receive a needle (example details provided below)
 - o Walking into and around the procedure room
 - o Sitting in the procedure chair
 - o Watching the nurse gather the equipment for the procedure
 - o Rolling up my sleeve
 - o Nurse wiping the area with alcohol swab
 - o Nurse counting down/telling me to take deep breath
 - o Needle inserted

Talking

- Talking about getting a needle in the past
- Talking about getting a needle in the future

Rehearsing/ preparing

- Playing with a toy needle
- Playing with a syringe
- Holding a real needle with a cap
- Holding a real needle without a cap
- Pinning a safety pin to my shirt
- Gentle poke with a safety pin
- Having a needle near my skin
 - o Wearing a long-sleeve shirt
 - o Wearing a short sleeve shirt
- Touching needle to skin (vary the distance from the needle to the injection site on body)
- Driving past the location where I will receive a needle (e.g., clinic, hospital, lab)
- Having an appointment for a needle procedure booked

Day of the needle procedure

- Driving/travelling to a needle procedure appointment
- Going into the clinic
- Fill out paperwork for my needle procedure
- Being in the waiting room before my needle procedure

The needle procedure

- Being in the hospital room where I will receive a needle
- Seeing the nurse enter the hospital room

- Seeing the nurse prepare to give me the needle (wash hands, put gloves on, gathers equipment)
- Getting my arm cleaned before the needle
- The smell of an alcohol swab
- Having to roll up sleeve / unbutton shirt
- Seeing the needle while in hospital/ clinic room
- Feeling weak, dizzy, or nauseous
- Acupuncture (e.g., seeing the needles, lying down on the acupuncture bed, having acupuncture needle inserted)
- Needle insertion and injection
- Needle removal

Situations specific to vaccine:

Look at/ watch media:

- Look at a picture of someone getting an injection
- Watching a video of someone getting an injection

Listening:

- Listening to someone talk about getting an injection

Watching others:

- Watching a pet get an injection
- Watching another person (e.g., partner, family member, friend, pet) get an injection

Rehearsing/ preparing

- Rehearsing all parts of an injection before needle insertion at home (example details provided below)
 - o Viewing someone (partner, friend, family member) grab the equipment for the procedure
 - o Watching someone wash hands and put on gloves
 - o Rolling up my sleeve
 - o Having someone wiping the area with alcohol swab
 - o Seeing the needle
 - o Someone counting down/telling me to take deep breath
- Rehearsing all parts of an injection before needle insertion in a procedure room (see example details above)

Situations specific to blood-tests:

Look at/ watch media:

- Look at a picture of someone getting their finger pricked
- Look at a picture of someone's finger after the prick (e.g., blood on the finger)
- Look at a picture of someone getting a blood test
- Seeing a picture of blood in the tube after a blood test
- Watching a video of someone getting a blood test

Listening:

- Listening to someone talk about getting a blood test
- Listening to someone talk about donating blood

Watching others:

- Watching another person (e.g., partner, family member, friend) get a finger prick
- Watching another person (e.g., partner, family member, friend) get a blood test

- Watching another person (e.g., partner, family member, friend) donate blood

Rehearsing/ preparing:

- Thinking about something going into my body
- Thinking about something being taken out of my body
- Seeing the blood requisition form/being told you need an appointment for a blood test
- Rehearsing all parts of a blood-draw before needle insertion at home (example details provided below)
 - o Watching someone (partner, friend, family member) gather the equipment for the procedure (tubes, tourniquet, needle)
 - o Watching someone wash hands and put on gloves
 - o Rolling up my sleeve
 - o Having the tourniquet/rubber band tied on my arm
 - o Squeezing my fist to make vein pop up
 - o Looking at my veins
 - o Someone wiping the area with alcohol swab
 - o Seeing the needle
 - o Someone counting down/telling me to take deep breath
- Rehearsing all parts of a blood-draw before needle insertion in a procedure room (see example details above)

Needle procedure:

- Waiting outside of a blood donation centre
 - o Going into a blood donation centre
- Seeing the tubes for a blood draw
- Seeing the tourniquet for a blood draw
- Having the tourniquet applied on arm
- Squeezing my fist to make vein pop up
- Looking at your vein before a blood draw
- Needle inserted
- Having the tube changed during a blood-draw
- Seeing blood in the tubes

Considerations for how to slightly modify each step when creating fear ladder:

- Vary by distance/proximity to fear stimuli (e.g., sitting next to someone receiving a needle vs. watching behind a window; viewing a picture close up vs. from a distance)
- Completing the practice based on who is present (e.g., friends, family members, healthcare provider; may be especially important for vasovagal responses/stress responses)

Needle Exposure Videos

Brief Video Description	Video Link	Time Stamp
Demonstrates the steps for completing a blood draw using a teddy bear. A child, healthcare provider, and parents are present in a hospital room. Video is geared towards children.	https://www.youtube.com/watch?v=uRMzGmfoPos&ab_channel=InovaHealthSystem	Needle shown at 1:30
Describes the steps for completing a blood draw, and demonstrates needle being inserted and blood being drawn. Child and healthcare provide are present in a lab. Helpful strategies are also presented. Video is geared towards children.	https://www.youtube.com/watch?v=2Ag2adsLh3Y&t=8s	Needle inserted: 50 seconds
Blood draw performed on a 6-year-old with every step explained. Child and phlebotomist present in a lab. Video recorded by caregiver.	https://www.youtube.com/watch?v=yHw1_zR8gc&t=20s	Needle inserted: ~5:15
Demonstrates the steps for completing a blood draw, including inserting the needle and blood being drawn. Adult patient and two healthcare providers are present in a lab. Video is relevant for training healthcare providers on how to complete a blood draw.	https://www.youtube.com/watch?v=R9oWYkK_l3M&ab_channel=LincolnTech	Needle inserted: 1:50
Demonstration of a flu vaccination. Healthcare provider and adult patient present in a clinic. Video is geared towards the public to promote flu shot.	https://www.youtube.com/watch?v=cluGwaBFX8I&ab_channel=SSMHealthCardinalGlennonChildren%27sHospital	Needle inserted: 00:23
Intramuscular injection is demonstrated, and it also zooms in on the needle being inserted. This video is geared towards healthcare providers. Includes an adult patient and healthcare provider.	https://www.youtube.com/watch?v=pfAhHZQpenM&ab_channel=GeekyMedics	Needle inserted: 1:56
Demonstrates a fingerstick procedure. Needle is not visible, but blood is shown on the finger after being poked. Video is geared towards healthcare providers, although it can be helpful to watch for those who are afraid of seeing blood.	https://www.youtube.com/watch?v=IhMbQ7h0UQM	1:00-1:18
Child and healthcare provider wearing masks, child receiving COVID-19 injection (seems to be in a public vaccination clinic). Needle and needle insertion is visible.	https://twitter.com/ctvnationalnews/status/1463323180198678530?s=10	Needle inserted: ~0:28

THE SIMPLE ACT OF **TALKING** IN A SPECIAL WAY TO YOUR CHILD **CAN CHANGE** HOW THEY REMEMBER **PAIN**



Pain isn't over when it's over. Our memories of pain stay with us into adulthood. **But there is good news.** Scientific research tells us that we can **shape pain memories to be more positive.**

By choosing to talk about a painful experience in a positive way, you can change your child's memory of it to be more positive too.

How? Use this powerful combination:

USE POSITIVE TALK

Don't talk about pain or scary feelings. Focus on the positive.



"Someone helped you, the nurse was so nice."

"You rolled up your sleeve, turned on your video, and it was over really quickly!"

KEEP IT REAL

Catch exaggerations and remind your child what really happened.

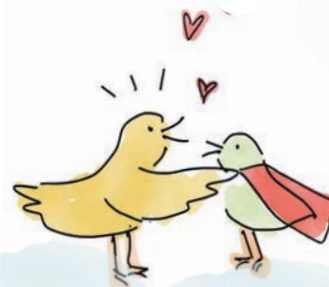


"I cried for so long!"

"Yes, you cried, but only for a few minutes, remember? Because then we got ice cream!"

BUILD THEM UP

Tell your child that they were brave, and why. Celebrate.



"You were so brave, I'm proud of you!"

"You took deep breaths and distracted yourself with your video. You knew what to do!"

The benefits?

You are empowered.

Research tells us that your child will be less scared and have less pain the next time.

You empower your child.

You teach your child better ways to remember and manage painful experiences.

Their future looks brighter.

Research tells us benefits are long lasting, helping your child to better manage pain as an adult!



We are Champions for Kids' Pain. Our team is driven, clever and focused. Our research is actively pursuing better ways to understand, diagnose, manage, reduce, and treat pain. **We incorporate research and collaboration for better understanding and better solutions for kids and families living with pain, now.**

Visit us for more! PEAKResearchLab.ca/memory

#TalkingCanChangePain