



## TIPS & TRICKS TO SUPPORT YOUR TEEN THROUGH A NEEDLESTICK

GIVE YOUR TEENAGER CONTROL  
WHERE YOU CAN BEFORE, DURING  
AND AFTER THE APPOINTMENT



LET THEM CHECK IN AT THE  
FRONT DESK.

HAVE YOUR TEENAGER WATCH  
YOU GET A VACCINE WITHOUT  
PAIN/DISCOMFORT/FEAR



CHOOSE A REWARD  
AFTER THE SHOT



GET THEIR FAVORITE FOOD  
OR LET THEM SPEND TIME  
WITH FRIENDS.

COMFORT THEM IF  
THEY ARE FEELING  
NERVOUS OR SCARED.

DO NOT SAY "IT'S OKAY"—  
IT CAN MINIMIZE  
THEIR FEELINGS

SAY, "I'M  
HOLDING YOUR  
HAND; CAN YOU  
FEEL THAT?"



THINGS A TEEN  
CAN DO TOO.

