



Distraction techniques: Ease pain and distress during immunization



Deep Relaxation Breathing

Breathe in through your nose and out through your mouth.

Count to 3 each time.



Use Technology

Use a phone or tablet to play a game or listen to music.



Shift Attention

Look away from what's happening and think of your favourite place or game.



Pay attention to another part of your body

Wiggle your toes.

Relax your arm while getting the immunization.



Rapid Fire Questions

Name 3 types of fruit.

Name 4 sports.

Name 5 cities.

You will have to wait both before and after your appointment. Consider activities you can do with your child to during that time as an added distraction to help reduce anxiety.

