

# Little Louis

A Culturally Relevant Vaccination Story

Hi!  
My name is Louis!



**In a few days,  
I have to get my  
vaccination...**



**Yucky! I do not like getting needles at all.  
I hate, hate, hate them!  
It just sucks!**

**I'm afraid of needles.**

**My older cousin said when they got their  
vaccination, it hurt a lot! I don't want to get it!**


I just want to play hockey  
or baseball with my  
friends, go to fiddle  
dances, and spend time  
with my cousins.



Like always, Mom and Kookum knew exactly what to say to help me feel calm. Kookum told me that I am brave and facing our fears makes us stronger. Mom talked about how the vaccine will keep me **and my community safe.**



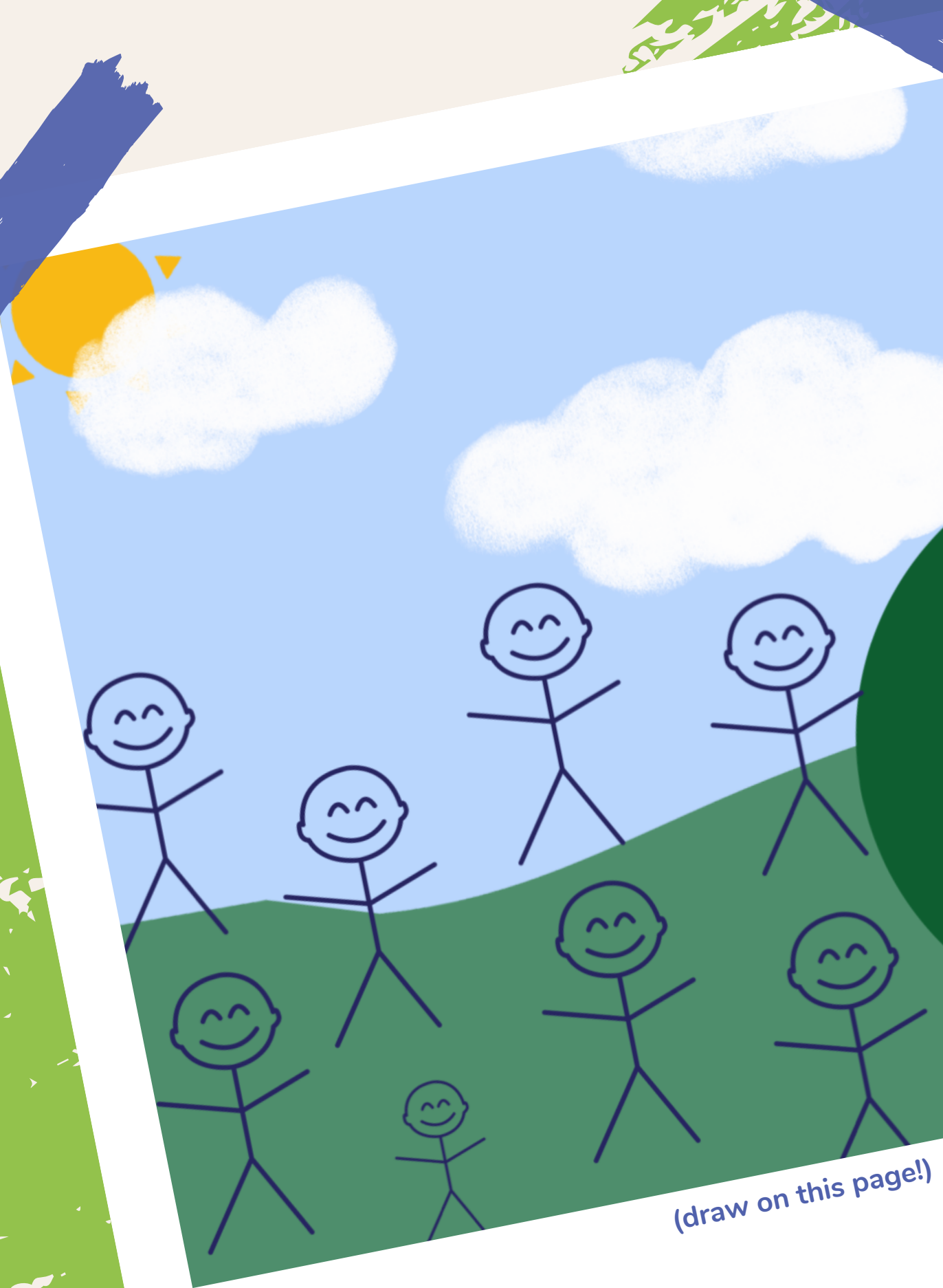
This makes me feel like a superhero because facing your fears to help others is exactly what heroes do! When our community is safe, it means **we get to have fun together!**



If everyone faces  
their fears like me,  
we can all be  
together safely.

I want everyone to  
know that if they  
get their  
vaccinations...


**they'll be a hero like me!**



(draw on this page!)

Before the big day, Mom and Kookum talk about what will happen when I protect my community.

They tell me what getting a vaccine is like, how it feels, and what I can do to make sure everything goes well.



They ask me if  
there is a  
special person I  
would like to be  
there with me.  
This makes me  
laugh. What a  
silly question!

**Mom, Kookum, Mooshum,  
you are my special  
people!**



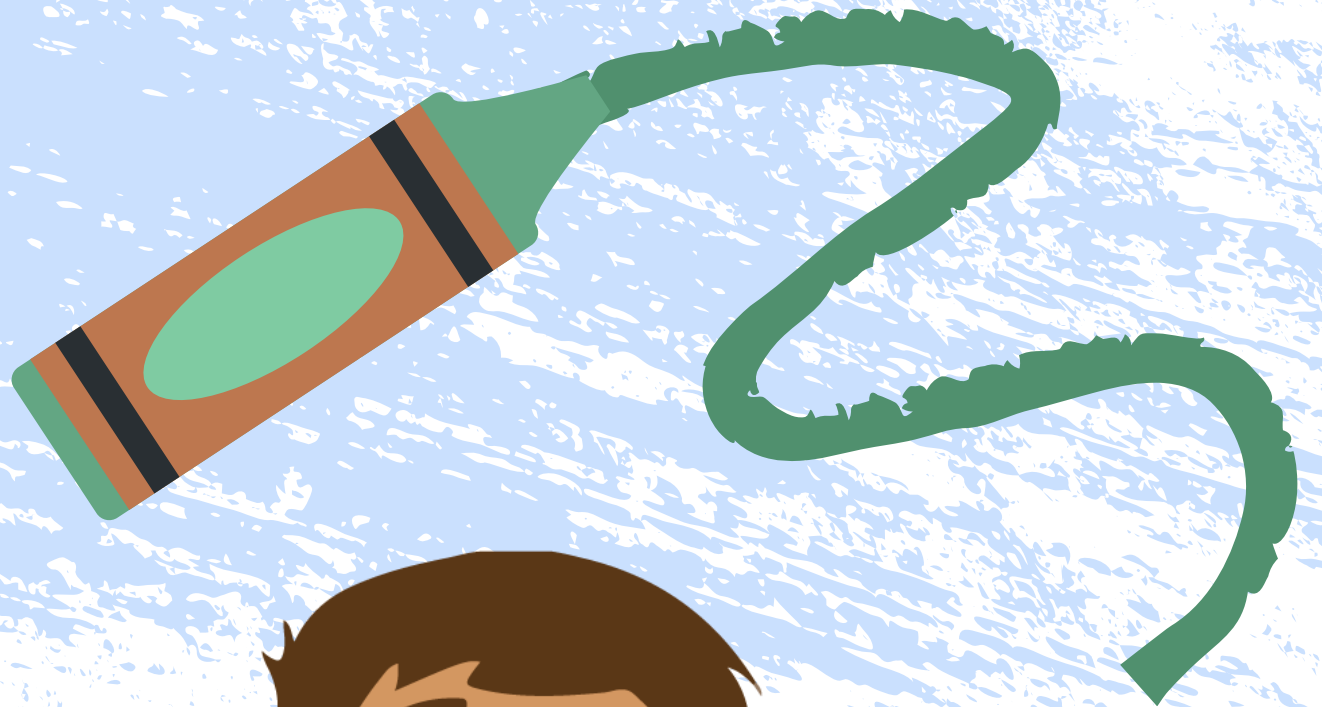
Mom and Kookum really helped me feel better but I am still a bit nervous. Mom and Kookum came up with a super cool idea.

They told me we were going to make a mini me - out of paper!

How is that gonna make it better to get a needle?



So, my mom showed me a piece of thicker paper that was cut out like a person. She explained that we would make a paper **ME** by drawing and colouring it to make it look exactly like me. **What a great idea!**



Mom told me that I could take mini Louis with me to get my needle. She said she would ask the doctor if mini Louis could get his needle first to show me how easy it would be.



We had so much fun making mini Louis. I drew my eyes, nose, and mouth first. Kookum helped me draw my hair before we drew the shirt, pants, and shoes. I didn't think he looked like me that much, so Mom drew my favorite shirt with the Métis infinity, a sash, and moccasins that Kookum gave me on my birthday.



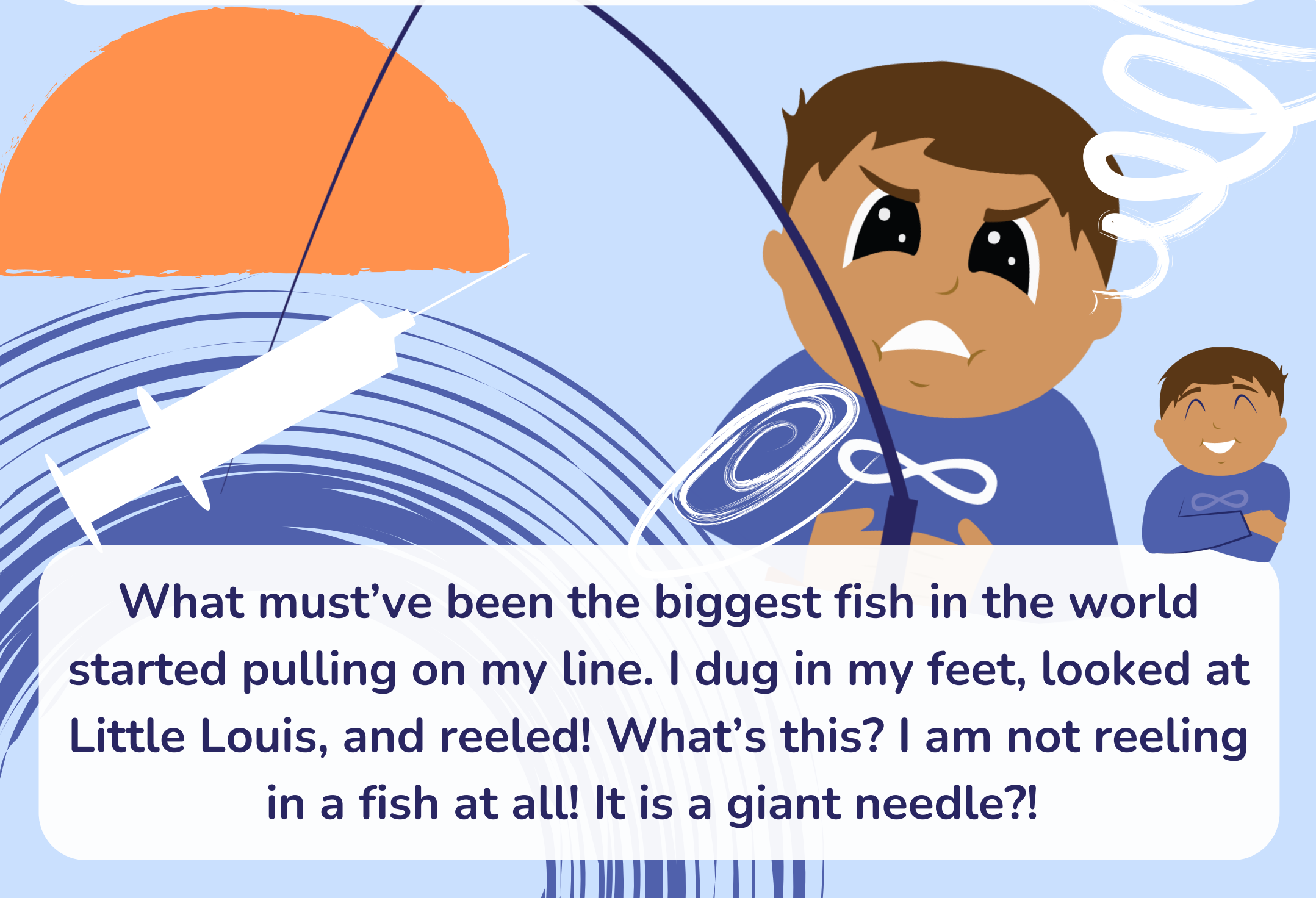
Now he started to look a lot like me. While I was colouring him, we tried to come up with a good name.



That's when Kookum told us about a great Métis leader, Gabriel Dumont. He named his rifle 'le petit,' which means 'little one.' Hmm... Little one, Little Louis. Aha! Little Louis was the perfect name.

Kookum always knew the right story!  
After making Little Louis, I got all ready for bed and put Little Louis on my pillow beside me.

Before I knew it, I was dreaming of fishing with Little Louis on the shores of the Qu'Appelle River. It was our job to catch fish for my family's dinner. It was sunset and I could feel the warm sun on my face and then... Bam!!!



What must've been the biggest fish in the world started pulling on my line. I dug in my feet, looked at Little Louis, and reeled! What's this? I am not reeling in a fish at all! It is a giant needle?!

This might have scared some other kids, but not Little Louis and me! We took some deep breaths, faced the needle calmly and... Poof!



It turned into a fish! Little Louis and I reeled in our catch and kept our family fed.

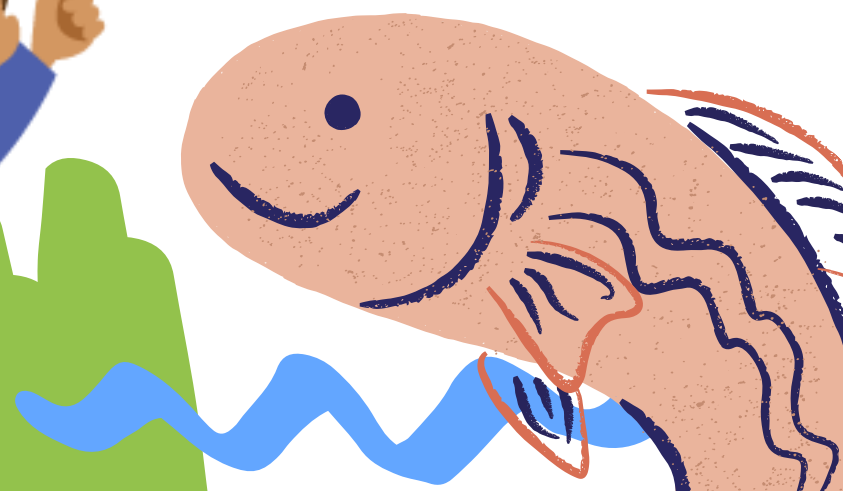
When I woke up in the morning, I told Mom and Kookum about the dream. They told me that facing the needle was like facing my fears and that facing our fears makes them less scary.





They said the needle turned back into a fish because, even though the vaccine may seem scary, it actually helps our communities - just like fish from the Qu'Appelle River! They said that the dream meant I was brave and would do what I needed to for my family.

It was nice to hear them say this, but Little Louis and I already know how brave we are. We were in the dream after all!



The day has finally come. It was time to start getting ready. Before leaving home, I grabbed my favourite distraction, my Mooshum!



When Mooshum and I got to the doctor's office, I tried to think about what I had been taught: to be polite and listen to my Elders.

I looked over at Mooshum and he told me to stay calm and be brave. When I looked at Little Louis, he was as calm as I had ever seen him!

Stay calm and be brave, my boy!

BE COOL



Right then, I knew I had nothing to worry about! While waiting, Mom and I filled out a booklet that tells the doctor how they can help me be brave.



As we walked into the office, Mooshum held one of my hands and Little Louis held the other. The office was just like Mom had described. The room had a chair, a small table, some medical stuff, and a kind nurse.

This booklet was made for kids who are receiving **vaccinations/shots**



(draw yourself!)

# ALL ABOUT me

This booklet is to help you get to know me better and so I can feel safe.

My name is: .....

## MY FAVOURITE...

Toy: .....

TV Show or Movie: .....

Book: .....

App: .....

## People I like to be around:

.....

.....

## Things that I brought to help me feel comfortable are:

.....

.....

- This is my first time at the health clinic/lab
- I have been to the health clinic/lab many times
- I have had many needles, broken bones or surgeries

## When I get a needle, I want: (please circle)

- Less pain (numb the area)
- To count or sing
- To breathe calmly
- To not look or close my eyes
- To look or watch
- To use a tablet, phone or game
- A special toy or comfort item with me
- Fun bandages or stickers
- To sit with someone I like to be around
- Other: .....

## MY JOB IS:

Keep my arm still - I may need help with this

## HELPFUL HINT

Plan to do something special after the needle to recognize how brave you are!

What special thing would you do?

I thought that those doctors and nurses are heroes too, just like me! As the nurse looked over my booklet, Kookum offered to help me sit up straight. She said that if I sat on her lap, she could give me a big hug! Wow, that does sound nice.

I know I am ready for the needle. I want to be brave so badly but my heart is pounding like the spoons and my stomach is dancing to the beat. All of a sudden, the kind doctor, with smiling eyes, leans forward and asks me for something. Of course! Little Louis is supposed to get his needle first!



So I hand Little Louis to the doctor, she holds his arm, and puts the needle in. Next, she pulls the needle out, puts a cotton ball where it used to be, and gives Little Louis a fun band-aid.



Just like that, Little Louis is safe and he did not even flinch! If he can do it, I know I can too! All of a sudden, the rhythm pounding in my heart didn't make me nervous, it reminded me of my Mooshum playing the spoons!

It is time to be brave and trust Kookum and Mom. Together, we say a prayer because the vaccine is here to help and that is worth praying over! After the prayer, I remain calm, stay as still as possible, and hum while Kookum sings a beautiful song that reminds me of home.





Before I know what has happened, it is already over!  
I guess it stung a little, but was that really what everyone was fussing about? That needle was as harmless as the one in my dream! Mom asks me how I am feeling. Hmm, how am I feeling?



I feel great! I helped protect myself, you, and everyone else in our community. I feel brave. **I AM brave!**



**Just like that, I am safe. I protected myself and my community. Now I really can't wait for everyone else to get vaccinated so we can play together like we used to! I close my eyes and can hear my cousins laughing and smell burgers on the BBQ!**



Until everyone else shows how brave they are, I am just thankful to have a Mom, Kookum, and Mooshum that make me feel strong and safe. As we all walk out of the clinic, Kookum surprises me with some freshly picked berries and her specialty bannock made with an extra dash of love! How lucky can one kid get?!



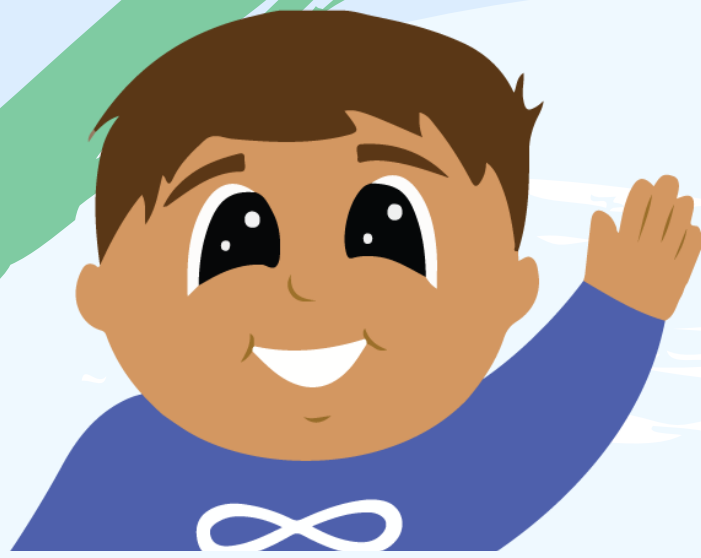
Little Louis and Little Rhea emerged from a partnership involving members of Star Blanket Cree Nation, Morning Star Lodge (MSL), and MSL's partners.

Members of the Star Blanket Cree Nation that contributed include Elders Ethel Dubois and Lindsay Starr, Victor Starr, & Reah Starr. The Knowledge you bring to our work adds depth and relevance to all of our projects. Thank you (kinanâskomitin).

Shawna LaRocque-Desjarlais provided manuscript suggestions that could have only come from her unique experiences as a parent, Métis woman, and experienced educator. Further, Les Filles de Madeleine provided much-needed cultural input. Nicole Crimi, a medical school student, gave generously while sharing the lessons she learned while publishing her own children's book which can be found at [pattyandthepandemic.org](http://pattyandthepandemic.org).

All of the staff at the MSL contributed to this project. Special thanks go to MSL's leadership for the culture they have created and partnerships they have fostered. Heather O'Watch and Shayla Desjarlais deserve special recognition for their efforts to promote and illustrate Little Louis and Little Rhea.

**Patrick Sullivan,**  
**Project Coordinator**



**Little  
Louis**

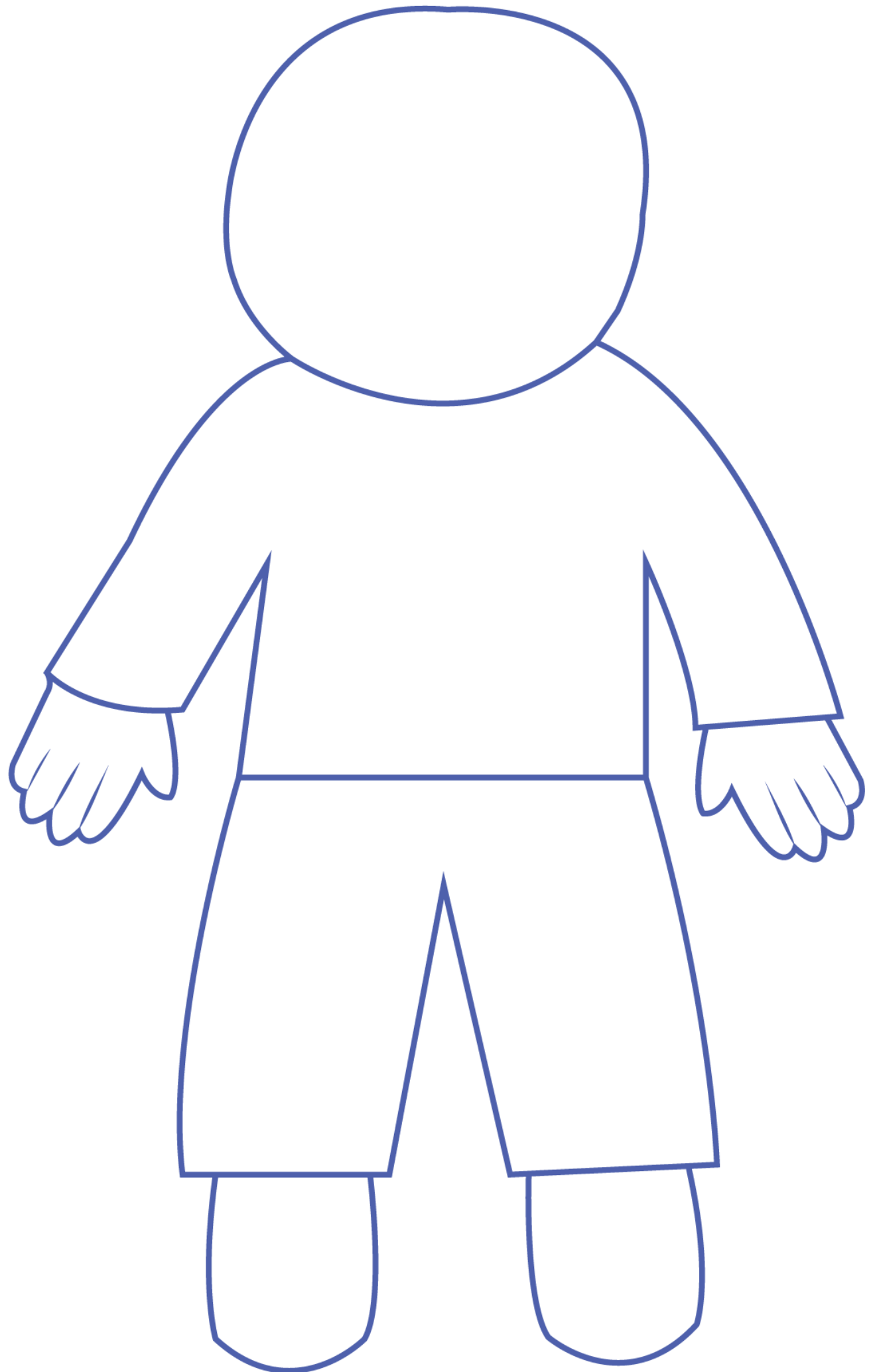
Head to  
**[www.indigenoushealthlab.com/littlepeople](http://www.indigenoushealthlab.com/littlepeople)**  
to download more paper doll templates and  
other resources.

**Have fun and get creative!**

The paper doll can accompany your child as a  
support when they get vaccinated.

If they are becoming anxious you can remind them  
about the story of Louis getting vaccinated and  
how he overcame his fears. Feel free to take  
pictures and save them as a keepsake to document  
when your child was being extremely brave, just  
like Louis!

Template that  
can be copied  
and cut out to  
create your  
child's own  
personalized  
paper doll.



# Little Louis

A Culturally Relevant Vaccination Story



MORNING STAR LODGE  
AN INDIGENOUS COMMUNITY-BASED HEALTH RESEARCH LAB



LES FILLES DE MADELAINE  
(SASK MÉTIS WOMEN)



STAR BLANKET  
CREE NATION