



KID'S COMFORT

· PROMISE ·

Making Shots Hurt Less

POSITIONS:

Sit in a parent's lap or in a chair to feel comforted and safe. Get a hug or hold a hand.

DISTRACTION:

A toy, book, song or video can keep your mind on something else.



SHOTBLOCKER:

A small disc with bumps to distract your brain from feeling the poke.



PAINEASE SPRAY:

A cold spray that briefly numbs a spot on your skin.



ALSO FOR TEENS:

Music, a video or game on a phone can be great distraction.



Children's Medical Center

UMass Memorial Health

UMASS MEMORIAL MEDICAL CENTER