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# STRATEGIES FOR REDUCING PAIN FROM SHOTS

Did you know **2 in every 3 children** and **1 in every 4 adults** have a fear of needles?

Advice from Pandemic Parenting Podcast guest expert, **Dr. Christine Chambers**

## 1 APPLY NUMBING CREAM

Apply a numbing cream 30-90 minutes before getting a shot.

## 2 HAVE DISTRACTIONS

Bring activities or devices that will distract away from the shot.

## 3 DO RELAXATION EXERCISES

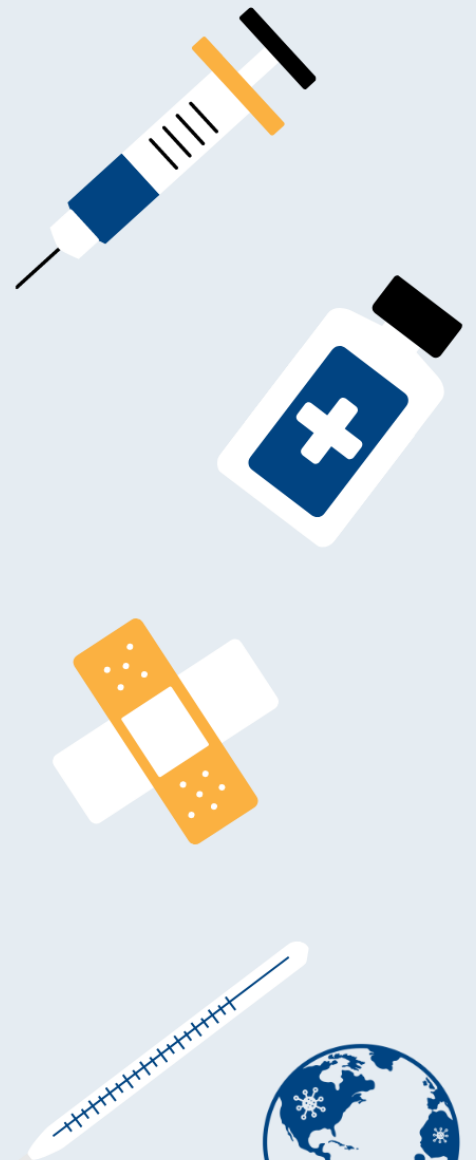
Make sure the recipient is relaxed. Try a breathing exercise or encourage kids to tense their muscles like a robot and then let them loose like spaghetti noodles.

## 4 SIT UPRIGHT

Have older children sit up instead of lying down.

## 5 IF BREASTFEEDING, NURSE DURING SHOTS

If you're breastfeeding, nurse infants while they receive their shots. Breastfeeding has been shown to significantly reduce pain from needles for infants.



PANDEMIC PARENTING

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