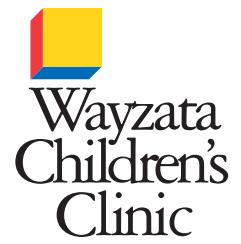


# Protect and Soothe Program



At Wayzata Children's Clinic, we know vaccines are an important way to protect children from illness. We also understand vaccines and blood draws can be scary for kids. Although we can't eliminate all discomfort during procedures, there are proven strategies that soothe pain during labs and vaccines. Different options are available based on age and are influenced by your child's temperament, pain tolerance, and anxiety level. Please talk to your medical assistant if you want to use any of these methods.

Age:	<12 months	1-4 years	>5 years
<b>Positioning:</b> Contact with parent provides sense of security.	✓	✓	✓
<b>Breast Feeding:</b> Contact with parent provides a natural suppression of pain pathway. Establish latch just prior to injection. If possible, continue through 1-2 minutes after injection.	✓		
<b>Buzzy Bee/Shot Blocker:</b> 2 technology options placed on the skin that distract pain receptors in arm and brain. Applied 1 minute before the procedure.			✓
<b>Sucrose (Sweet) Solution:</b> Sugar water provides a natural suppression of the pain pathway. Given 1 minute before the procedure, within a medical setting will not cause tooth or nutritional issues.	✓		
<b>Numbing Cream:</b> Blocks pinch sensation, but may still feel a sting from vaccine injection. Applied 30 minutes or longer before procedure, this option requires planning and a decision at the start of visit.	✓	✓	✓

## You are the most important factor in your child's comfort!

Prepare your child for the visit. Please avoid making promises that "nothing will hurt," or "there are no shots or blood work". Vaccine schedules can change and we may advise a vaccine at a visit when none had previously been planned. Bring items for comfort or distraction (toy, blanket, books, pacifier, music, etc).

Helpful messages to discuss include:

- "We are giving you medicine to keep you healthy"
- "I will be here to help you"
- "We will plan ways together to keep you the most comfortable"
- "Let's think of the fun things we can do after this appointment"