## DEAS TO HELP - ME BELAX

- Practise 5 finger breathing.
- Hold someone's hand or have a hug.
- Slowly count to 10.
- Listen to music. Which song? \_\_\_\_\_
- Talk about something I like with my special person.



# TANARISTION PROGRAMME MY TAMARISTION PROGRAMME MY TAMARIST TIME PLAN

My name is:	I would like to:
	☐ Sit on a chair by myself
I am years old and I am	☐ Sit on''s lap
going to get vaccinated to protect me from COVID 19.	I want to be vaccinated in my:
I'm getting vaccinated at:	Right arm
	☐ Left arm
The special person who's	When I'm getting vaccinated I want to look at:
taking me is:	☐ My special person
I	My toys
	☐ The injection
I'm going to bring:	☐ Something else to distract me
	I'm going to celebrate by:
I'm going to wear: (something	
with short sleeves is good)	



## WHAT I CAN EXPECT

### When I arrive, I'll be:

Met by a friendly health worker and asked a few questions like my name and age.



Taken to where vaccinations happen. I can bring my books, toys, or other things with me.



I'll wait my turn. Maybe I'll play with my things. Maybe I can practise five finger breathing.





#### It's time for the vaccination:

I'll be asked a few more questions before I'm given my vaccination. My special person can help me with the answers.



First, I stay still like a statue, take a big breath, and try to make my arm soft and relaxed.



Then, the health worker will give me the vaccine as quickly and gently as they can. They'll hold the top of my arm, give me the injection, and put a plaster over the spot when they're done.



Next, my special person and I will wait for 15 minutes to check that everything is all OK.



#### After:

I can talk to my special person about how it went. How did it go? What went well? Is there anything I would do differently next time?



