



Advanced Needle Fear Solutions

Needle phobia can cause dread days before a procedure, lead to moving home shots to a medical setting, or even contribute to discontinuing effective treatment. When this happens, try a "do over" for children ages 4-10.

Kids are used to having new rules. When you are 100% consistent after calling a "do over," kids usually adapt in 1-3 events. "OK, this isn't working. Let's change this, make a plan for next time, and you choose what you want to try."

1) Write down coping options to make the new deal official. Have the *child* keep track of what worked. This gives them control and offers some objectivity about the process of making shots better.

2) Change body position. Lying on the back provokes anxiety. Try lying on the side, or sitting up in a low chair with the leg extended, not flexed. Tensing muscles makes shots worse, so extended but relaxed is the best. For arms, let the shoulders relax. For gluteal injections, lying prone (face down) is better than bending over. When possible, sitting on a parent's lap is a comforting position.

3) Choose a new active distraction. Focus attention away from the injection. Play a video game, blow on a kazoo or count items you find in the room. Passive watching or listening usually do not work as well.

Buzzy
DRUG FREE PAIN RELIEF®

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IV Starts



Shots



Finger Sticks

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BuzzyHelps.com

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(Continued from front)

4) Stimulate other Sensations. Take a big sip of something cold and sweet right at the moment of the injection. Have your child turn Buzzy® on and off in their hand. Press Buzzy® to your child's chest or other body part (for counter-stimulation).

5) Create a reward system. Collect stickers, beads, or other kid currency for each injection towards a bigger prize.

6) Create a team reward! Decide on a prize for working on this together, like an outing to a movie or a favorite shop, collecting tokens toward the goal. The better you both do, the more points. Both of you performed the plan perfectly? Three tokens for you, 3 tokens for her. You forgot to have the cold sweet drink nearby but otherwise did well? 2 for you, 3 for her (and you got some feedback on what was most important to her). You lost it, they had to be dragged out from under a table? Well, 1 for her, 2 for you maybe, and the prize is still within reach. Having a tangible token actually helps.

Having a plan and feeling more in control can reset the fear wind-up. When fear sets in, remind her "No, no, this is going to be completely different, remember? We have our plan." Different methods work for different children, if one doesn't succeed, try another!

Visit BuzzyHelps.com for more ideas, and if you have a solution of your own, email it to: info@mmjlabs.com

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