

Needle Pain Management for Vaccinations & More

Resources for Families and Health Professionals



Parents Canada Resource

A 1-page resource intended primarily for parents that provides evidence-based strategies for managing needle pain and fear.

Access here: tinyurl.com/ddebsvdy



Conversation Canada Article

Published in April 2021, "Fear of needles: 5 simple ways to ease vaccination pain for yourself and your child" is helpful for the whole family!

Read here: tinyurl.com/ccmhzcpc2



Comfort Ask Relax Distract (CARD)

This collection of resources (including handouts and fun videos) offers pain management strategies for school-based immunization clinics.

Access here: tinyurl.com/rpre8rke



Immunize Canada Resources

Children: tinyurl.com/yacva6bd

Kids and Adolescents: tinyurl.com/362zx5bc

Adults: tinyurl.com/26reyw2a

Clinicians: tinyurl.com/279vhnvf



Mom Hack: When Kids are Afraid of Needles

A short video made by and for parents.

Access here: youtube.com/watch?v=VUQgQb5iXPg



It Doesn't Have to Hurt Video

A short, fun video offering advice on how to make immunization a positive experience for kids.

Watch here: youtu.be/KgBwVSYqfps

For more [#ItDoesntHaveToHurt](https://www.itdoesnthavetohurt.ca) content, visit www.itdoesnthavetohurt.ca



Comfort Care Plan

This simple planning tool from Commitment to Comfort is made for children and adults to plan ahead and use strategies that work for them.

Access here: tinyurl.com/4f56j9c3

Access client summary here: tinyurl.com/7u3t9d6n



Be Sweet to Babies Video Series

A series that shares evidence-based pain management tips for needle procedures with babies. Available in several languages.

Watch here: tinyurl.com/ur2e9vf9



Clinical Practice Guideline

These guidelines are informed by 7 systematic reviews published in the Clinical Journal of Pain.

Access here: tinyurl.com/44seydsz



#BeAPainChampion Resources

These pain management resources from the Meg Foundation are sorted into age categories.

Access here: tinyurl.com/5xe6vtca

Resources for Families and Health Professionals on Managing Needle Fear

Click here to access "Overcoming your needle phobia (fear of needles)", a leaflet produced by the NHS:

tinyurl.com/4pza4pnn

Click here to access a self-help workbook for adults on how to overcome fear of blood, needles, doctors, and dentists: bit.ly/2JXsuvn



CanVax podcast on needle fears

canvax.ca/emerging-topics-podcast



Telus Spark Live Q&A

www.facebook.com/telusspark/videos/755829721711938



Anxiety Canada

Adults: bit.ly/3me6Yj8 Children and teens: bit.ly/3mfbei6

