

# Needle Pain & Anxiety Management for Vaccinations

## Resources for Children, Parents, and Families



### Parents Canada 1-Page Resource

Access here: [tinyurl.com/ddebsvdy](https://tinyurl.com/ddebsvdy)



### Conversation Canada Articles

5 simple ways to ease vaccination pain for yourself and your child: [tinyurl.com/ccmhzc2](https://tinyurl.com/ccmhzc2)

Needle fears can cause COVID-19 vaccine hesitancy, but these strategies can manage pain and fear: [tinyurl.com/23xfpay6](https://tinyurl.com/23xfpay6)



### CARD System: Comfort, Ask, Relax, Distract

Access here: [tinyurl.com/2cc82n7j](https://tinyurl.com/2cc82n7j)



### It Doesn't Have to Hurt Video

Watch here: [tinyurl.com/2esx7k26](https://tinyurl.com/2esx7k26)

For more #ItDoesntHaveToHurt content: [www.itdoesnthavetohurt.ca](http://www.itdoesnthavetohurt.ca)



### Les stratégies Tout doux

Téléchargez ici: [tinyurl.com/hr3aczp](https://tinyurl.com/hr3aczp)



### J'aime pas les piqûres !

Téléchargez ici: [tinyurl.com/ra8syhmk](https://tinyurl.com/ra8syhmk)



### Meg Foundation

Access here: [megfoundationforpain.org](https://megfoundationforpain.org)



### Government of Canada Resources

What to expect at your child's vaccination appointment: [tinyurl.com/5enbyvnc](https://tinyurl.com/5enbyvnc)

À quoi s'attendre lors de la visite de vaccination: [tinyurl.com/e49yjzbu](https://tinyurl.com/e49yjzbu)



### Mom Hack Video: When Kids are Afraid of Needles

Access here: [tinyurl.com/445k97fe](https://tinyurl.com/445k97fe)



### Anxiety Canada

Helping Children with Needle/Vaccine-Related Anxieties: [tinyurl.com/uwatncxk](https://tinyurl.com/uwatncxk)

My Anxiety Pain Plan

- Children & teens: [tinyurl.com/n6em75kw](https://tinyurl.com/n6em75kw)
- Adults: [tinyurl.com/yv8pjb8](https://tinyurl.com/yv8pjb8)



### Commitment to Comfort

Access here: [tinyurl.com/vancepcb](https://tinyurl.com/vancepcb)



### Be Sweet to Babies Video Series Available in several languages

Watch here: [tinyurl.com/ur2e9vf9](https://tinyurl.com/ur2e9vf9)

## Resources for Health Professionals and Adults



### Immunize Canada Resources

For clinicians: [tinyurl.com/279vhnvf](https://tinyurl.com/279vhnvf)

- Children: [tinyurl.com/yacva6bd](https://tinyurl.com/yacva6bd)
- Youth: [tinyurl.com/362zx5bc](https://tinyurl.com/362zx5bc)
- Adults: [tinyurl.com/26reyw2a](https://tinyurl.com/26reyw2a)

La peur des aiguilles et ses répercussions: [tinyurl.com/38c59wky](https://tinyurl.com/38c59wky)

### Clinical Practice Guidelines

For needle pain: [tinyurl.com/495jnhk3](https://tinyurl.com/495jnhk3)

For needle fear: [tinyurl.com/36zksk2b](https://tinyurl.com/36zksk2b)



### Executive Summary/Sommaire Exécutif

COVID-19 Vaccine Hesitancy and Needle Fear Survey: [tinyurl.com/3fja3yxj](https://tinyurl.com/3fja3yxj)

Enquête sur la réticence à la vaccination contre la COVID-19 et la peur des injections:

[tinyurl.com/z6eerzau](https://tinyurl.com/z6eerzau)