

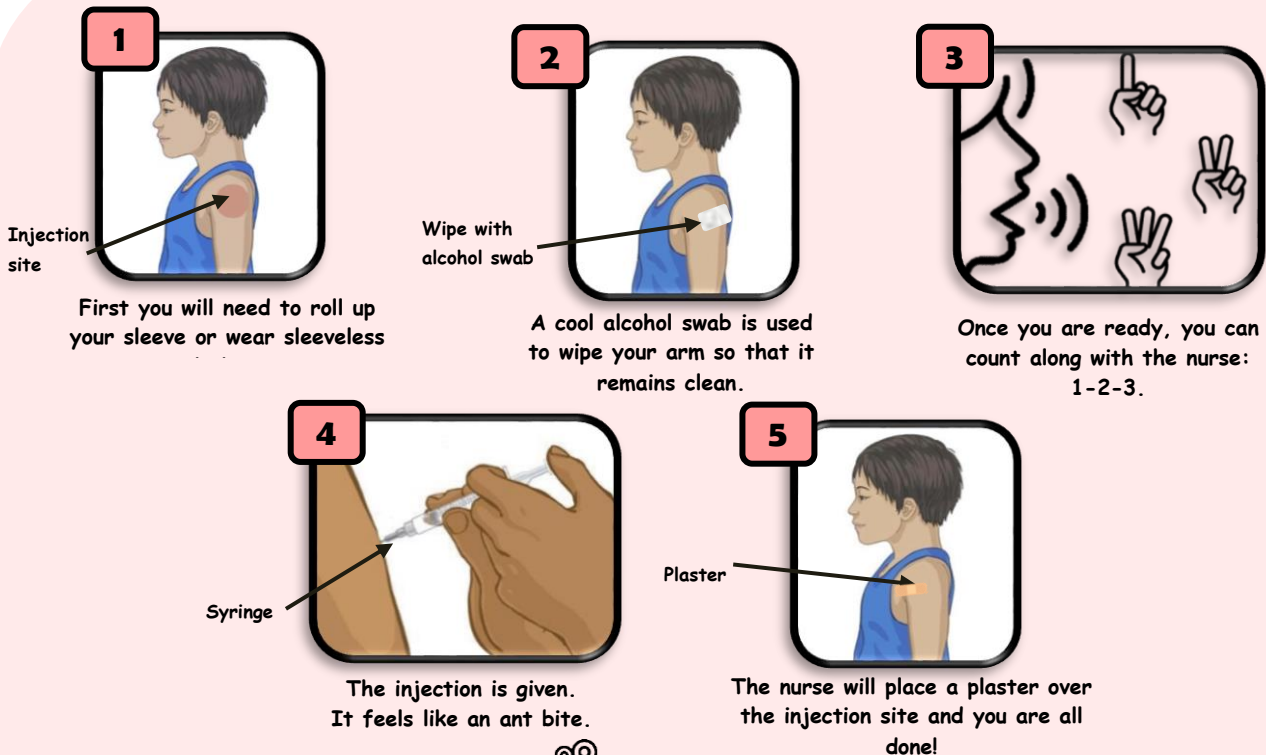
Preparing for an Injection



What is it?

An injection is something we take to help our bodies feel better and stronger. It is usually given by a syringe which holds the medicine and a needle. An injection can be given on your arm or on your thigh.

What happens during an injection?



 Watch this!

[It Doesn't
Have To Hurt](#)

What should I do to feel better?

Below are some things you can do to feel better:

1. Sit on mummy/ daddy's lap and hug them (refer to [Comfort Positions Poster](#))
2. Hold mummy/ daddy's hand
3. Take deep breaths
4. Watch a fun video/ play a game (look away if it helps)
5. Listen to some music and close your eyes

If you want to learn more, ask your doctor/nurse to give the Child Life Therapist a call when you are staying in the hospital!

Getting an injection might hurt a little. However, the pain will go away quickly. It is okay to feel worried and/or cry. Do talk to mummy/ daddy/ someone whom you feel safe with so that he/ she can help you 😊

Resources: <https://aboutkidshealth.ca/Article?contentid=997&language=English>,
<https://freepik.com>, <http://dailymed.nlm.nih.gov/dailymed/>