Here are some tips and tools to help your keiki have a positive and sensory-friendly experience!

**Tips**

1. Read a social story about getting a vaccination with your child several times in advance of your visit. This helps them know what to expect.

2. Bring a fidget toy or a phone/tablet and headphones with you to help keep your child occupied. Also bring any comfort items that your child may have.

3. Do your best to keep a positive and up-beat attitude throughout the visit. Praise them for waiting and being patient.

4. Have them pick out a fun band-aid while they wait their turn.

5. Discuss a reward with your child using "if... then..." language. This could be a sticker or a special treat.

6. Afterwards, praise your child for being brave and hype up the moment. Give them the reward immediately. Hooray!

**Tools**

**FIRST...THEN...**

Before your visit, help your child choose a reward, such as a sticker or a special snack. Draw a picture of the reward in the second box and show this visual to your child during the visit to remind them while telling them, "First the vaccination, then you get ____!" Make sure you give them the reward right after the shot!
SOCIAL STORY

Read this story with your child before and during your visit. Answer their questions truthfully and reassure them if they are anxious or scared. Social stories are learning tools that help children know what to expect in new situations. You can also make your own at home!

1. The COVID-19 vaccination will keep you healthy, strong, and safe.

2. First, you will need to wait your turn and be patient.

3. Then, you will meet the doctor or nurse.

4. You will need to sit very still like a statue. You can take a deep breath to help.

5. 5...4...3...2...1.... You will feel a quick pinch. Then all done!

6. You can then put on a special band-aid.

7. Hooray! You did it! Now you can get your special reward. Way to go!

8. Before you go home, you will need to wait for a few minutes again. Nicely done!

Visit our Website for More Resources
http://go.hawaii.edu/Zyx

Instagram @hawaiivaccineaccess

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