

Tips & Tools for an *easy-breezy* vaccination experience

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!

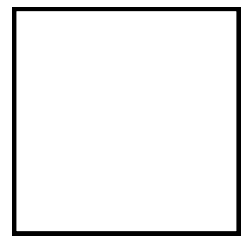
Tools

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!



FIRST



THEN

SOCIAL STORY

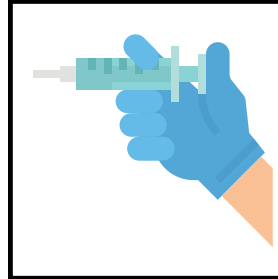
Read this story with your child before and during your visit. Answer their questions truthfully and reassure them if they are anxious or scared. Social stories are learning tools that help children know what to expect in new situations. You can also make your own at home!

1.



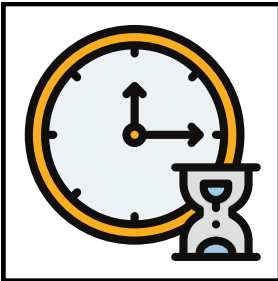
The COVID-19 vaccination will keep you healthy, strong, and safe.

5.



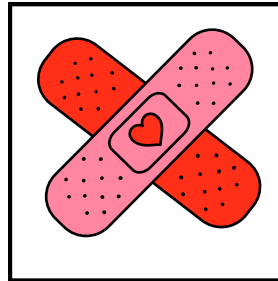
5...4...3...2...1....
You will feel a quick pinch.
Then all done!

2.



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

6.



You can then put on a special band-aid.

3.



Then, you will meet the doctor or nurse.

7.



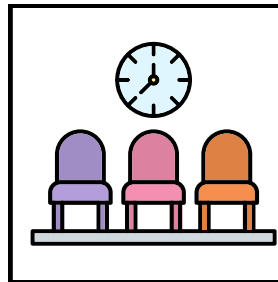
Hooray! You did it! Now you can get your special reward. Way to go!

4.



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

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

Brought to you by the Triagency Partnership:



Center on Disability Studies at the University of Hawaii (CDS),
Developmental Disabilities Council of Hawaii (DD Council), Hawaii
Disability Rights Center (HDRC)



This resource is created by funding under ACL of the US HHS, award #90DDC50058.