

Children's Specialists

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Helpful Hints at Injection Time

Before

- Allow the child to feel some control over the situation by offering choices when possible. This works best when the child is over two years old.
 - Have the child pick one particular chair or area to do injections. This makes the rest of the house feel "safe".
 - When appropriate, offer the child a choice of which finger/area of body to poke.
 - Have the child help identify a way to sit (holding, hugging) that will best support them in being still. (See pictures on next page)
- Find a second person to help hold when necessary.
- Make the child's bed a "safe" and injection free area. Otherwise children may worry about getting "stuck" while they sleep.

During

- Be organized. Keep everything together and have it ready to go before approaching the child. For example have the finger piker loaded, test strip ready to go and insulin pen prepared.
- If possible, explain what you are going to do without letting the child actually see the needle. "I'm going to give your insulin now, you are going to feel a little poke"
- Be patient, calm, and loving, yet firm. There is no option about getting the injection.
- Be quick. Sometimes anticipation is harder than the poke.
- Tell the child that you are sorry that the insulin pinches a bit, and they must have insulin to be healthy. They will learn insulin helps them be well and is not a punishment for poor choices/behavior.

After

- Be generous with hugs, love, validation and praise after an injection. Even if the child struggles or squirms, give them positive feedback on something done well:
 - "You did the very best you could"
 - "You held your arm so still"
 - "You worked so hard to keep your legs still"
 - "That was so hard and YOU DID IT! I love you!"
 - "We are such a good team".
- Stickers and star charts are fun and motivation rewards for preschoolers after finger pokes and/or injections.

Positions for Injections

Infant hold for leg injection with baby on bed or table



Infant hold for leg injection in thigh with baby on lap



"Straddle hold" to restrain arm and leg for thigh injection



Thigh injection for toddler with leg and arm restraint



Lap hold for arm injection