

Helping Achieve Positive Poke Experiences (H.A.P.P.E.)

Needle pokes, like shots, blood draws, and IVs, can be scary for kids of all ages. HAPPE helps children and families work with their team to make pokes easier and more successful. Here are some suggestions from HAPPE to help you and your child get ready for their next needle poke.

What can you do to help your child?

- Tell your child's care team:
 - What has helped in the past?
 - What parts are the hardest?
 - How we can help?
- Try to stay calm. This will help you child stay calm too.
- Encourage your child to ask questions.
- Offer praise.

Preparation

All children benefit from honesty. If possible, ask your provider before your child's visit if they will need any pokes. Talk to your child about what will happen during their visit and what they can do to make it easier. If you would like help understanding when or how to prepare your child, you can call the child life team (603-650-8831).

Language to use

Instead of saying:

This part will hurt

shot

I.V.

It's okay

Try saying:

This may feel uncomfortable

Poke, medicine through a little needle

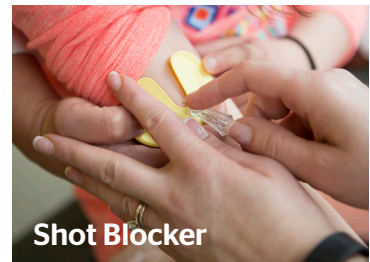
I.V. means "into your vein". It's a tiny tube that carries water and medicine into your body

You are doing a great job holding still, singing a song, holding my hand, etc.

Tools to help with needle pain

We have many tools available to help the poke hurt less.
Ask your team about:

- **Buzzy Bee:** a vibrating tool that limits the feeling of pain.
- **Shot Blocker:** a tool that is pressed onto the skin to limit the feeling of the poke.
- **Numbing cream:** a cream to make the skin numb.
- **Pain-Ease:** a cold liquid that makes skin feel numb for a few moments.
- **Sweet-Ease:** a sweet liquid that a pacifier can be dipped in (for infants).



Distraction

Distraction is a great way to calm your child. Offer fun, familiar things like a book, I Spy, singing, blowing bubbles or playing on a tablet.

Comfort positions

A comfort position can make a child feel safe and in control.

Ask your team which comfort positions might work best for the poke your child is getting. Some options are:

- Sitting on caregiver's lap with legs to one side
- Sitting chest to chest with the child's legs on either side of the caregiver's legs
- Sitting back to chest with the caregiver hugging the child's arms and chest
- Breastfeeding young babies

Parents: Help your child fill out their HAPPE plan and bring it with you to appointments. Share it with your child's team whenever they are getting a poke.

My HAPPE Plan

I think needle pokes are:

- ☐ Super easy
- ☐ Kind of hard
- ☐ Really hard
- ☐ I've never had a needle poke

I would like to try using: (check all that apply)

- ☐ Numbing cream
- ☐ Buzzy
- ☐ Shot blocker
- ☐ Pain-ease spray
- ☐ Comfort positioning
- ☐ Distraction
- ☐ Other _____

My favorite kinds of distraction are: (check all that apply)

- ☐ Singing / Music
- ☐ Bubbles
- ☐ I Spy books
- ☐ iPad
- ☐ Other _____

It helps when I:

- ☐ Watch the needle poke
- ☐ Look away

I like Band-Aids:

- ☐ Yes
- ☐ No