

I CAN CHANGE WHAT I FEEL+THINK+DO!



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INSTRUCTIONS: Use this worksheet to see how your body's feelings affect your thoughts and what you do in response to those thoughts and feelings. Next, come up with a plan to rethink your situation for a successful outcome. Over time, you'll learn to calm your body, replace unhelpful thoughts with true and more helpful thoughts, and have greater control over what you do every day!

EXAMPLE: Joey is nervous about getting his flu shot.

Discomfort	He FEELS	He THINKS	He DOES
 Turn UP	tense + sweaty	"This is going to hurt SO BAD!"	a fit when he sees the needle
 Turn DOWN	strong + loose as a goose	"It'll be over in a second!"	a brave needle poke



FEEL+THINK+DO Strategies

Here are some helpful strategies you can use to get through stressful events, including needle pokes. Toddlers and preschoolers do best when parents help guide them through these techniques!

Toddlers / Preschoolers

Older Kids

Teach them to breathe and relax their body.



FEEL

How can you help your body feel relaxed?

- Flower and candle breathing
- Pinwheel breathing
- Hot soup breathing
- Lemon squeezing
- Comfort positioning: A variety of secure, hugging holds have been shown to reduce distress in younger kids. Ask your MA for help getting into position!
- Slow, smooth, steady breathing
- Be loose as a goose!
- Noodle arms

Talk about brave, coping behaviors — NOT pain!



THINK

What are some true and more helpful thoughts?

- Speak in a calm, soothing, confident voice.
- Do not apologize for pain.
- “You are brave!” Talk about brave things they already did in their appointment.
- “All the kids in preschool (or daycare) get their pokes too. You are brave like them!”
- “It’s just a poke.”
- “It will be over in a second.”
- “I’m brave, and I can do hard things.”
- “It feels just like a little pinch.”
- “Papercuts hurt worse and longer.”
- “Kids in my class get a poke. I can too!”

Distractions and practice!



DO

What can you do to keep your mind busy?

- Provide an incentive—bring a picture and talk about the incentive.
- Distract the senses—sing, massage, apply cold, or rock. Help them get into a trance!
- Let them give you a pretend poke first!
- Put your mind and eyes on something enjoyable: videos, toys, or conversation!
- Distract the senses with ShotBlocker® or Buzzy® Bee.
- Reward yourself for brave behavior! Focus on the reward.