

From the authors of *The Winning Family:
Where No One Has to Lose:*

Positioning a Child for Connection Reduces the Trauma of Injections.

Hold your child chest-to-chest, and have them rest their head on your shoulder opposite the Tech, with their face turned away, and their arms around your neck with a shoulder exposed to the Tech.

Count to ten together, or take some deep breaths while the Tech does their job.

This technique, taught to us by an experienced pediatrician, neurologically calms and soothes a child so getting a shot or vaccine is less fear and anxiety producing.



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