

Top injection tips from parents, for parents



Keep yourself calm. Children can feed off your anxiety.

Be open and honest with your child. Show them you believe they can do it.



Speak in age appropriate language.

You will have many conversations over the years with your child regarding the injections.



Consistency. Make it part of their routine, just like brushing your teeth!



Try any distractions such as TV, icepacks, dummies or teddy bears.

Don't be afraid to use aids such as numbing cream.



Avoid making it the last thing you do before bed and have a nice activity afterwards like a story or cuddle.



Try injection rotation, rotating between stomach, bum and thigh to find what feels best for your child, as some areas can hurt more than others.



Name your injection pen.

It makes it sound less medical and more friendly.



The first few weeks can be the worst.

It's okay for them to be upset.



Support line

0208 995 0257



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