



# Comfort for the intranasal flu immunisation

This tool can be used to create comfort during the intranasal flu immunisation for children. By understanding how your child behaves, connects and communicates, we can optimise their comfort (and minimise distress) during their immunisation.

## What you can do

- **Prepare your child:** Before the procedure, let your child know:
  - What will happen – talk about the steps involved and consider familiarising your child using a toy for a pretend immunisation. It's quick and will take only about 10 seconds!
  - There will be one spray in each nostril.
  - It doesn't hurt, but the spray may tickle their nose a little!
  - They don't need to sniff the liquid. They can breathe as normal.
  - It will go smoothly and quickly if they keep their body relaxed and still.
- **Comfort starts with you:** calm is contagious, if you're feeling nervous you can take some slow, deep breaths. Encourage your child to do the same, they can use bubbles to assist them.
- **Use a comfort position:** Your child needs to be sitting upright. You could provide a back-to-chest cuddle on your lap or sit close with an arm around them.
- **Use the senses:** Sensory experiences muddle the message! Try having a drink before or after, wiggling toes, squeezing something, listening to music or watching a favourite video. This can help them be less focussed on any discomfort.
- **Give choices:** Letting your child decide gives them a feeling of control. Choices may include which nostril to start with, which toy to cuddle, or what they would like to eat/drink after.
- **We respect cultural ways of relaxation:** Please share any practices that help you and your child feel safe and supported.
- **Bring a familiar comfort item:** Having something familiar, such as your child's favourite toy or activity, can help your child feel safe and calm.

## Here are ways children find comfort:

Tick the boxes below to tell us what makes your child feel comfortable.



### Touch:

- Cuddle     Holding your hand     Hugging a toy/item     Sitting next to or on your lap

### Familiar objects:

- A familiar toy/item     Watching a favourite video     Listening to a favourite song

### Getting relaxed:

- Bubbles     Big breaths     Something to hold     Reading a book

### Using the senses:

- Rubbing arm /back     Music     Parent's voice     A fidget tool
- Favourite drink and/or snack     Having a tissue for after to dab my nose

### Anything else?

Write any other things that help calm your child

## What bothers or distresses your child:

Tick the boxes below to tell us what to reduce or avoid when caring for your child.

- Loud noises     Bright lights     Strong smells     Being hungry
- Being tired     Being thirsty     Too many adults     Separation from caregivers

### Anything else?

Write anything specific to your child. For example, a previous uncomfortable experience.

