



## Managing Shot Worry in Children and Youth Resources

### **Meg Foundation – Lucille Packard Foundation and Stanford University:**

- [Pain Champion Guide for Parents](#) Helpful guide for parents to support children and youth with needle pain and preparation.
- “Meet Super Meg [Interactive ChatBox](#)” - Interactive online system to develop a tailored plan for you and your child/youth
- [How to make shots hurt less for kids and overcome needle phobia:](#) Expert Strategies for Getting Your Child Through an Injection with More Comfort and Less Pain - Really! -
- A great overview and resource.

### **Stanford University** Division of Child and Adolescent Psychiatry and Child Development at Stanford Medicine:

- [Tools for Kids](#) including relaxation tools, psychoeducation, and a fillable game plan.
- Helping Children with Needle/Vaccine-related Anxiety – [Eight Strategies](#).

### **At Home Exposure Plans:**

- Anxiety UK (2010). [Injection phobia and needle phobia: A brief Guide](#).
- [Overcoming my Fears](#) Exposure Toolbox – A family guide for working on an exposure plan
- Essex Pediatrics Exposure Slide Deck:  
[https://drive.google.com/drive/folders/16RabxFuV8Ziw8mdF62dsb50vVVx5MbQ2?usp=share\\_link](https://drive.google.com/drive/folders/16RabxFuV8Ziw8mdF62dsb50vVVx5MbQ2?usp=share_link)

**Questions? Call us (802) 879-6556**