

Needle Fear Resources- Kids



NHF

https://stepsforliving.hemophilia.org/sites/all/themes/stepsforliving/pdf/go_bag_0.pdf

https://stepsforliving.hemophilia.org/sites/all/themes/stepsforliving/pdf/word_game_0.pdf

Indiana IHTC

[Activity Book: Adventures with my Bleeding Disorder \(ihtc.org\)](#)

HoG

[Factor Fido & Calendar Cat Learn Infusion Coloring Book > Publications > Hemophilia of Georgia \(hog.org\)](#)

[HoG Activity Book on Healthy Living \(PDF\)](#)

HFA

[HFA I've Got This \(PDF\)](#)

[HFA Making Infusions Easier\(PDF\)](#)

[HFA Tips and Tricks Infusion Work sheet \(PDF\)](#)

Nation Wide Children's

[Comfort Holding Techniques](#)

American Academy of Pediatrics

<https://www.healthychildren.org/English/safety-prevention/immunizations/Pages/Managing-Your-Childs-Pain-While-Getting-a-Shot.aspx>

HELPinKids&Adults

<https://phm.utoronto.ca/helpinkids/resources1.html>

Meg Foundation- Information, education, apps, and other helpful resources to intervene with pain and fear for infusion.

<https://www.megfoundationforpain.org/articles/help-shots-hurt-less-pain-and-fear-overcome-needle-phobia/>

<https://www.megfoundationforpain.org/2023/02/22/helpful-language-guide/>

<https://www.megfoundationforpain.org/2022/07/22/be-the-boss-of-your-brain/>

Wellbeing Tools- Breathing and Mindfulness Videos

<https://nap.nationalacademies.org/resource/other/dbasse/wellbeing-tools/interactive/tools-for-teens.html>

<https://www.kidshealth.org.nz/relaxation-pain-management-apps>

CDC

<https://www.cdc.gov/childrensmentalhealth/features/needle-fears-and-phobia.html>