

Dear Parents/Caregivers:

Fall is approaching and your children will be going to their annual medical checkups. Are you ready to take them to the doctor for their physical exams, vaccinations, and other pokes? It is common for kids to worry about getting pokes and being examined. Kids deserve quality preparation and care during all medical visits.

And, you can help!

Go to the Family Medical Coping Initiative section of the Boston Children's Hospital website

<https://www.childrenshospital.org/programs/family-medical-coping-initiative#visits>

For ideas on how to help your child prepare for vaccines, watch the webinar

"Helping your Child Get Ready for Vaccinations and Other Pokes: Reducing Anxiety."

or scan this QR code



and download the related brochure by scanning this QR code



Remember, you can advocate for numbing cream, cold spray, or ice packs to numb the skin before a poke.

Also, watch the video

"Helping Your Child Overcome Anxiety About Medical Visits."

These webinars will teach you how to prepare your child for a medical visit.

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