

Getting an Injection

Social Story

Resource Developed by the Child Life Program
Yale New Haven Children's Hospital

I will be coming to the doctor for an injection.



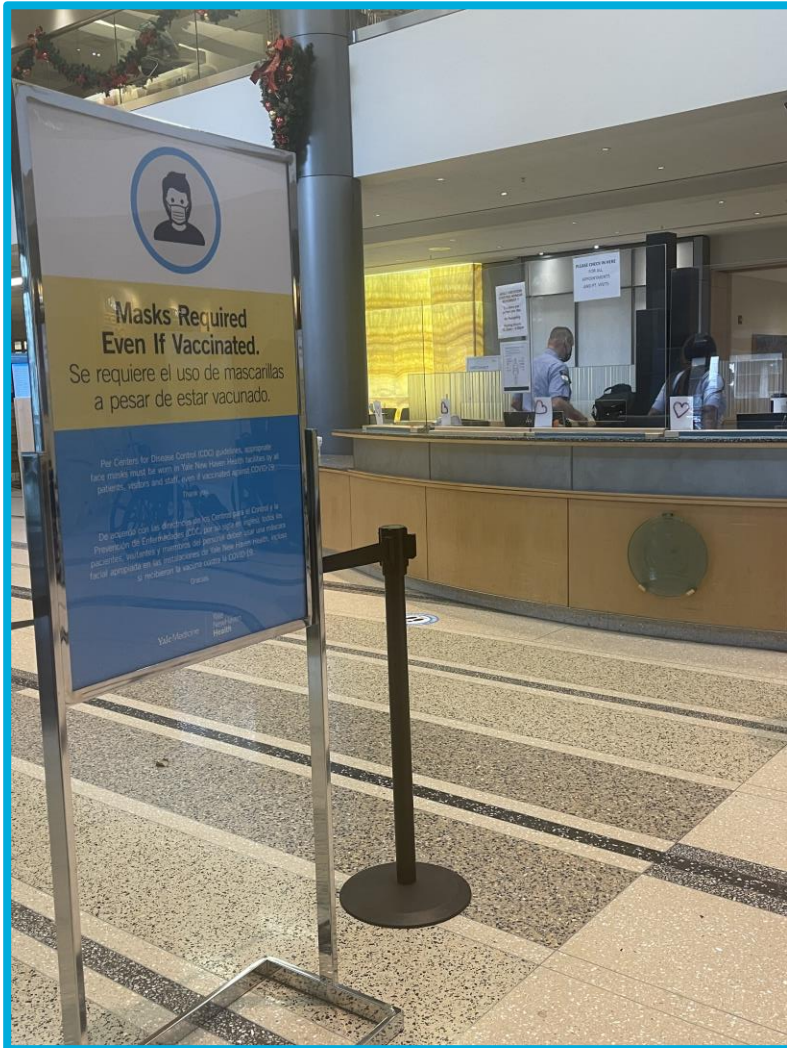
I will be coming to Yale New Haven Children's Hospital. I will come to the Smilow entrance.



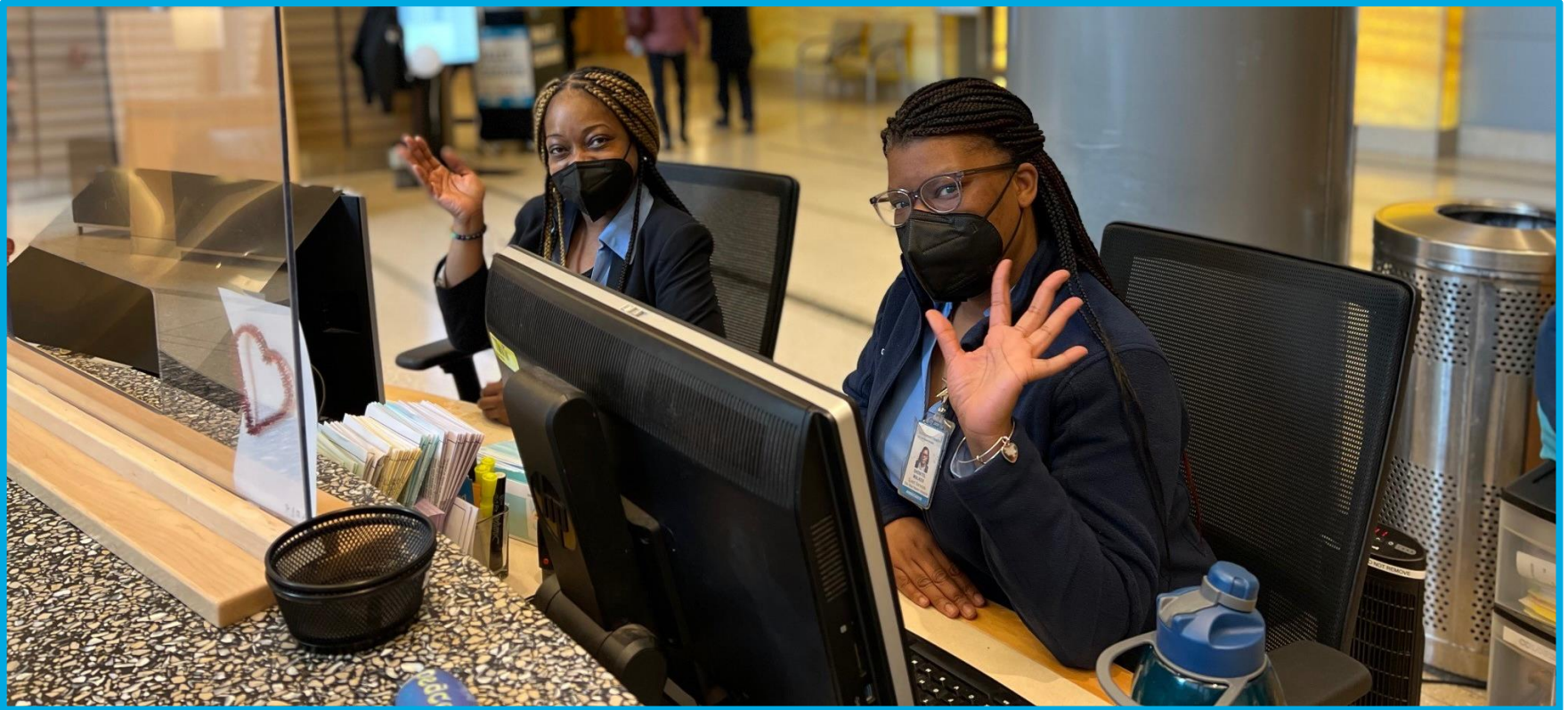
I will get out of the car at the valet.



This is what I will see when I come into the doors of the hospital.



I will check in at the front desk.



I will check in at the desk.



A close-up photograph of a light brown teddy bear wearing a yellow hospital gown. A white identification band is visible on its right arm, displaying the name 'Matt'. The bear has a large brown nose and black eyes. The background is a plain, light-colored wall.



I will go into the exam room when my name is called.



I will sit still in the chair.



I see the nurse's gloves.



I feel the cold, wet wipe to clean.



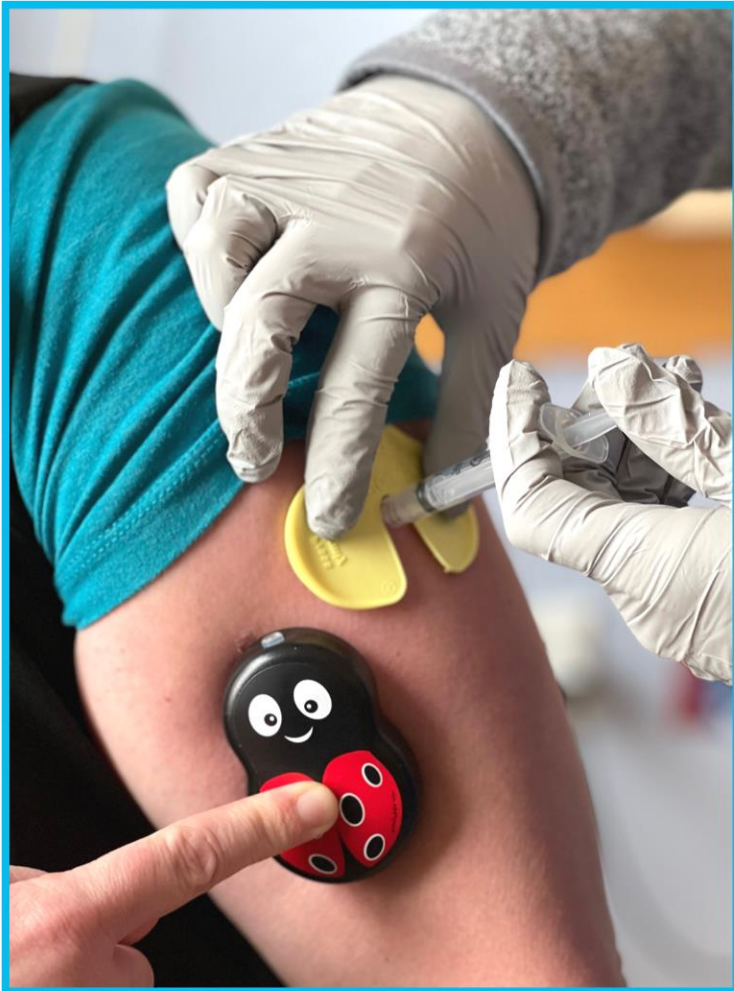
I can choose the shot blocker to help me not feel the poke.



I can choose the buzzy to help me not feel the poke.



I can choose both to help me not feel the poke.



I sit still and take deep breaths during the poke.



The poke comes out.



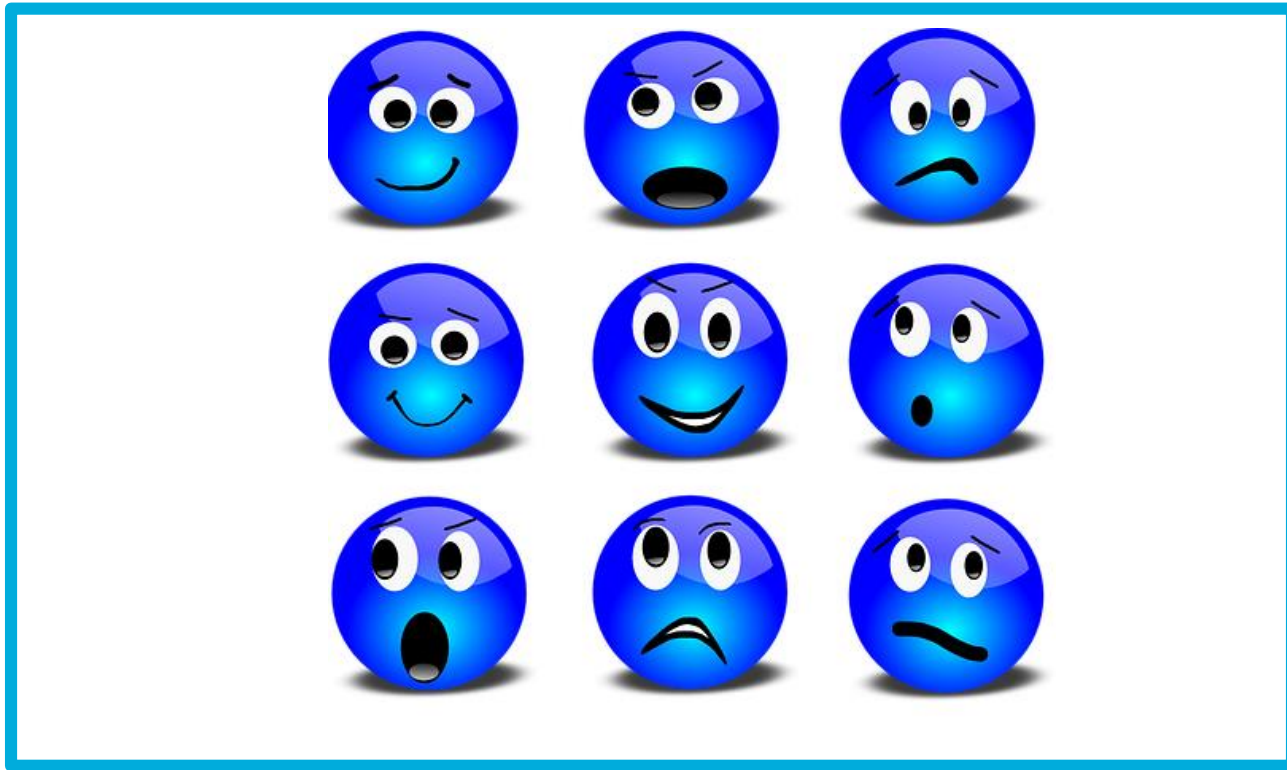
I get a band-aid.



I am all done and I did a great job!



I feel ...



... about my injection.

I can ask questions about my visit
to the child life specialist or other staff member



**The questions I have
are ...**

These things may help me cope better at the hospital.

☐ One person speaks



☐ Buzzy



☐ Freeze spray



☐ EMLA



☐ Counting



☐ Lights off



☐ Noise cancellation headphones



☐ Comfort / Transitional item

☐ I-Pad / Electronics / Music



☐ Timer for transitions



☐ Fidget toys



☐ Weighted lap pad / Blanket



☐ Chew toys



☐ Rocking / Movement toys



☐ Cause & Effect / Sound toys



For Parents: Directions to Smilow Cancer Hospital for your visit to Yale New Haven Children's Hospital

Address:

35 Park St. New Haven, CT 06510

Upon your arrival:

- Pull into the valet circle.
- You will be greeted by the valet who will issue you a valet ticket and assist you to the hospital.
- Your car will be parked in a secure lot.
- When you are ready to leave, you can return to the valet location, the valet will accept your ticket and calculate any applicable parking charges.
- Once inside the hospital, please check in at the Smilow Cancer Hospital front desk where you will be directed to your appointment.
- If you have questions or concerns regarding the check in process, please contact 203-688-2334 for assistance.