



Fall/2017

Dear Parents and School Staff,

Island Health Public Health Nurses are getting organized for School Based Immunization Clinics (SBICs) for students in Grades 6 and 9 this fall. Because immunizations can be stressful, we have put together some ideas to better support students, families and school staff.

Tips to Help Students have a Better Immunization Experience


- ✓ Stay calm and speak in a soft, even tone.
- ✓ Explain why immunizations are recommended (to protect children from serious diseases).
- ✓ Talk about how it is normal to feel anxious, and that learning coping strategies will help them with other stressful situations in life.
- ✓ Ask what helps them to feel calm, and encourage them to apply these strategies in preparing for immunization.
- ✓ Suggest ideas like deep breathing, listening to music, or talking with friends, parents or school staff.
- ✓ Answer questions honestly (such as 'you may feel pressure or pinching').
- ✓ Recognize the effort – "you did it!"
- ✓ Remember that getting enough sleep, healthy eating and physical activity help us all to cope better with stress.
- ✓ See more suggestions at www.immunizebc.ca/ (enter "A better immunization experience for your child" in the search box).

Websites and Apps to Help Children and Youth Manage Stress

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| ✓ AnxietyBC | ✓ MindCheck |
| ✓ Booster Buddy (App for Children & Youth) | ✓ Psychology Foundation of Canada |
| ✓ Healthy Minds (App for Youth) | ✓ Stresslr (App for Children) |
| ✓ MindShift (App for Youth) | |

If you have any questions about immunizations, please visit www.immunizebc.ca/ or call your local Public Health Unit (West Shore 250-519-3490; Sooke 250-642-5464).

Thank you,

 BScN, RN. Public Health Nurse.

West Shore and Sooke Healthy Schools Team

http://www.viha.ca/children/school_years/healthy_schools/