



Figure S1: Evidence-based pain management strategies




Needle Pain & Anxiety Management for Vaccinations

Resources for Children, Parents, and Families




Parents Canada 1-Page Resource
Access here: tinyurl.com/ddebsvdy




Conversation Canada Articles
5 simple ways to ease vaccination pain for yourself and your child: tinyurl.com/cmhzc2

Needle fears can cause COVID-19 vaccine hesitancy, but these strategies can manage pain and fear: tinyurl.com/23xfpay6




CARD System: Comfort, Ask, Relax, Distract
Access here: tinyurl.com/2cc82n7j




It Doesn't Have to Hurt Video
Watch here: tinyurl.com/2esx7k26


For more [#ItDoesntHaveToHurt](https://www.itdoesnthavetohurt.ca) content: www.itdoesnthavetohurt.ca




Les stratégies Tout doux
Téléchargez ici: tinyurl.com/hr3aczpw



J'aime pas les piqûres !
Téléchargez ici: tinyurl.com/ra8syhmk




Meg Foundation
Access here: megfoundationforpain.org




Government of Canada Resources
What to expect at your child's vaccination appointment: tinyurl.com/5enbyvnc

À quoi s'attendre lors de la visite de vaccination: tinyurl.com/e49yjbzu




Mom Hack Video: When Kids are Afraid of Needles
Access here: tinyurl.com/445k97fe




Anxiety Canada
Helping Children with Needle/Vaccine-Related Anxieties: tinyurl.com/uwatncxk

My Anxiety Pain Plan
• Children & teens: tinyurl.com/n6em75kw
• Adults: tinyurl.com/yv8pjb8




Commitment to Comfort
Access here: tinyurl.com/vancepcb




Be Sweet to Babies Video Series Available in several languages
Watch here: tinyurl.com/ur2e9vf9

Resources for Health Professionals and Adults




Immunize Canada Resources
For clinicians: tinyurl.com/279vhnvf
• Children: tinyurl.com/yacva6bd
• Youth: tinyurl.com/362zx5bc
• Adults: tinyurl.com/26revw2a

La peur des aiguilles et ses répercussions: tinyurl.com/38c59wky



Clinical Practice Guidelines
For needle pain: tinyurl.com/495jnhk3
For needle fear: tinyurl.com/36zksk2b




Executive Summary/Sommaire Exécutif
COVID-19 Vaccine Hesitancy and Needle Fear Survey: tinyurl.com/3fja3vxj
Enquête sur la réticence à la vaccination contre la COVID-19 et la peur des injections: tinyurl.com/z6eerzau

kidsinpain.co #ItDoesntHaveToHurt @kidsinpain

Figure S2: Memory-reframing intervention handout

THE SIMPLE ACT OF **TALKING** IN A SPECIAL WAY TO YOUR CHILD **CAN CHANGE** HOW THEY REMEMBER **PAIN**




Pain isn't over when it's over. Our memories of pain stay with us into adulthood. **But there is good news.** Scientific research tells us that we can **shape pain memories to be more positive.**

By choosing to talk about a painful experience in a positive way, you can change your child's memory of it to be more positive too.

How? Use this powerful combination:

**USE
POSITIVE
TALK**


Don't talk about pain or scary feelings. Focus on the positive.



"Someone helped you, the nurse was so nice."
"You rolled up your sleeve, turned on your video, and it was over really quickly!"

**KEEP
IT
REAL**


Catch exaggerations and remind your child what really happened.



"I cried for so long!"
"Yes, you cried, but only for a few minutes, remember? Because then we got ice cream!"

**BUILD
THEM
UP**

Tell your child that they were brave, and why. Celebrate.



"You were so brave, I'm proud of you!"
"You took deep breaths and distracted yourself with your video. You knew what to do!"

The benefits?

You are empowered.


Research tells us that your child will be less scared and have less pain the next time.

You empower your child.

You teach your child better ways to remember and manage painful experiences.

Their future looks brighter.

Research tells us benefits are long lasting, helping your child to better manage pain as an adult!



We are Champions for Kids' Pain. Our team is driven, clever and focused. Our research is actively pursuing better ways to understand, diagnose, manage, reduce, and treat pain. We incorporate research and collaboration for better understanding and better solutions for kids and families living with pain, now.

Visit us for more! PEAKResearchLab.ca/memory

#TalkingCanChangePain

Table S1: Parent Adherence Checklist

Question	Answer Options
1. Before or during the first COVID shot, which of these strategies did you use (check all that apply)	<ul style="list-style-type: none"> • Created a Comfort Plan for my child • Talked about the upcoming COVID shot • Used numbing creams and patches • Practiced relaxation techniques (e.g., deep breathing) • Used neutral language rather than drawing attention to pain • Avoided reassuring my child (e.g., don't say "It will be over soon" or "You are fine") • Distracted my child (e.g., with a video, music)
2. After the first COVID shot, which of these strategies did you use (check all that apply)	<ul style="list-style-type: none"> • Talked about positive things that happened before/during /after the shot • Tried to avoid using pain language (e.g., saying hurt, pain, stab) • Caught any exaggerations regarding needle pain and/or fear and reminded my child what really happened • Told my child they were brave • Talked about what helped to deal with needle pain and/or fear
3. Before or during the second COVID shot, which of these strategies did you use (check all that apply)	<ul style="list-style-type: none"> • Created a Comfort Plan for my child • Talked about the upcoming COVID shot • Used numbing creams and patches • Practiced relaxation techniques (e.g., deep breathing) • Used neutral language rather than drawing attention to pain • Avoided reassuring my child (e.g., don't say "It will be over soon" or "You are fine") • Distracted my child (e.g., with a video, music)
4. After the second COVID shot, which of these strategies did you use (check all that apply)	<ul style="list-style-type: none"> • Talked about positive things that happened before/during /after the shot • Tried to avoid using pain language (e.g., saying hurt, pain, stab) • Caught any exaggerations regarding needle pain and/or fear and reminded my child what really happened • Told my child they were brave • Talked about what helped to deal with needle pain and/or fear