



Additional Resources

Bibliographic Material Resources

- [Help Eliminate Pain in Kids and Adults \(HELP\)- ways to make vaccinations less painful](#)
 - [CARD: Comfort, Ask, Relax, Distract](#)
 - [Info for parents, kids, providers](#)
 - [Longer webinar available: Reducing Pain and Fear: Integrating evidence into routine immunization practice](#)
- [AAP Toolkit for TIC](#)
- [AAP Guidance on Supporting Emotional and Behavioral Health Needs of Children during Covid-19](#)
- [AAP Guidance on Support Child Welfare Involved Families during Covid-19](#)
- General information for vaccinations with children:
[Vaccine Administration](#)
[Administering Vaccines](#)
- [2011 Video “The Family Experience with Primary Care” – what it’s like for children with mental illness and their families interfacing with primary care providers- NAMI](#)

For PARENTS:

- <https://www.cdc.gov/vaccines/parents/visit/>
- [9 Things You Can Do For You And Your Baby](#)
- [Mirror and Match: De-escalation techniques](#)
- [Meg Foundation for Pain](#)
- [7 Tips to Help Your Child Overcome a Fear of Shots](#)
- [Helping the Child Who is Afraid of Vaccines](#)
- [Addressing Vaccination Anxiety in Children](#)
- [Parents can Help Reduce Pain and Anxiety from Vaccinations](#)

Medical Trauma Resources:

- [NCTSN](#)

- [Pediatric Medical Traumatic Stress Toolkit for Health Care Providers](#)
- [Health Care Toolbox, from Center for Pediatric Traumatic Stress \(CPTS\)](#)

Resources for Mental Health:

- [Children's Mental Health: Depression](#)
- [Anxiety Disorders in Children](#)
- [SAMHSA's Guidance for a Trauma Informed Approach](#)

Where to purchase items:

- [Buzzy](#)
- [Shot Blockers](#)
- [Stress balls and other fidgets](#)
- Comfort position posters - Rainbow Comfort Measures from Rainbow Babies and Children's Hospital
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Journal Articles:

- McMurtry, C.M., Taddio, A., Noel, M., Antony, M.M., Chambers, C.T., Asmundson, G.J., Pillai Riddell, R., Shah, V., MacDonald, N.E., Rogers, J., Bucci, L.M., Mousmanis, P., Lang, E., Halperin, S., Bowles, S., Halpert, C., Ipp, M., Rieder, M.J., Robson, K., ... Scott, J. (2016). Exposure-based interventions for management of individuals with high levels of needle fear across the lifespan: A clinical practice guideline and call for further research. *Cognitive Behavioral Therapy*, 45(3), 217-35.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4867871/>
- Ahmadpour, N., Weatherall, A. D., Menezes, M., Yoo, S., Hong, H., & Wong, G. (2020). Synthesizing multiple stakeholder perspectives on using virtual reality to improve the periprocedural experience in children and adolescents: Survey study. *Journal of Medical Internet Research*, 22(7), e19752.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7395245/>
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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7343055/>
- World Health Organization. (2019). Immunization stress-related response: A manual for program managers and health professionals to prevent, identify and respond to stress-related responses following immunization. Geneva (CH): World Health Organization. <https://www.who.int/publications/i/item/978-92-4-151594-8>
- Sørensen, K., Skirbekk, H., Kvarstein, G., & Wøien, H. (2020). Children's fear of needle injections: a qualitative study of training sessions for children with rheumatic diseases before home administration. *Pediatric Rheumatology Online Journal*, 18(1), 13.
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7007654/>

- Felitti, V.J., & Anda, R.F. (2014). The Lifelong Effects of Adverse Childhood Experiences. In Chadwick's Child Maltreatment: Sexual Abuse and Psychological Maltreatment, (Vol. 2, pp. 203-216). St. Louis, MO: STM Learning, Inc.
- Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., et al (1998). Relationship of childhood abuse and household dysfunction to many of the leading causes of death in adults: The Adverse Childhood Experiences (ACE) study. American Journal of Preventive Medicine, 14, 245-258.
- Merrick, M.T., Ford, D.C., Ports, K.A., & Guinn, A.S. (2018). Prevalence of adverse childhood experiences from the 2011-2014 Behavioral Risk Factor Surveillance System in 23 states. JAMA Pediatrics, 172, E1-E7. doi:10.1001/jamapediatrics.2018.2537
- Substance Abuse and Mental Health Services Administration. (2014). SAMHSA's Concept of Trauma and Guidance for a Trauma-Informed Approach. HHS Publication No. (SMA) 14-4884. Rockville, MD: Substance Abuse and Mental Health Services Administration.

Provider Contact Information

Provider contact information for questions regarding accreditation of the activity:

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