

# How to use a social story:

1. When your child is in a happy mood, review the social story at least 3-5 times the week before the visit. If your child becomes upset, take a break and try again later.
2. Talk positively about the clinic, doctors and medical staff.
3. It's suggested to bring your social story with you the day of your visit to assist with transition and create a sense of familiarity.



# Getting an Injection

At Children's Specialty Clinic SLV



**CHILDREN'S SPECIALTY CLINIC**  
San Luis Valley



Children's Hospital Colorado



Medical Alumni Association  
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

\*This social story was adapted with permission from a social story developed by the Child Life Department at Children's Hospital Colorado.

Children's Specialty Clinic: 719-852-3742 | [childrenspecialtyclinic.org](http://childrenspecialtyclinic.org)



**Sometimes when people go visit the doctor they need to get a shot. I need to have a shot today because some medicine can only be given through a tiny needle. It will be okay. The medicine will help my body and keep me healthy.**





**The doctor will clean my arm. It feels cool and wet and has a special smell. I hold my arm still while the nurse cleans.**





**The doctor will gently put the needle in my arm to give me my medicine. It may feel like a tiny pinch. It feels different to each person. I keep my arm very still. Someone may help me keep my arm still if I cannot hold still by myself.**







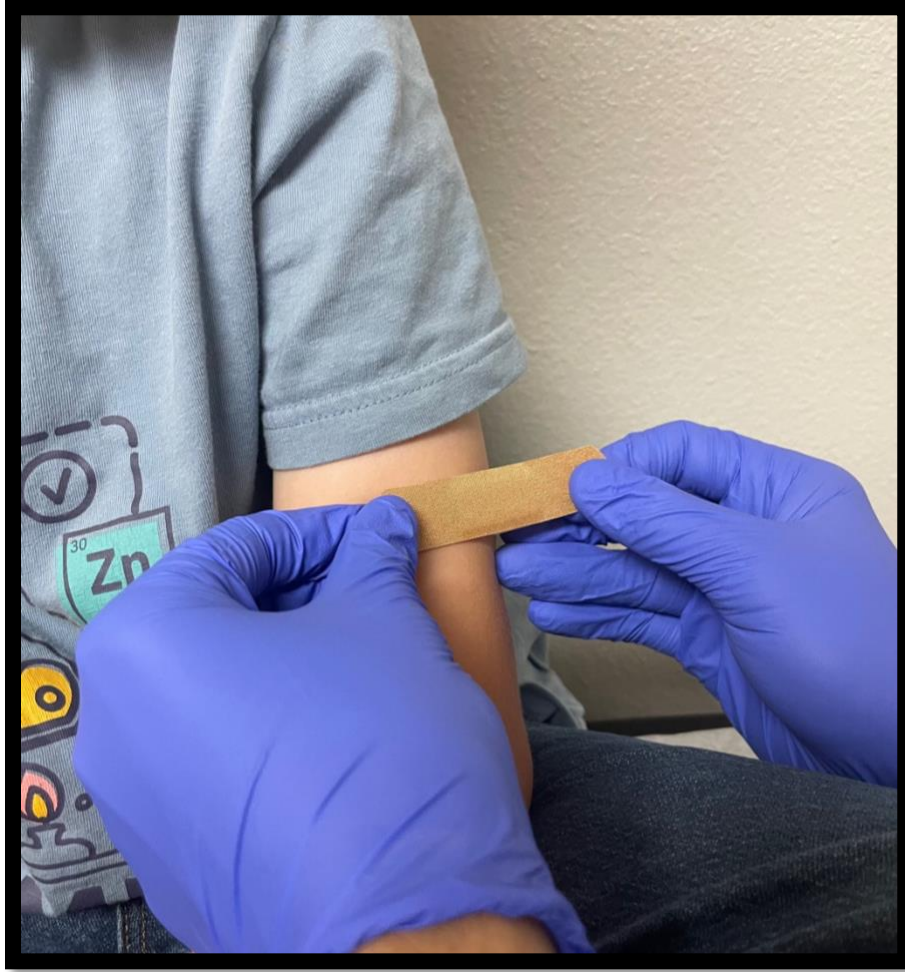
**I can watch the doctor or choose to look at something else in the room. I can help keep my body calm and still by taking deep breaths.**





**The doctor gently removes the needle and puts a cotton ball on my arm.**





**The doctor removes the cotton ball and puts a Band-Aid on my arm. An adult will tell me when I can take off my band-aid.**







**I am all done and can leave.  
My family is proud that I sat  
very still.**





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