



## “N is for Needles and supporting children” – resource LINKS

### Blogs

[The Paediatric Nurse](#), "prepare, learn, play" – Brooke Batchelor

[Amazing drug free approach to reducing pain in painful medical procedures](#)

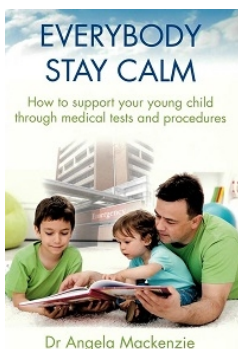
[Supporting a child through injections \(e-book\) currently being updated](#)

[Buzzy](#) – device, a bee with icy wings, including video

[Magic glove technique](#), link to video by Leona Kuttner

### Dr Angela McKenzie

[Four ways parents can increase their protective role and pain-reducing effect at medical procedures](#)



[Everybody stay calm : how to support your young child through medical tests and procedures](#)

Dr McKenzie's [resource links](#)

[Comfort Action plan](#) designed for use with book *Everybody stay calm: how to support your young child through medical tests and procedures*

[Liz Bishop](#), parent interview on RN, ABC Feb 2015

### More blogs

[Parents' reactions can lessen or worsen pain for injured kids](#), *the Conversation* April 2017

[Therapeutic positions: three ways to hold your child for a shot or blood test](#) Sharni Thornton, CLS

[Tips to manage your child's needle pain](#) Cancer Knowledge Network, Canada

[Help! My child is in hospital](#) book review

## Factsheet

[Reduce children's discomfort during tests and procedures](#) Royal Children's Hospital (RCH) Melbourne

[Comfort kids](#) including breathing, relaxation techniques and teenager guide, Royal Children's Hospital (RCH) Melbourne

[Pain, pain go away: helping children with pain](#) IWK Health Centre, Canada

[Children's painful procedures and operations](#) The Sydney Children's Hospital Network

[Appointments: children and teenagers with autism spectrum disorder](#) Raising Children Network



## Video

[It doesn't have to hurt](#) featured video

[It doesn't have to hurt](#) the social media initiative led by Centre for Pediatric Pain Research, Canada

[UK videos featuring children](#) and blood test or allergy skin test, Imperial College Healthcare NHS Trust

[Be positive B+](#) get ready for hospital and get to know the people videos. Children are narrators giving step-by-step information through medical procedures such as having an IV blood test or finger prick blood test.

[Talking Heads](#) short film of children and young people explaining what makes excellent child and young person-centred communication and why it is important. Includes what it was like for one boy to have a cannula inserted without his awareness when he was asleep, it "popped the vein".

[Comfort positioning at Children's Mercy](#)

[Rabbit Ray: patient engagement device](#)

[Rabbit Ray introduction](#)

## Infants and babies

[Pain free injections in babies](#) The Hospital for Sick Children, Canada

[Newborn screening and immunizations are important but they don't need to hurt](#) *Be Sweet to Babies* videos, Children's Hospital of Eastern Ontario, CHEO Canada

[Life's Little Treasures](#), Victoria

[Miracle babies Foundation](#) Families information, NSW

## Child life therapy

Child life therapy (Play therapy in some states) helps children engage and cope with fears and feelings associated with medical procedures and hospitalisation, empowering through play. Child Life Therapy or Play Therapy departments are at most children's hospitals. Many regional hospitals also employ Child Life Therapists in children's wards. The peak body [Association of Child Life Therapists Australia](#) also has information. AWCH subscribes to the [Association for Child Life Professionals Bulletin](#), USA.

[Confessions of an Emergency Department Kid Helper – Child life therapy](#)

## AWCH resources, available for loan within Australia

"[No fears, no tears](#)" DVDs by Leona Kuttner

"[No fears, no tears - 13 years later](#)"

[A child in pain : how to help what to do](#) book by Leona Kuttner

[A child in pain : what health professionals can do to help](#) book by Leona Kuttner

[How to talk to your child's doctor: a handbook for parents](#) (includes blood draws, spinal taps)  
Christopher M. Johnson

[Play for sick children : play specialists in hospitals and beyond](#) book by Catherine Hubbock

[Prescription for success : supporting children with autism spectrum disorders in the medical environment](#) book by Jill Hudson

[Therapeutic activities for children and teens coping with health issues](#) (includes coping with needles, IV pole decoration, guided imagery, breathing and pain activities).

[Help! My child's in hospital](#), Chapter 9, "Needles"

**Books for children, available for loan within Australia**

[It's time for your checkup](#) Sharni Thornton



[Taking your child to the doctor or the hospital](#) Patricia Weiner

[Ivy and her magical friends](#) Trish Dearn

[Wondero and the CentralLine](#) Child life therapists, The Children's hospital, Westmead

[Wondero and the bone marrow transplant](#) Child life therapists, The Children's hospital, Westmead

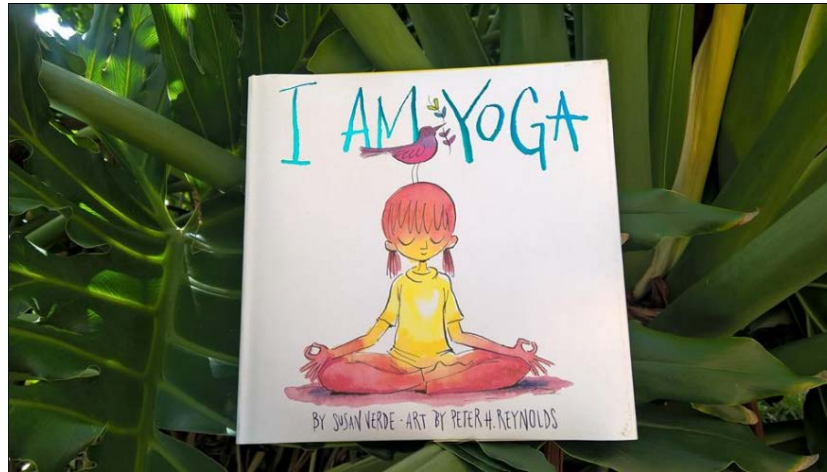


[Be the boss of your pain: selfcare for kids](#)

[Be the boss of your stress: selfcare for kids](#)



[I am yoga](#)



**Coping with feelings – new in the AWCH library**



### Article citations

[The Effect of Parental Modeling on Child Pain Responses: The Role of Parent and Child Sex](#)

[Effects of distraction on negative behaviours and salivary  \$\alpha\$ -amylase under mildly stressful medical procedures for brief inpatient children](#)

[Experiencing support during Needle-Related Medical Procedures: A hermeneutic study with young children \(3-7Years\)](#)

[Parents require more information on how to manage their child's postoperative pain at home](#)

[Psychological interventions for needle-related procedural pain and distress in children and adolescents](#) Cochrane review

[Sucrose for analgesia in newborn infants undergoing painful procedures](#)

[Distraction using Buzzy](#)

[Preschool needle pain responding: establishing normal](#)

[AWCH library list](#) - some citations, please feel free to suggest more on support for needles and needle-related medical procedures

[Pinterest](#) 

[AWCH pinterest](#) page see boards [Needles, pain and coping](#), [Preparation and procedures play](#), [Comfort positions](#)



AWCH also holds resources on preparing for hospital and healthcare for children, please email [Jillian@awch.com](mailto:Jillian@awch.com) or [awch@awch.com](mailto:awch@awch.com) for assistance regarding borrowing resources. We do lend to hospitals, child care centres, libraries and individuals.