

Distraction tools for immunising children

You can help ease the anxiety and tension a **child** feels while getting an injection by using **distraction tools and techniques**. Children's Health Queensland uses and recommends the following:



Buzzy Bee

Buzzy Bee is a small, vibrating bee that helps block sharp pain and provides distraction when giving injections or other medical procedures. Buzzy confuses the body's own nerves and distracts attention away from the pain, thereby dulling or eliminating sharp injection pain.

How to use:

- 1 Place Buzzy on the site of the injection for 30-60 seconds.
- 2 Then move Buzzy just proximal to the injection site to be most effective. Buzzy goes between the pain and the brain.
- 3 Buzzy is powered by pressing the button on top.

For more information visit buzzy4shots.com.au



Image finders

Image finders are helpful for diverting children's attention from the pain or anxiety associated with a needle. It challenges them to find items/objects or animal in a fun scene.

How to use them:

- 1 The nurse or parent chooses one or more images within the scene.
- 2 Tell the child which image(s) within the scene they are to find.
- 3 Let the child search for the image(s) while the procedure is occurring.



Eye spy bags (aka exploratory bags, sensory bags)

Eye Spy Bags are a small pouch filled with bean bag fill or dry rice and tiny treasures or trinkets that children can hunt for by manipulating the bag so the little objects surface to a clear plastic window. Attached is a card with pictures (or a list) of the objects that are inside the bag, which the child can check off as they find them. The child cannot open the bag and must find the object by manipulating the contents of the bag and looking only through the window.

How to use them:

- Ask the child to find a particular object while the vaccination is occurring.



Fidget toys

Fidget toys can be used as a diversion from anxiety and a cycle of anxious thoughts.

For more information about COVID-19 and children, visit: childrens.health.qld.gov.au/covid-19

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