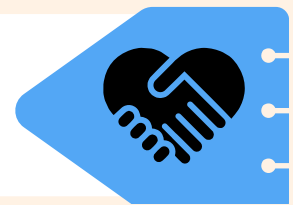


HELPING CHILDREN DECREASE PAIN AND ANXIETY AT THE OFFICE

GOAL

OUR MISSION



To empower families with knowledge and support to decrease our patient's pain and anxiety while at the office

LEARN

UNDERSTANDING ANXIETY



Doctor's visits can be scary..but they don't have to be!
Read this [article](#) to learn more.

LEARN

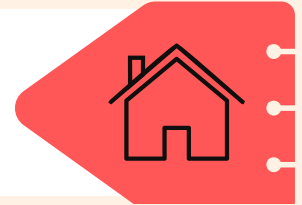
UNDERSTANDING PAIN



When something painful happens, a signal is sent to our brain - which allows for some interpretation! We have some control over how we experience pain. Check out this [handout](#) and watch this [video](#) to find out how!

BEFORE

PREPARE AT HOME



Make a plan with your child for any scary procedure (including vaccines and other pokes). See how kids can choose [how their parent holds them](#), what distractions they prefer, and what [pain-reducing products](#) they want to use.

CREATE A PERSONALIZED POKE PLAN

Click [here](#) if your child is under 3
Click [here](#) if your child is 4 or older

DURING

AT THE OFFICE



Bring your **Poke Plan** to your appointment.
We will do our best to follow your plan and make your visit as anxiety-free as possible!

AFTER

AFTER YOUR VISIT



Watch this [video](#) to learn about some concepts to keep in mind after the visit