



Empowering teachers, students and parents to thrive

## 8 Tips for Easing the Pain of Kids' Vax



Now is the time that children across Australia are eligible to receive the COVID vaccine. Getting a child immunised can be a stressful experience. Especially if they are not a fan of needles, I mean who is?!

Here are our top tips for easing the strain:

1. **Be honest and don't over talk it.** You could say: "You are going to get the covid vaccine to help keep us safe and strong. It's just a little needle in your arm." If they ask about pain say it will sting for a second. If you're child doesn't seem concerned then say no more.

2. **Empathise.** If your child says that they are worried ask them what they are worried about. They may have some misinformation. Clarify and be understanding. For instance, "I know you're worried but I'll be with you and it's just a little sting."

3. **Give your child some control.** Ask would they like to sit on your lap and have a hug during the procedure or sit in a chair? Or do they have a toy they'd like to bring?

4. **Distract** – bring a device to watch a show, play relaxing music, sing a song, give them a lollipop to suck on. Ask your child in advance what they would like to do during the vaccination. Not because it is a big scary thing but because when we are prepared things are better. Discuss something fun you will do afterwards – go to the park, get a treat.

5. **Role model calm.** If you can't, get someone else the child trusts to take them. Remember children look to you for reassurance.

6. **Normalise the experience**, it is a part of life. Let them watch if they like or focus on you. Don't apologise, it is just part of life to keep us safe. DON'T say "It will be over soon, you'll be okay."

7. If you are already taking a strength based approach in your home you could **discuss the character strength bravery**. Ask your child when they have been brave before – learning to ride a bike, going to a party where they didn't know many people. What did they say to themselves to help them be brave "You can do this." What would their favourite superhero do and say to themselves? Young kids might like to wear a cape like their hero to help them be brave. Remember we need to say helpful things to ourself. Things that help us feel good, for instance, 'It will be over really quickly, mum will hold my hand.'

8. Prompt your child to take **slow deep breaths**, this calms the nervous system. Children can be encouraged to do this by blowing bubbles or a pinwheel. An older child could listen to a relaxation app like Smiling Mind before and during the vaccine.

## Start 2022 with a Wellbeing Approach for Staff and Students

No doubt you have wellbeing programs in place in your school and/or you may be implementing PBL. But what is your wellbeing APPROACH? Strong Minds is your evidence based strengths approach.

STRONG MINDS



### BENEFITS

- Wellbeing **APPROACH** based on the **latest science in positive psychology**, - our foundations for wellbeing should be **character strengths**
- **One year staff wellbeing** component
- **Complements wellbeing programs** you may be doing in your school (SEL, PBL etc.)
- Provides a **positive shared language**
- Encourages an **inclusive culture** - when we spot strengths in others
- **Supports new PDHPE syllabus** - a strength based approach is 1 of the 5 propositions
- Meets 4 elements in the **Australian Student Wellbeing Framework** - inclusion, student voice, partnership and support.
- **Whole School Approach** - comprehensive resources for staff, students and families - **Strength Based Parenting reduces stress** for parents and children
- **Fully scripted lessons** for time poor teachers
- **Embedding resources** so it is sustained - **complimentary members portal to train new staff and parents**
- **Be You** approved
- Available throughout Australia

CONTACT US TO BOOK OR FOR A FREE CONSULTATION

WHAT OTHERS SAY...

WORKSHOP DATES 2022

## Setting up Your Classroom



Unfortunately we are still in the midst of the COVID pandemic and there are a lot of unknowns for teachers and students. What you do have control over is how you set up your classroom. Would you like to prime your environment for wellbeing? Our VIA character strength cards and posters do just that.

Did you know that those that know and use their strengths effectively are more likely to be **successful** and have **better self-discipline**. **Self-discipline predicts academic success better than IQ** (Duckworth & Seligman, 2005).

Students can choose a strength to focus on for the week, independently, or as a class or family. They can then brainstorm novel ways to develop this strength perhaps set a SMART goal to develop the strength, and spot it in others. This helps them to focus on the best in themselves and others, enhancing relationships and self esteem.

BUY HERE

# Gratitude Journals



JOURNALS



JOURNALS



JOURNALS

Research into the character strength gratitude demonstrates that it **increases optimism, immunity to stress, improves sleep and strengthens relationships**. In terms of staff wellbeing, gratitude diary intervention are associated with a **reduction in teacher burnout** (Chan, 2011) and are more effective if shared with a partner (Lambert, 2013).

We offer 3 gratitude journals for all ages from 5 years to adults. They include instructions for how to journal most effectively and room to write or draw what you are grateful for.

Set up a Thankful Thursday practice in your school today.

[BUY HERE](#)

Warmest wishes

Nicole and the team at Growing Strong Minds

## Growing Strong Minds

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