

# BEST BEGINNING CHILDREN'S PROGRAM

October 2022



## Best Beginning In-Person Groups

Tuesdays 1-2:30pm

Families Matter Centre

#101, 239 Midpark Way SE

&

Wednesdays 1-2:30pm

Genesis Centre

#10, 7555 Falconridge Blvd NE

## THEME & LEARNING TOPIC

### COMMUNITY HELPERS

We will learn about

- Firefighters
- Doctors and Nurses
- Police Officers
- Construction and Safety

## ARTS, CRAFTS AND ACTIVITIES

*MAKING CRAFTS ENCOURAGES CREATIVITY, COORDINATES SKILLS, AND SUPPORTS LEARNING*

- Create a stop light
- Make a police badge
- Make a doctor's kit
- Thanksgiving and Halloween crafts

## CIRCLE TIME

*BOOKS AVAILABLE AT THE CALGARY PUBLIC LIBRARY*

*The Firestation* by Robert Munsch

*Vicky Goes to the Doctor* by Ifeoma Onyefulu

*Construction* by Sally Sutton

## CALENDAR

October 10 Thanksgiving

October 31 Halloween



# Child Development & Parenting Tips

## Tips to Make Immunization Easier for Children

### Be Calm and Prepare Yourself and Your Child

- Your child looks to you for how to act and feel. Use a calm, soft voice. If you are nervous, take slow, deep breaths.
- Have your child wear short-sleeved shirt or clothes that are easy to take off, so their legs or arms can be free for the immunization.
- Calmly talk to your child about what will happen, be honest and positive. Try not to use scary words like hurt, pain or shot. Do not say things that may not be true, e.g. the needle will not hurt. Do not tell your child that it will be over soon or apologize - this could make them worry.
- Explain to your child that he/she will get a medicine to stay healthy. The medicine is called a vaccine.

### Strategies to reduce pain

#### Breastfeeding or sugar water

For babies from birth to 2 years old

- breastfeed or give baby a bottle 2 - 5 minutes before immunization and continue feeding until the procedure is finished
- baby will not choke
- place sucrose solution or sugar water on your child's tongue 1 or 2 minutes before immunization
- you can buy 24% sucrose from pharmacy without prescription or make your own sucrose solution by mixing one packet of sugar with two teaspoons of water
- do not use sucrose if your infant is premature, has low birth weight, has unstable sugar levels or has a GI disorder

#### Numbing Cream

- numbing cream/gel/patches, also called topical anaesthetics helps numb the skin and reduce pain during injections
- you can buy it at the pharmacy without prescription. The pharmacist can help choose the right product for your child

#### Comfort Positions

- have your child sit up on your lap, and hug them close, but not too tightly

#### Distract Your Child

- for preschoolers (3-5 years old), start distracting your child before the immunization. Plan ahead and bring what you need from home. Bring a favourite book, toy or game. For example, have them blow bubbles or blow on a pinwheel to encourage slow, deep breaths.
- ideas for school-aged children include reading a book, watching a video, playing games on hand-held device

## Commitment to Comfort



***When children/adolescents ask "Is this going to hurt?"***

***Say, "I don't know what you are going to feel, but if you use the strategies that we talked about it will not bother you so much. Perhaps you can tell me what it felt like when we are done."***

***•Explain using sensation words like pressure, cold, warm***

***•Positive memory making and reinforcement of what went well and what the child did well***

***"I am so happy you got the vaccine!"***

***" You sat so still for the nurse!"***

Resources:

[www.immunizealberta.ca](http://www.immunizealberta.ca)

[www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)

# Commitment to Comfort - Managing at Home

For more information on **Commitment to Comfort**, please go to:  
**Commitment to Comfort | Alberta Health Services**  
[www.ahs.ca/vaccinecomfort](http://www.ahs.ca/vaccinecomfort)

Below is a list of web-based resources that you might find helpful.

Commitment to Comfort Caregiver's Guide



Commitment to Comfort My Comfort Care Plan



Comfort Positioning - Infant



Meg Foundation

<http://www.megfoundationforpain.org>

Solutions for Kids In Pain

<http://www.kidsinpain.ca>