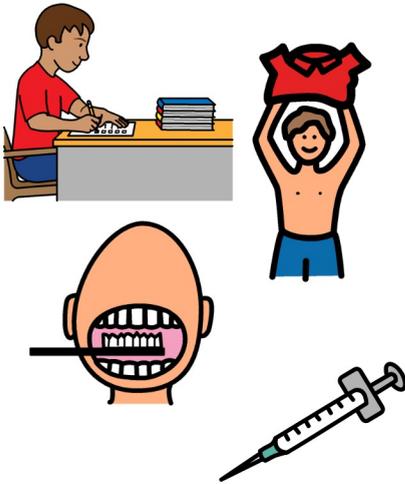


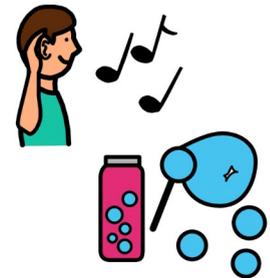
Supporting your young person to have their Vaccination

We understand that supporting your young person through the vaccination process may be difficult.



Using a visual support called a Now and Next board may help the young person to engage in activities that they don't find motivating but are necessary e.g having a bath, brushing their teeth, completing homework from school. In this case it may help them engage in having their vaccination injection.

When the young person has completed the activity that you have requested e.g getting dressed they are given a quick reward of a motivating item/activity.

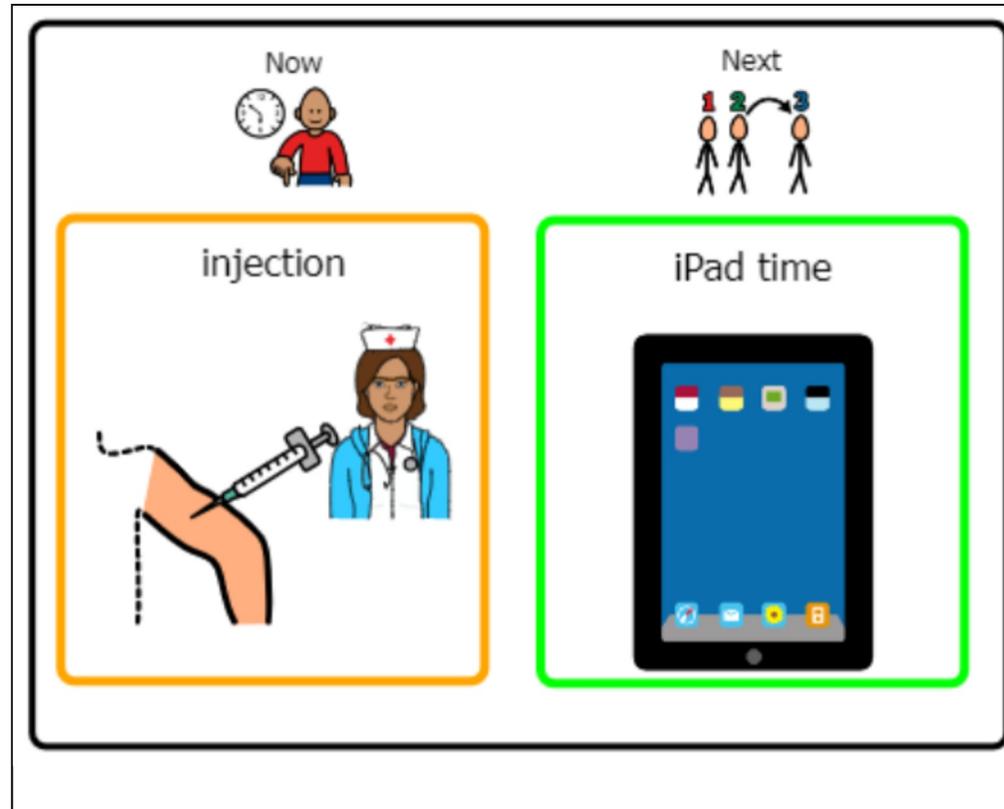


Many young people are familiar with using Now and Next boards in school. You can check with your young person's teacher or Speech and Language Therapist.

How to use Now and Next boards at home



The 'Now' symbol is the activity that you want the young person to engage in, usually a non motivating activity.

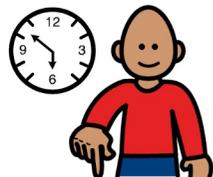


The 'Next' symbol is the young person's reward. This must be highly motivating to the young person.

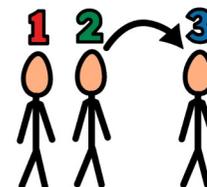
Remember: As soon as the young person has completed the activity you have requested they must be given the reward immediately. This should be considered carefully in the context of going for injection. Either choose something immediately available or make it clear that you will go home and then immediately provide reward.

Example of a Now and Next board

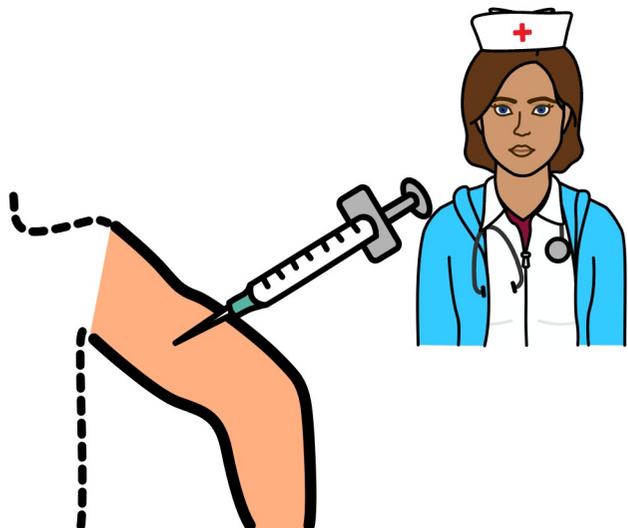
Now



Next



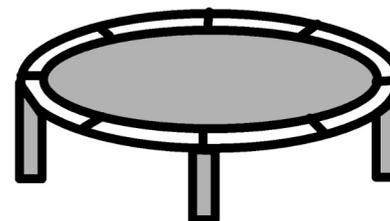
injection



go home
and



trampoline

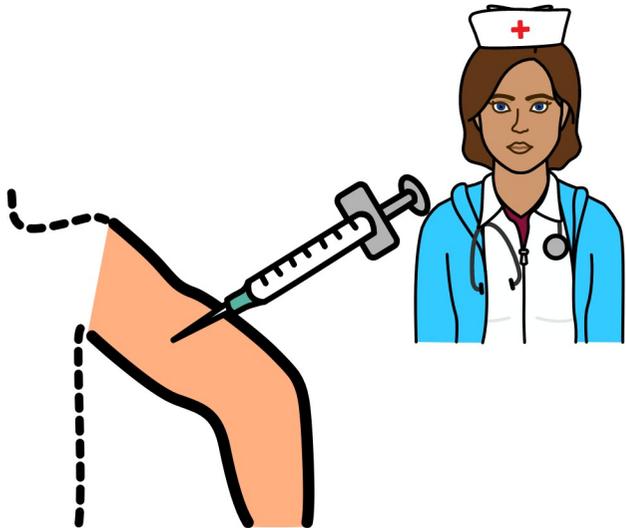


Example of a Now and Next board

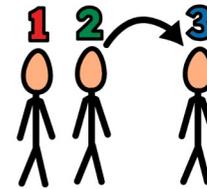
Now



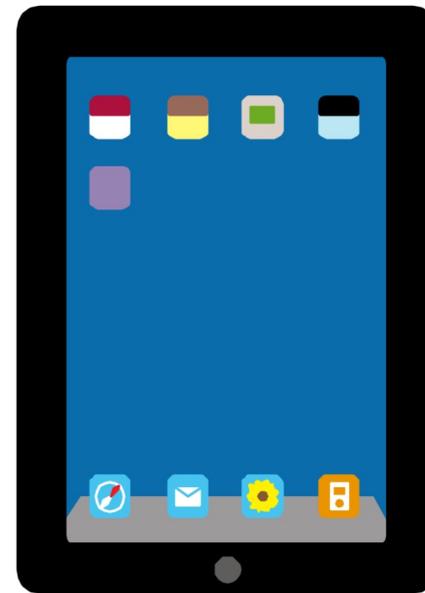
injection



Next

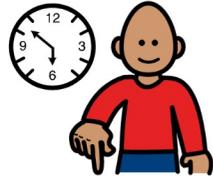


iPad time

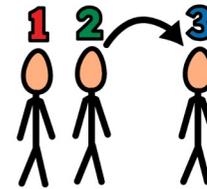


Blank Now and Next board

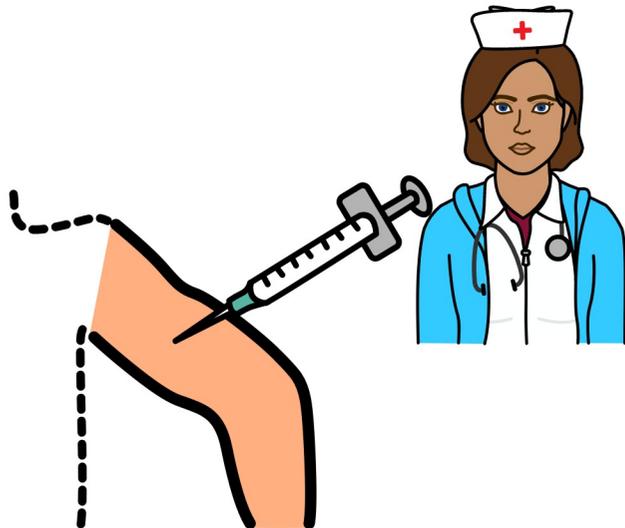
Now



Next

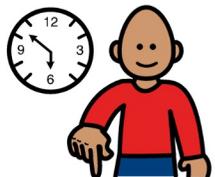


injection

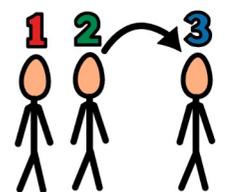


Blank Now and Next board - where reward will be given as soon as they get home

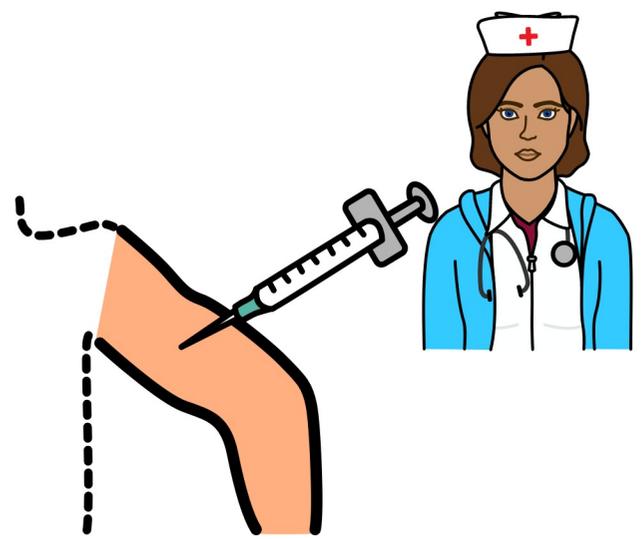
Now



Next



injection



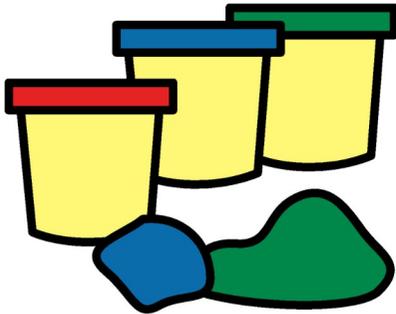
go home and



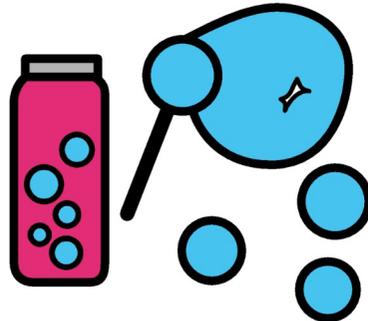
Examples of activities you could use as a reward

Cut and laminate the symbol you need and place it under the 'Next' symbol.

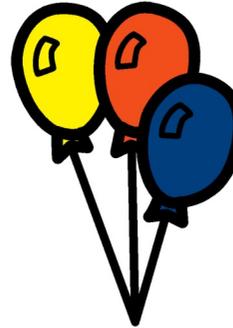
Play Doh



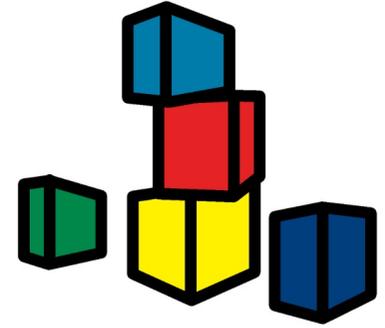
bubbles



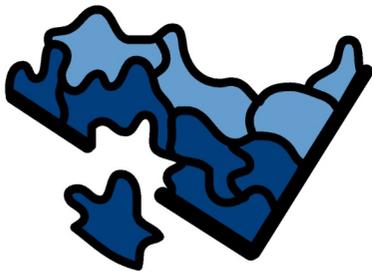
balloons



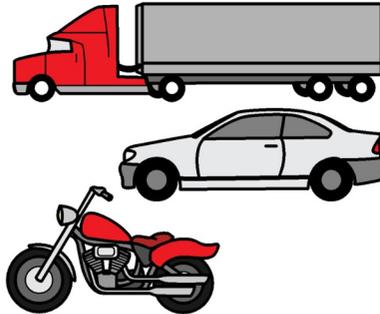
blocks



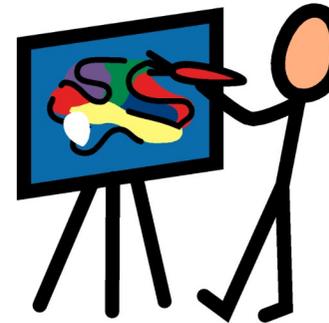
puzzle



vehicles



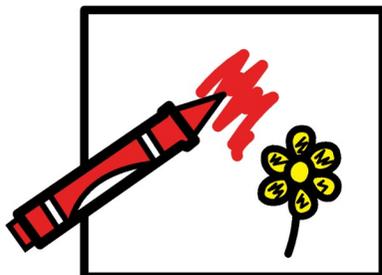
painting



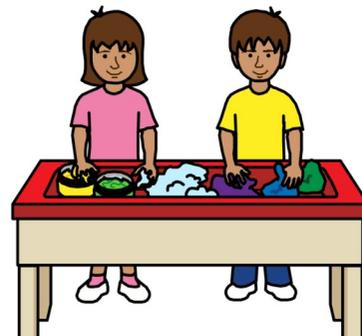
art and crafts



colouring



messy play



listen to music

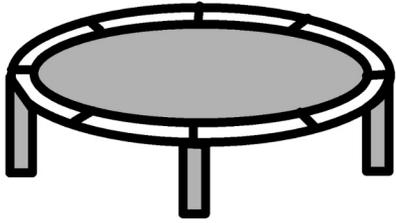


watch TV



Examples of activities you could use as a reward

trampoline



play football



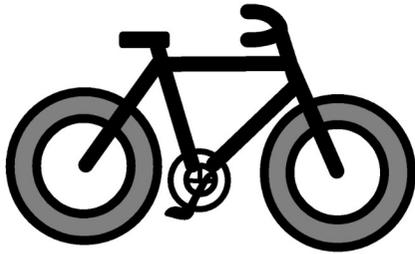
catch



ball



bike



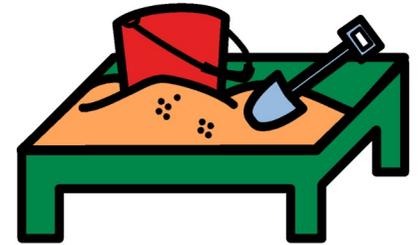
water play



chase



sand pit



water plants



park



scooter



swing

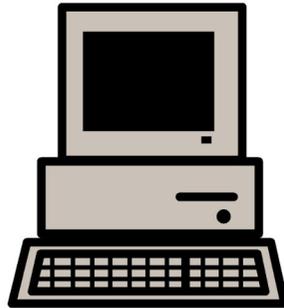


Examples of activities that you could use as a reward

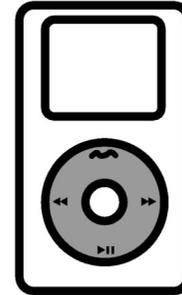
iPad



computer



iPod



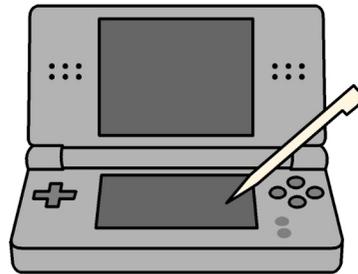
playstation



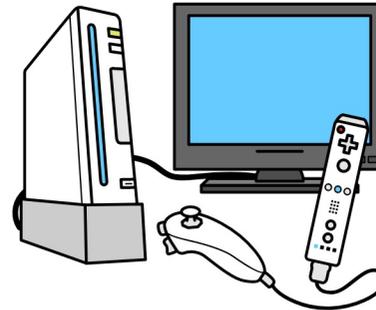
xbox



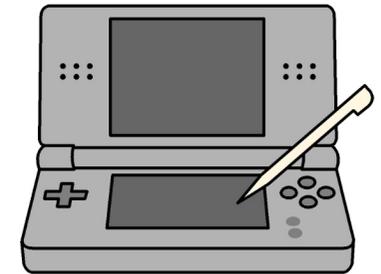
nintendo switch



wii



DS



game boy



mobile phone



laptop



television

