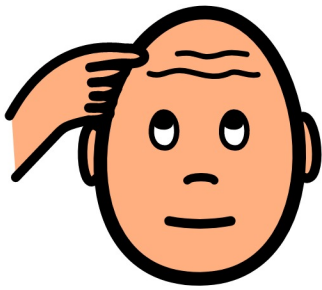


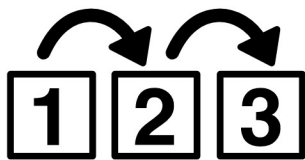
Supporting your young person through the vaccination process



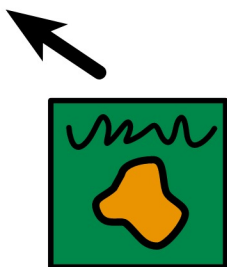
Young people can find changes to their normal routines and new experiences difficult to understand and accept. This can sometimes lead to them feeling anxious, upset or confused.



We can help to support them through this by using visual timelines. A timeline uses pictures to breakdown a new or complex activity into smaller more manageable steps. It helps a person anticipate and understand what is happening next.



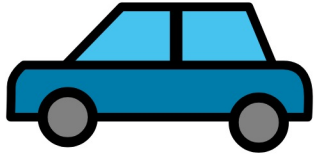
The pace and number of symbols presented will be different for each person. However, we would recommend breaking it down into chunks of three in this instance. It might be useful to have a reward activity at the end of activity.



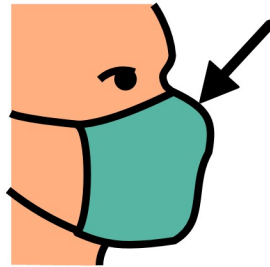
Young people are familiar with using visual timelines in school to breakdown activities like washing hands and preparing food. Timelines should be used interactively with symbols being removed from a strip when a step has finished.

Example Timelines:

drive to [place]



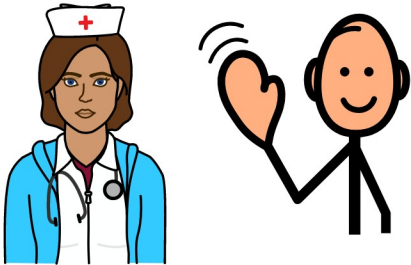
put mask on



wait for nurse to
see me



nurse will say hello



I will sit down



roll my up sleeve

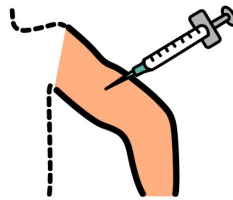


Example Timelines:

nurse will ask
[parent/carer] questions



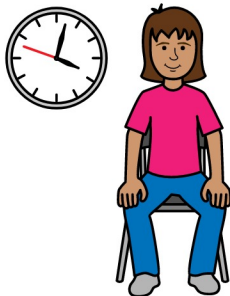
nurse will put
injection in my arm



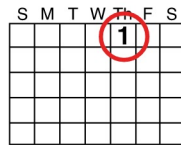
injection finished



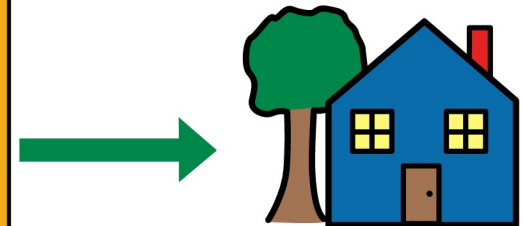
wait for 15 minutes



[parent/carer] book
next injection

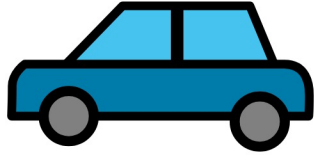


go home

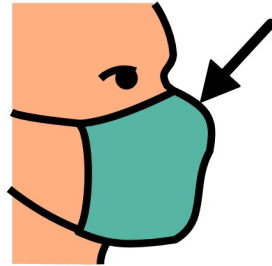


Vaccine Timeline Symbols

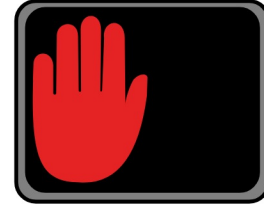
drive to [place]



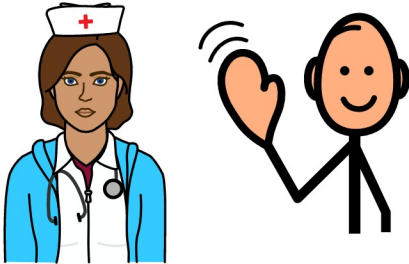
put mask on



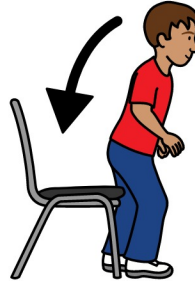
wait for nurse to
see me



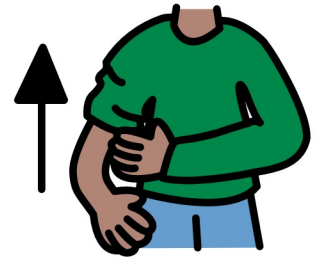
nurse will say hello



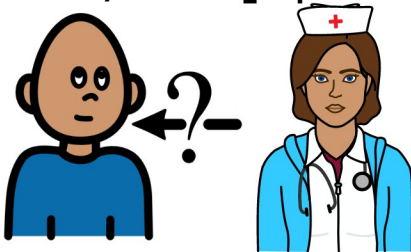
I will sit down



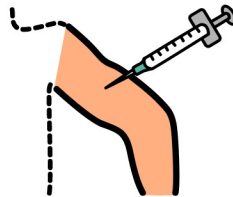
roll my up sleeve



nurse will ask
[parent/carer] questions



nurse will put
injection in my arm



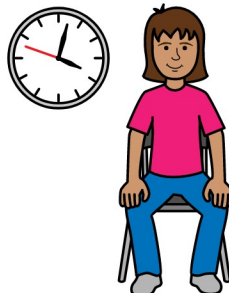
injection finished



card to say I've
had injection



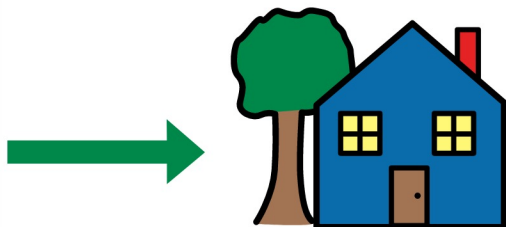
wait for 15 minutes



[parent/carer] book
next injection



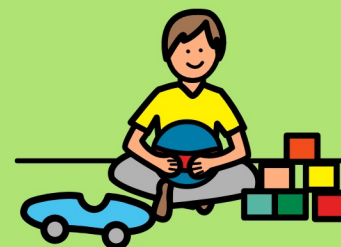
go home



play



play



watch TV



choose special
treat



Blank Timelines: These may need to be enlarged as needed.
Don't worry if you don't have velcro you could use blu tac or
cellotape.

