

For health professionals

## Vaccinating 5 to 11 year olds

### Building rapport

*Tamariki build an impression of you in the first 20 seconds, so make it count.*

- Have a positive child friendly environment that is welcoming.
- Get down on their level.
- Ensure you have resources available in different languages.
- Say their name correctly (ask if you are unsure) and clearly state your name and role.
- Gauge and ask how they are feeling today, can be as simple as a thumbs up or thumbs down.
- Prior to immunising it is important to have a korero (conversation) with the whanau of the tamariki, to answer any questions whanau may have.
- Be mindful that there may be more than one child getting immunised, there could be multiple tamariki and you may need additional support.
- Having access to all 3 national languages of Aotearoa/New Zealand and other languages as needed.

### Supporting cultural engagement

- Whanau centred engagement is based on involving the whanau in the care of our Tamariki/tamaiti in all processes. Use mana enhancing behaviour.
- When whanau feel safe, unrushed and welcomed, they will trust in the service that you provide and will continue to come back, knowing that you genuinely care.
- Pacific peoples may not make direct eye contact as a mark of respect, especially if they are speaking to someone of high authority/status.
- Prioritising whakawhanaungatanga (building relationships) is essential to build a trusting rapport with the tamariki and whanau.

*Where possible, get to know a little bit about whanau and tamariki/tamaiti first before going straight into the conversation regarding immunisation. This is a critical aspect of 'tausiga o le vā fealoalofā' to nurture and build trusting and respectful relationships beyond immunisation.*

### Protection for at risk whanau and friends

Children are more likely to be asymptomatic than adults and may spread the disease without having symptoms. Vaccination is a way to reduce this spread and protect the vulnerable, young and old. This can particularly help reduce risk for extended whanau and households where there are people who are at higher risk from COVID-19 disease.

## **Explaining the process**

*Treat the age of the tamariki/tamaiti, not their size*

- Acknowledge it is normal to feel nervous or scared. Remind them it is a quick process.
- Engage with them by crouching down to their level and start a conversation with them.
- Avoid language like 'jab' or 'shot'. Use the word immunisation.
- Many children cope better with not looking at the injection.
- Explaining the order of events and your expectation of them to keep their arm still.
- Allocate roles to whanau and tamariki/tamaiti.
- Give them control by giving available choices. Eg, which arm, whether they want to sit alone or cuddle their whanau.
- Demonstrate some helpful positions with their whanau eg. Tummy to tummy cuddle.
- Know when not to progress with immunisation and where more support is needed. We never want to risk the physical or mental health of tamariki/tamaiti by forcing an immunisation.
  - Low stimulus and outreach services are available with a GP referral for tamariki/tamaiti who need some extra support with immunisation. There are lots of additional resources currently in production, please refer to our website.

## **Understanding what they are concerned about**

Younger tamariki:

- May be concerned about maintaining control and avoiding pain.
- Can generally comprehend simple explanations and requests.
- May want to act grown up and may even appear grown up but don't always understand what is happening.
- Demonstrate a high degree of sensitivity to their surroundings.

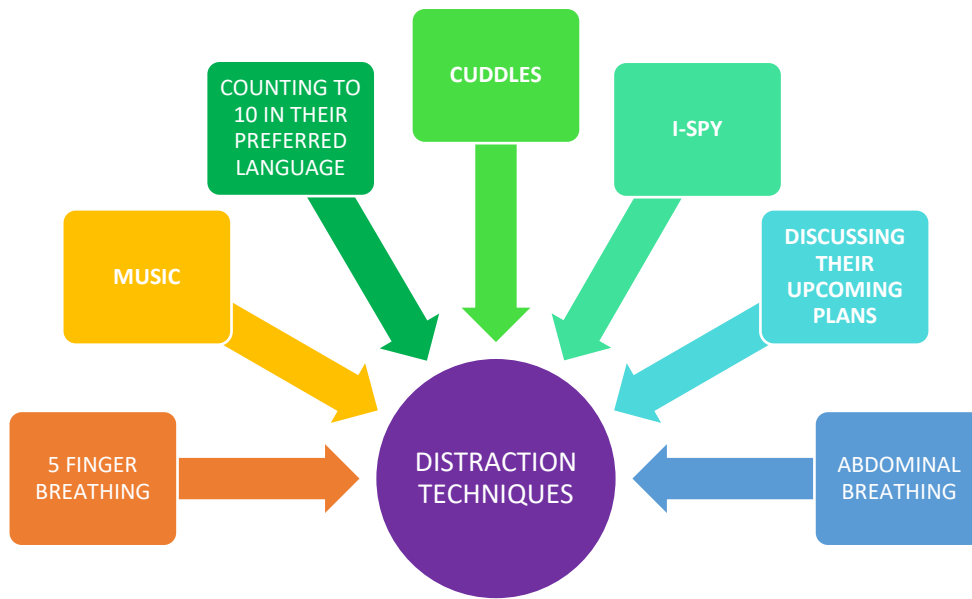
Older tamariki:

- May want to appear independent.
- Could struggle with identity issues.
- Are insecure about their physical development and may value privacy.
- Their peer group is important for self-worth, body image, and their social life.

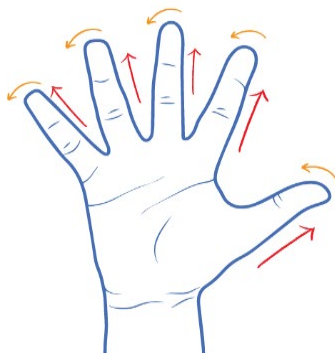
## **Preparing whanau ahead of time**

- Encourage wearing clothing to the immunisation event where the arm is exposed.
- Have concerns addressed prior to coming in for the immunisation ie. Chat to GP.
- Bring along their favourite toy, or headphones to listen to music etc.
- Book an early slot if they are anxious so they don't have to think about it all day.
- Remind them they will have to wait for 15-30 minutes afterwards.
- Discuss any further doses they may need.

## Distraction techniques



## Calming Strategy 5 Finger Breathing



- Spread one hand apart. Point your pointer finger from your other hand.
- Use pointer and start at bottom of the thumb. Breathe in going up the thumb.
- Breathe out going down the thumb.
- Repeat for all 5 fingers.

## Concluding the event

- Ending with congratulations on one thing that went well. Maybe they kept their arm still?
- Give them a chance to express themselves. Did their coping strategy work?
- Give them a completion certificate or a sticker, avoid sweets.
- Instil a sense of pride and accomplishment.
- If you couldn't proceed with immunisation, still focus on something positive, but discuss what further support you could put in place for next time.

**CALL 0800 IMMUNE (466 863) FOR CLINICAL ADVICE: 8AM – 8PM, 7 DAYS PER WEEK**