

Suggested language for parents and health-care providers



**INSTITUTE
OF TROPICAL
MEDICINE**
ANTWERP

Project TravelKIDS

	To avoid	To use	
(False) reassurance	You will be fine, there is nothing to worry about,	What did you do at school today?	Distraction
(False) reassurance	It's not going to hurt.	It might feel like a pinch.	Sensory information
Vague, negative focus	The nurse is going to take some blood.	First we are going to disinfect your arm, then you will feel the cold pad, and next...	Sensory and procedural information
Criticism	You are acting like a baby.	Let's get your mind off of it, tell me about your vacation...	Distraction
Negative focus	It will feel like a bee sting.	Tell me how it feels.	Information
Negative focus	The procedure will last as long as...	It will be shorter than a song of...	Procedural information, positive focus
Negative focus	The medicine will burn.	Some children say they feel a warm feeling.	Sensory information, positive focus
Too much control	Tell me when you are ready.	When I count to three, blow the feeling away from your body.	Coaching to cope, distraction, limited control
Apologising	I'm sorry.	You are being very brave.	Praise, encouragement
Negative focus	Don't cry.	That was hard, I am proud of you.	Praise, encouragement
Negative focus	It's over.	You did a great job doing the deep breathing, holding still...	Labelled praise, encouragement