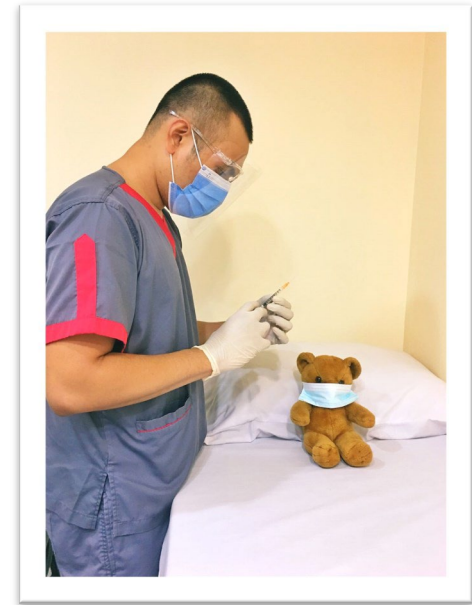




New Vaccination Resources For Children Under 12 years old



Why?

- The Reading Bear has compiled our bear friendly resources for young parents and children for their upcoming vaccination appointment. These resources were created by medical students at the University of British Columbia along with a team of experts. We have videos and writing materials that you may find helpful to assist you with your next appointment.
- Have fun together as you watch the panda bear twins go get their shots or learn how you can practice belly button bear breathing to settle into your appointment. For a more active approach, you can try some fun bear yoga at home before leaving for your next appointment. The complete list of resources can be found below.

Videos

Reducing Needle Fear:

- Meet the panda bear twins with a surprise visit from Dr. Bear's dog!

Bear Belly Breathing:

- Learn the bear belly breathing technique to get you nice and calm before your appointment.

Bear Yoga:

- Bear yoga: Something you can do before you leave home for your appointment.

Info Sheets

COVID-19 Vaccination Resources:

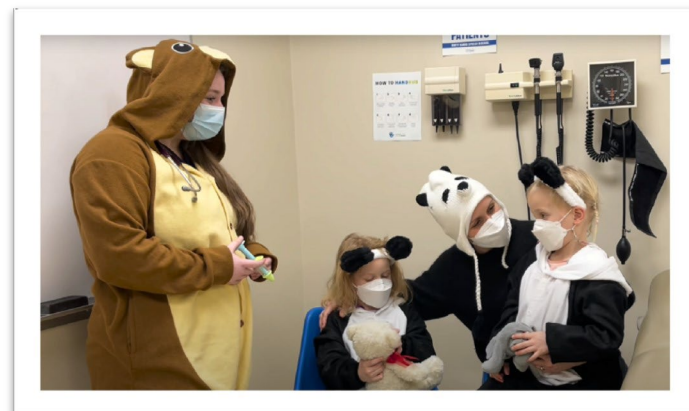
- Get access to a list of resources with the most up-to-date information regarding COVID-19 vaccination for children under 12 years old.

Reducing Needle Fear at Vaccine Appointments:

- Research-backed strategies to help overcome needle anxiety in children.

Bear Belly Breathing:

- Belly button breathing (BBB) is an exercise used to help children slow down their breathing and focus their attention.



Developed by Jamie Beaulieu (MSc), PhD student at University of Montreal and cultural liaison at the RBS. Created in October 2022.

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