

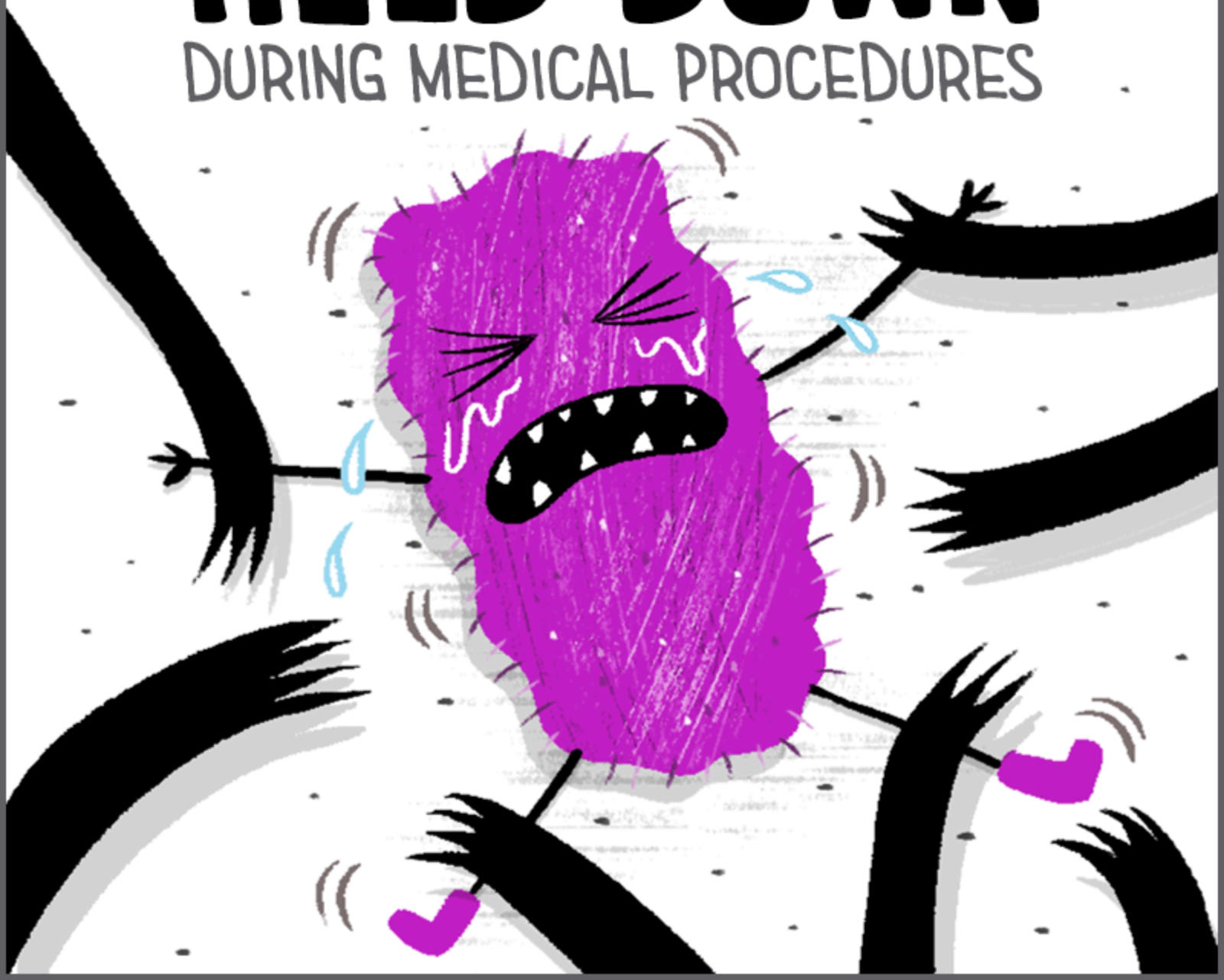


**WHAT DO YOU
REMEMBER
ABOUT GETTING
SHOTS AS A KID?**

WHEN I WAS A KID, I REMEMBER BEING

HELD DOWN

DURING MEDICAL PROCEDURES



I FELT **POWERLESS** - LIKE I HAD
NO CONTROL OR SAY ABOUT WHAT
WAS ALLOWED TO HAPPEN TO MY BODY



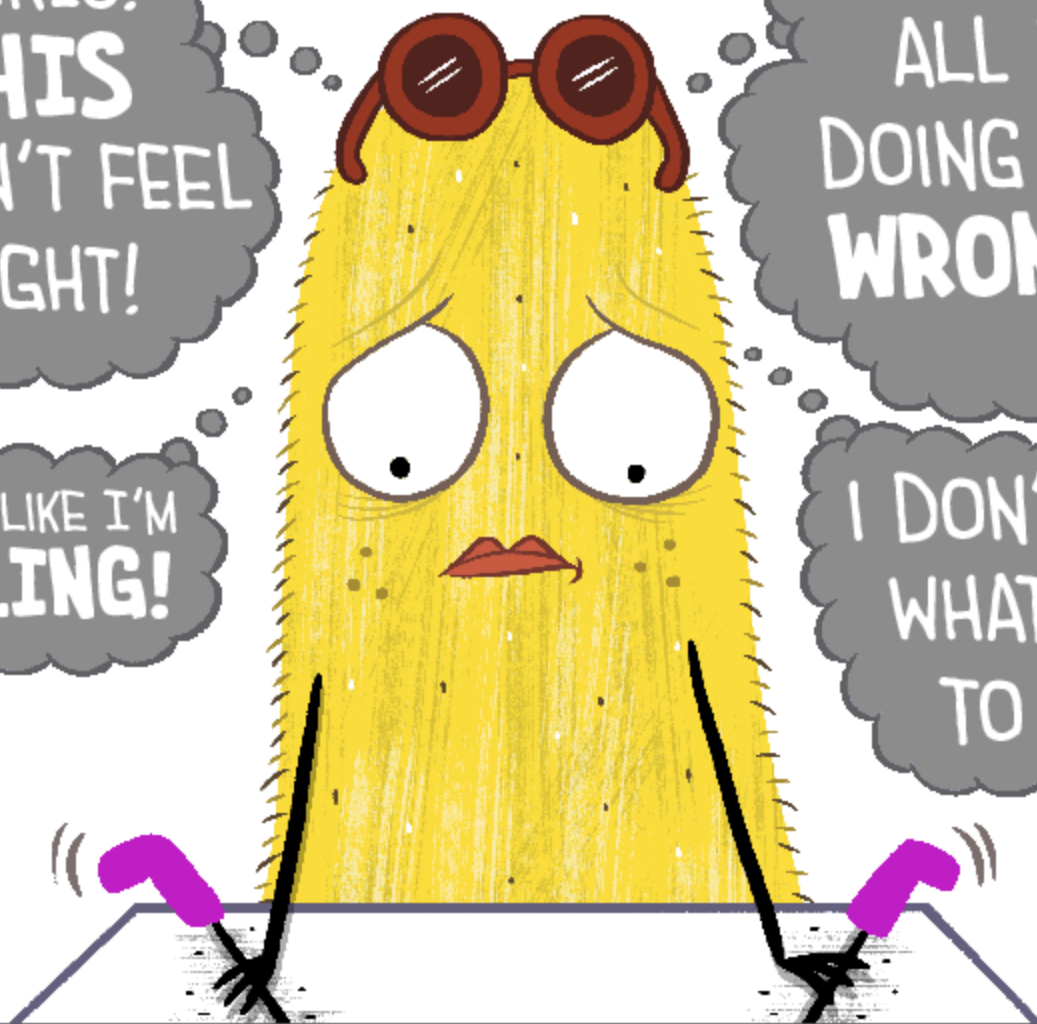
MY POOR PARENTS ALSO ASSISTED IN
HOLDING ME DOWN. THEY WERE JUST
FOLLOWING THE LEAD OF THE DOCTORS...

YIKES!
THIS
DOESN'T FEEL
RIGHT!

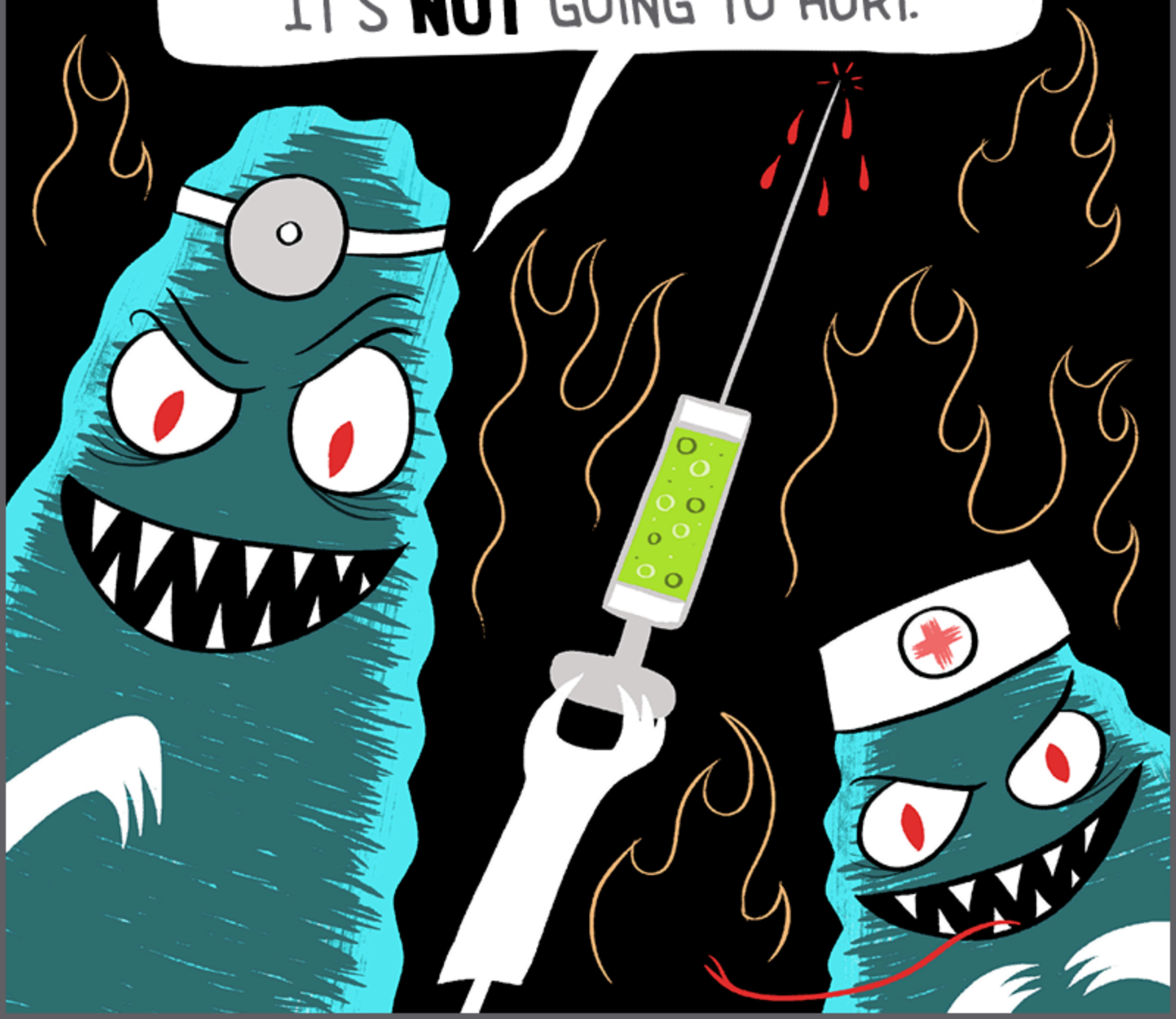
I FEEL LIKE I'M
FAILING!

COULD WE
ALL BE
DOING THIS
WRONG?

I DON'T KNOW
WHAT ELSE
TO DO...



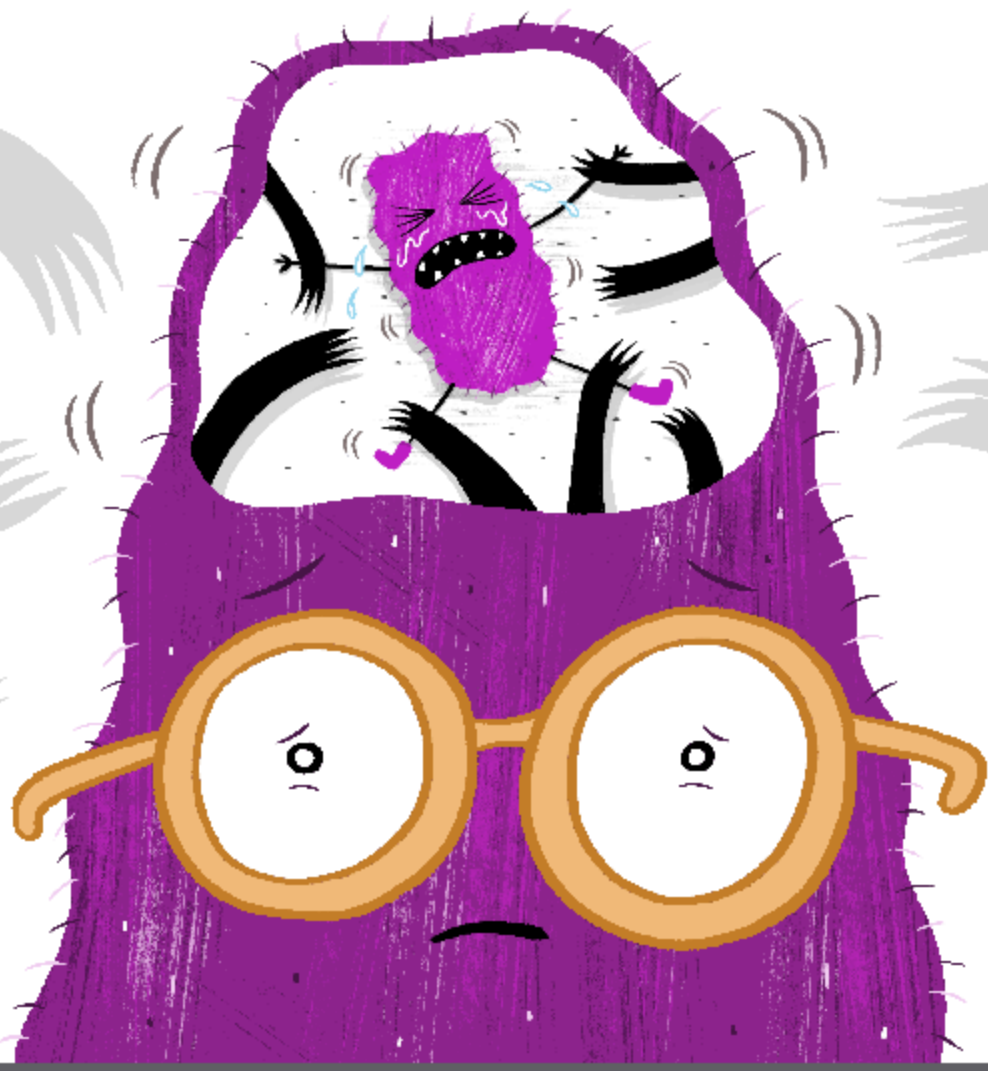
THIS IS JUST A **LITTLE** NEEDLE.
IT'S **NOT** GOING TO HURT.



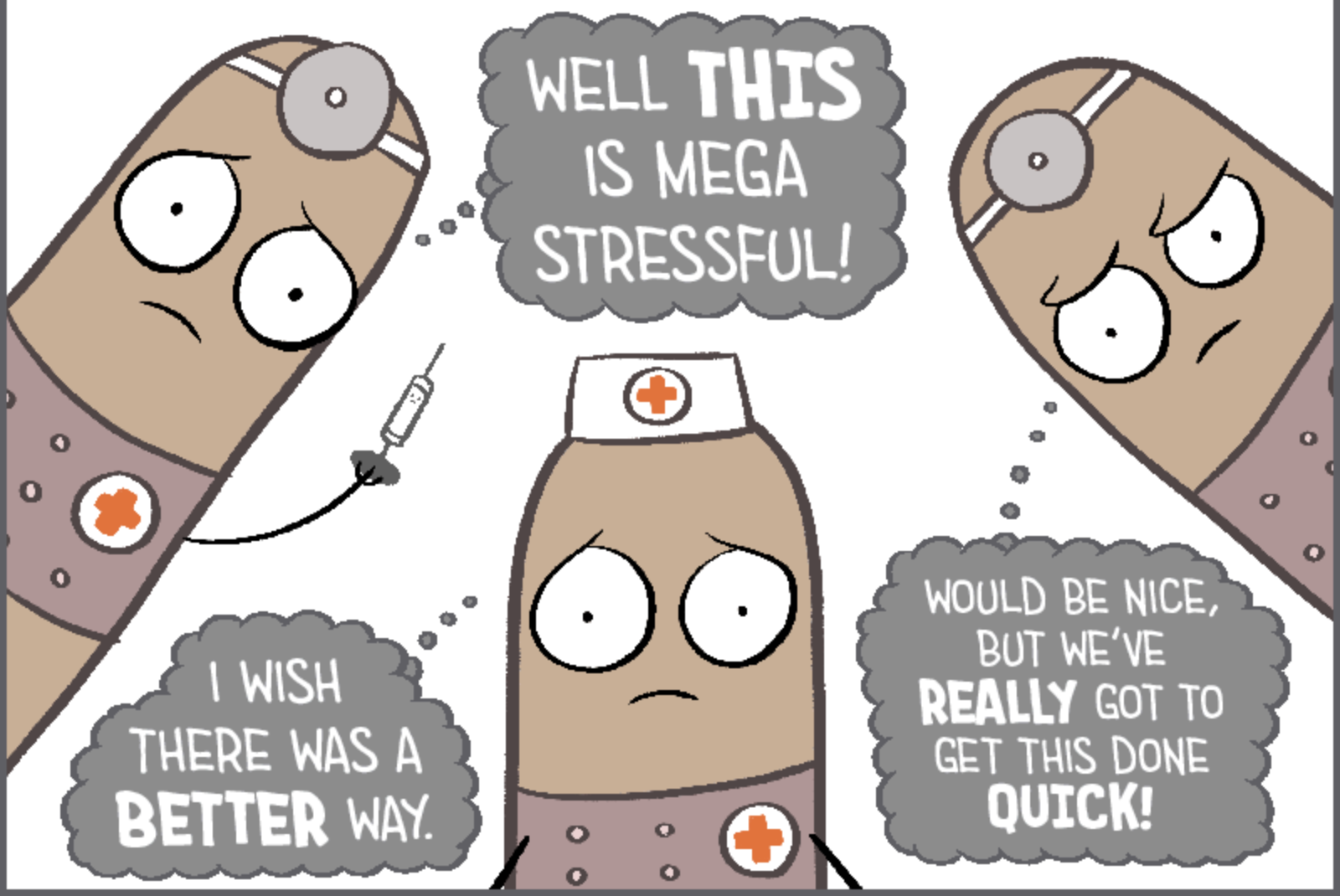
EARLY EXPERIENCES SUCH AS THESE
WERE **TERRIFYING** & LED ME TO
AVOID SEEING A DOCTOR AS AN
OLDER PERSON. NOT FOR ROUTINE
CHECK UPS ...OR EVEN THE DENTIST!



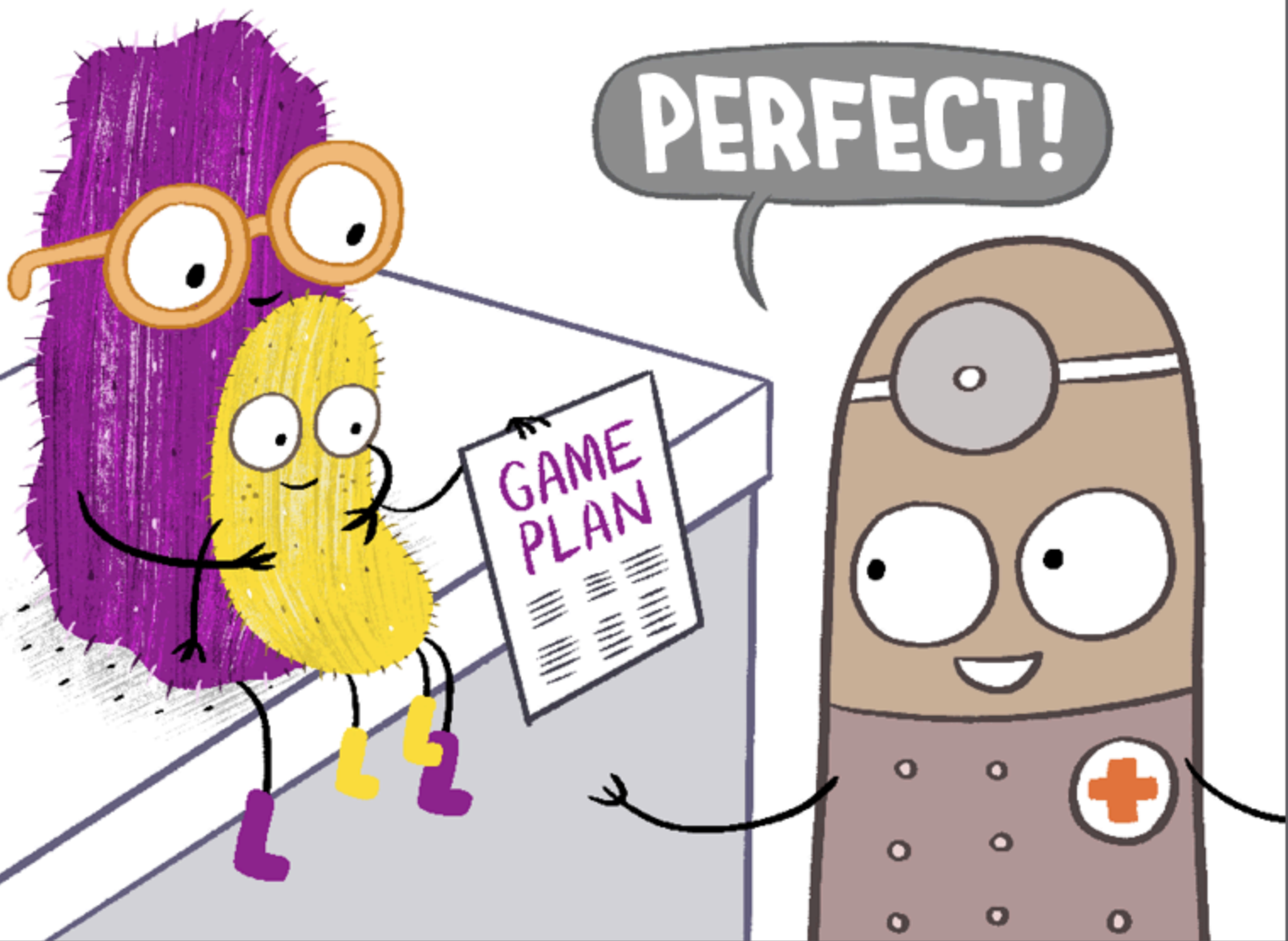
EVEN THOUGH IT'S BEEN **YEARS,**
IT FEELS LIKE THESE EARLY
EXPERIENCES HAVE BEEN
IMPRINTED ON MY BRAIN!



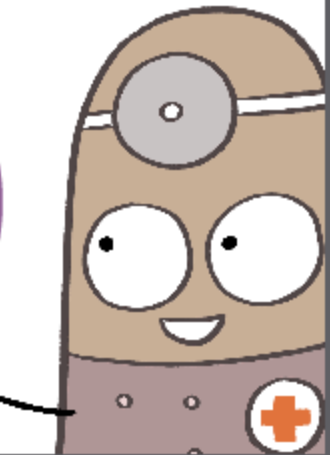
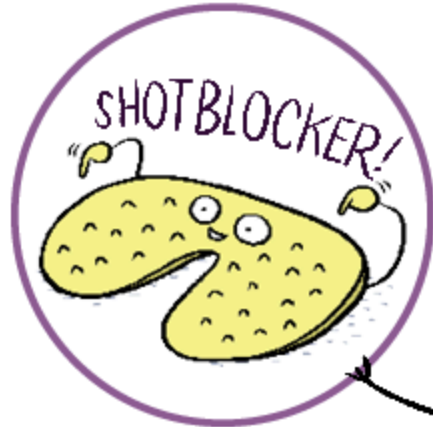
I KNOW NOW THAT MY MEDICAL TEAM WAS JUST
DOING THEIR BEST & THAT A LOT OF
MY EARLY MEDICAL TRAUMA WAS THE RESULT OF
INSUFFICIENT TRAINING & PERSISTENT MYTHS
REGARDING BEST PRACTICE.



NOW THAT I HAVE MY OWN KIDS, WE COLLABORATE WITH OUR MEDICAL TEAM ON A FULL **GAME PLAN**. **THIS IS KEY** & HAPPENS **BEFORE** WE GO IN FOR ALL DOCTOR VISITS AND MEDICAL PROCEDURES.



IT TURNS OUT THERE ARE **A LOT** OF STRATEGIES TO **CREATE COMFORT** IN SITUATIONS SUCH AS THESE. WHEN THE WHOLE TEAM KNOWS **EXACTLY** WHAT IS GOING TO HAPPEN BEFOREHAND, EVERYTHING GOES **MUCH MORE SMOOTHLY!**



*At The Meg Foundation, we're always striving to foster **understanding and empathy** in everything we do and create. We believe in sharing diverse viewpoints to spark **meaningful conversations and promote positive change** in how we approach pain care and better support each other.*

*We want to make sure we are transparent and clear about our intent in creating this comic. We want you to understand our values, beliefs, and mission —and our **unwavering support for all the communities and people we serve: kids, parents, and healthcare providers alike**. We invite you to read our full statement on our approach in creating and sharing this compelling new content!*

CLICK TO READ MORE

Holding kids down for medical procedures is a recipe for **trauma.**

There are **MUCH** better ways
to keep kids safe.



Learn how
& make your own
GAME PLAN.

FREE Downloads!



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