

Getting a Shot

A free printable social story for ages 4-10

Shots are often the scariest part of any medical visit, and vague reassurance like it won't hurt can backfire when it does. This story is honest about the quick pinch while teaching real coping strategies children can practice ahead of time. Read it before vaccine appointments, blood draws, or allergy testing.

Sometimes at the doctor, I get a shot.

A shot is medicine that helps my body stay strong and fight germs.

The nurse cleans a small spot on my arm or leg. It feels cool and wet.

The shot is a quick pinch. It is fast, like a finger snap.

It is okay to say "ouch." It is okay to feel scared before a shot.

I can look away and squeeze my grown-up's hand.

I can take a big breath in and blow it out slowly, like blowing bubbles.

I can count with the nurse: one, two, three, done.

After the shot, I get a bandage.

The pinchy feeling goes away soon.

My grown-up is proud of me, and I can feel proud of myself.

My body is getting stronger because of the shot.

Being brave means doing it even when I feel nervous. I can be brave.

Tips for Reading This Story Together

- Practice the coping combo at home until it is automatic: look away, squeeze a hand, blow out a slow breath.
- Never promise it won't hurt; say it is a quick pinch that ends fast, which is true and keeps your credibility.
- Ask the nurse about comfort options like numbing cream, a cold vibrating device, or letting your child sit on your lap.
- Plan a small, immediate positive after the shot, like choosing the bandage or a stop at the park, and mention it during readings.

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