

我們是智樂醫院遊戲師，希望提供兒童友善的資訊，
支援小朋友完成接種疫苗

We are the Hospital Play Specialists from Playright, providing
information for children to aid their coping during vaccination.



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接種復必泰疫苗 (BioNTech)

認識流程
作好準備

1 核對個人資料

你叫甚麼名字?

2 坐下或躺下

3 在大腿找出接種位置

4 消毒

酒精棉
Alcohol Pad

5 注射

6 貼上膠布

BioNTech

Get ready!
Let's see
what to do

1

Check personal
information

What's your name?

2

Sit down / lie down

3

Find vaccination
area on thigh

4

Disinfection

酒精棉
Alcohol Pad

5

Injection

6

Put on band-aid

打針緊張不緊要，小朋友可以玩遊戲分散注意
It's OK to feel nervous, let's play some games to divert your attention

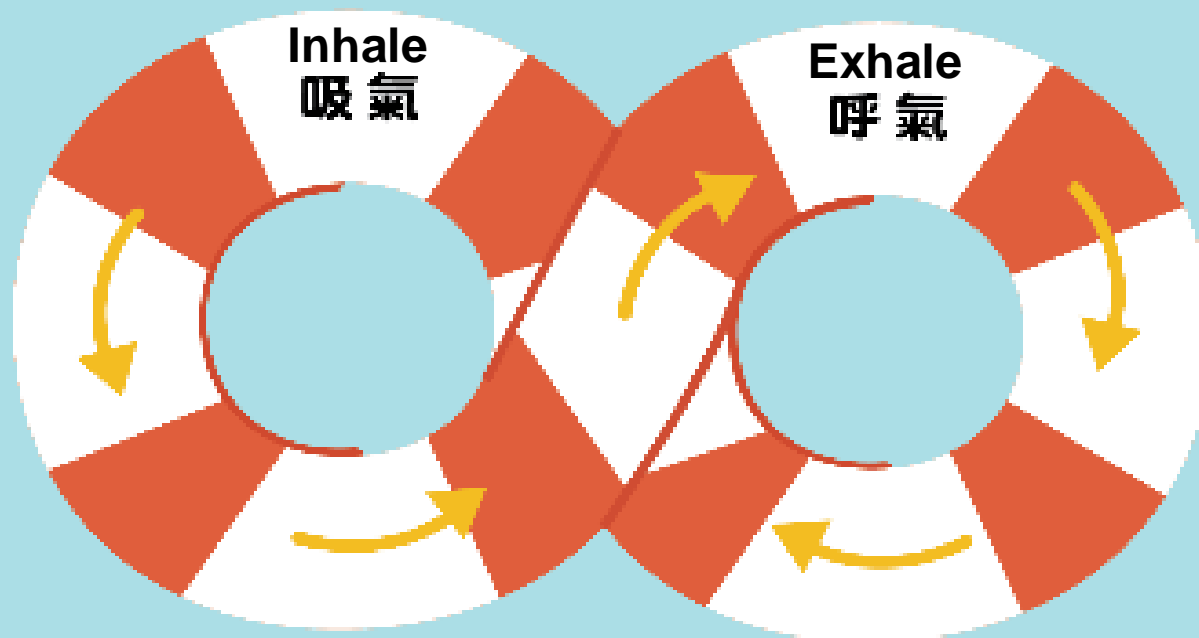


Breathing exercise to ease tension

疫苗接種任務：舒緩緊張秘笈



深呼吸練習 Take deep breaths





好玩小遊戲
iSpy game



找找看
Find them



你也試試出題目考考身邊的人吧！
Try to set questions for people
around you!

好玩小遊戲

Puzzle game



好玩小遊戲

iSpy game

WHAT DO YOU SEE 你看到什麼



小朋友完成程序，值得鼓勵，家長可以如何支援



1 即時讚賞和鼓勵

你可以...

- 俾叻
 - 擁抱
 - 說出鼓勵說話: 你真勇敢! 做得好! 好合作!
 - 與孩子一起做他/她喜愛的事
- ✗ 不比較，不批評

2 觀察及聆聽孩子的感受

你可以...

- 用15分鐘時間與孩子分享感受(年長孩子更適用)
- 向孩子說與疫苗或注射相關的故事，引導他/她們分享自己的感受
- 聆聽時，接納孩子正負面情緒
- 準備不同活動如聽音樂、玩遊戲、繪畫等，幫助孩子抒發所想所感



3 作好準備，正面迎接下一次接種

你可以...

- 與孩子一起記錄下一次接種日期
- 重溫及講解相應程序
- 一起商討抒壓及應對方法(家長們可以分享正面的經驗)
- 一起挑選孩子喜歡的事情，用作等候或分散注意力(玩小遊戲、看圖書、抒壓玩具等……)



Tips for supporting your children after vaccination



1 Immediate positive regards and encouragement

You can...

- Give a thumbs up
- Hug them
- Words of encouragement:
You've been so brave! Well done! So cooperative!
- Join your children do their favorite things
- ✗ Do not make comparisons, do not criticize



2 Observe your child and listen to them

You can...

- Spend about 15 minutes to listen your children's feelings (more applicable to older children)
- Share vaccine-related stories with your children, guide him/ her to express feelings and emotions
- Show acceptance of positive and negative emotions
- Prepare different activities such as music, games and arts to help your children express himself/ herself



3 Prepare for the next dose

You can...

- Mark the date of second dose together with your children
- Recap and explain related procedures
- Discuss ways to de-stress and coping strategies (share positive experiences with your child)
- Select play materials or toys with your children. He/ she can play while they are waiting and materials can be used for distraction purposes. (Games/ story books/ fidget toys, etc.)

