

I GOT A VACCINE

A social story for children and their families



I GOT A VACCINE

This social story was developed in partnership with SMILE Canada Support Services and Collidoscope Consulting.

SMILE Canada - Support Services is a registered Canadian charity dedicated to supporting racialized children and youth with disabilities and their families through various culturally responsive and safe programming and services. SMILE's focus area is diverse Muslim communities, including refugee and new immigrant families. Our vision is to ensure that all children and youth are included in all spaces, services, and activities.

To learn more about SMILE, please visit www.smilecan.org **#UnitedWeSMILE**



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www.smilecan.org

To Donate: www.smilecan.org/donate

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Collidoscope Consulting offers culturally safe services and resources to advance health equity in racialized and diverse communities. We take an innovative story-telling approach to knowledge translation and exchange, health education and awareness and advocacy, with an emphasis on the social determinants of health and intersectionality. To learn more about our work please visit www.collidoscopeconsulting.com.

In collaboration with:



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United Way
Greater Toronto

Children and youth have a recommended vaccination routine. While your child has likely received a vaccine before, the COVID-19 vaccine may feel scary. This social story is designed to help you support your children through the vaccination process, integrating concepts such as understanding the importance of vaccines and coping strategies for needles. Together, you and your children can accompany Safa in her journey to 'getting a vaccine'. When you arrive at the end of the book, there is a token of achievement that you and your child can complete when they receive their next vaccine.

This book uses a modified social story structure. Created by Carol Gray, social stories are a tool and a way of telling stories that help children get through difficult moments, through descriptive and affirmative sentences. Social stories can be a great way to help children understand situations and process their emotions.

To learn more about social stories, you can visit:

<https://www.theschoolrun.com/social-stories-explained>.



IT'S MY TURN TO GET A VACCINE TODAY!



MY BIG BROTHER MUSTAFA RECENTLY GOT HIS VACCINE.



MAMA SAYS VACCINES ARE MADE BY SCIENTISTS TO
PROTECT US FROM GETTING SICK.



THE VACCINE IS PUT INSIDE A NEEDLE.



THE NEEDLE HELPS PUT THE VACCINE INSIDE MY BODY TO MAKE SURE IM STRONG AND HEALTHY.

I WILL GET MY VACCINE AT A DOCTOR'S OFFICE.

I DONT ALWAYS LIKE GOING TO THE DOCTOR BUT MAMA WILL BE WITH ME AND SHE SAID I CAN BRING MISTER STUFFIES.





WHEN IT'S MY TURN, I WILL RELAX MY ARM
AND ROLL UP MY SLEEVE.



IF I FEEL SCARED, I CAN LOOK IN ANOTHER
DIRECTION OR CLOSE MY EYES.

THE DOCTOR WILL WIPE MY ARM TO MAKE IT CLEAN.

WHEN I FEEL A LITTLE PRICK WITH THE NEEDLE THAT
MEANS THE VACCINE IS GOING INSIDE OF ME.



I WILL START COUNTING TO 3,
IN MY HEAD OR OUT LOUD.

1...2...3...



ONCE THE DOCTOR PUTS ON THE BAND-AID IT MEANS I'M ALL DONE.

WE DID IT!



I'M SO PROUD OF MYSELF!

I WILL CONTINUE TO WEAR A MASK, KEEP MY HANDS CLEAN AND KEEP A SAFE DISTANCE, TO HELP KEEP EVERYONE AND MYSELF SAFE.



MY ARM MAY BE A BIT SORE AND I MAY FEEL A LITTLE SICK AFTER, BUT THAT MEANS THE VACCINE IS WORKING TO PROTECT ME.



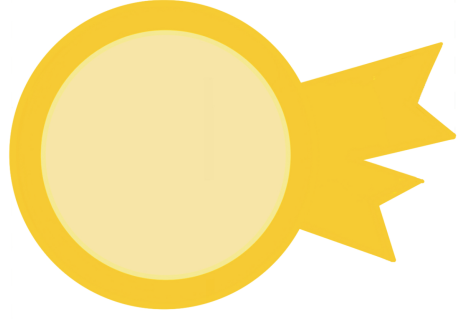
BRAVERY AWARD



I WAS BRAVE WHEN I GOT MY VACCINE

Awarded To _____

Date _____



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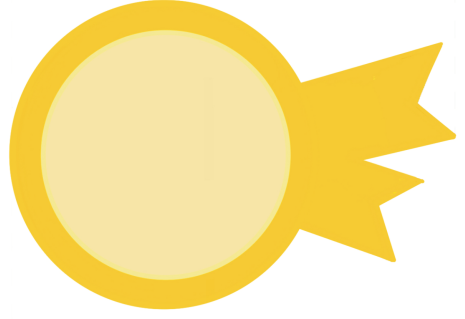
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Interested in learning more?

Kids guide to shots:

<https://kidshealth.org/en/kids/guide-shots.html>

<https://www.youtube.com/watch?v=p7fDNWwWyBE>

What are germs?

<https://kidshealth.org/en/kids/germs.html>

Parents guide to mRNA vaccines:

<https://www.youtube.com/watch?v=v-NEr3KCug8>





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