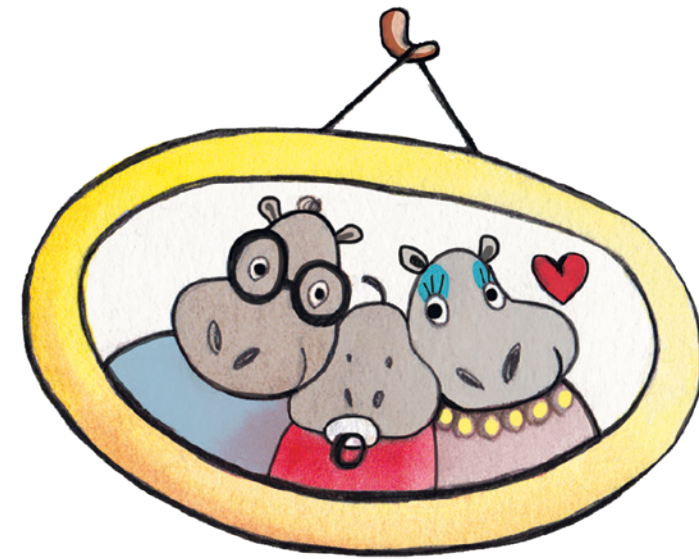
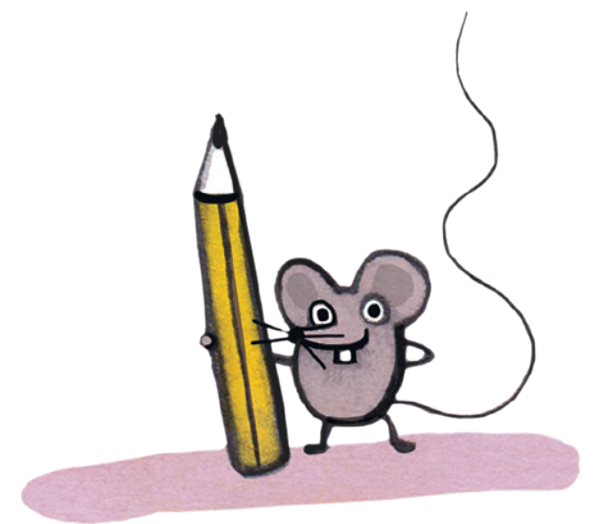


Hopsi the Hippo
needs medicine.
Can you help?

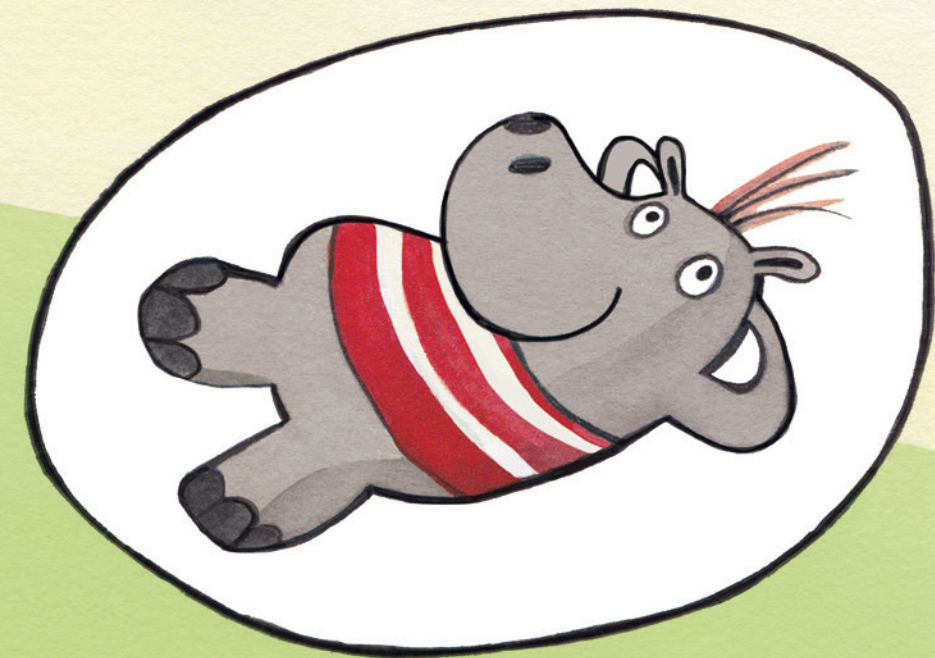
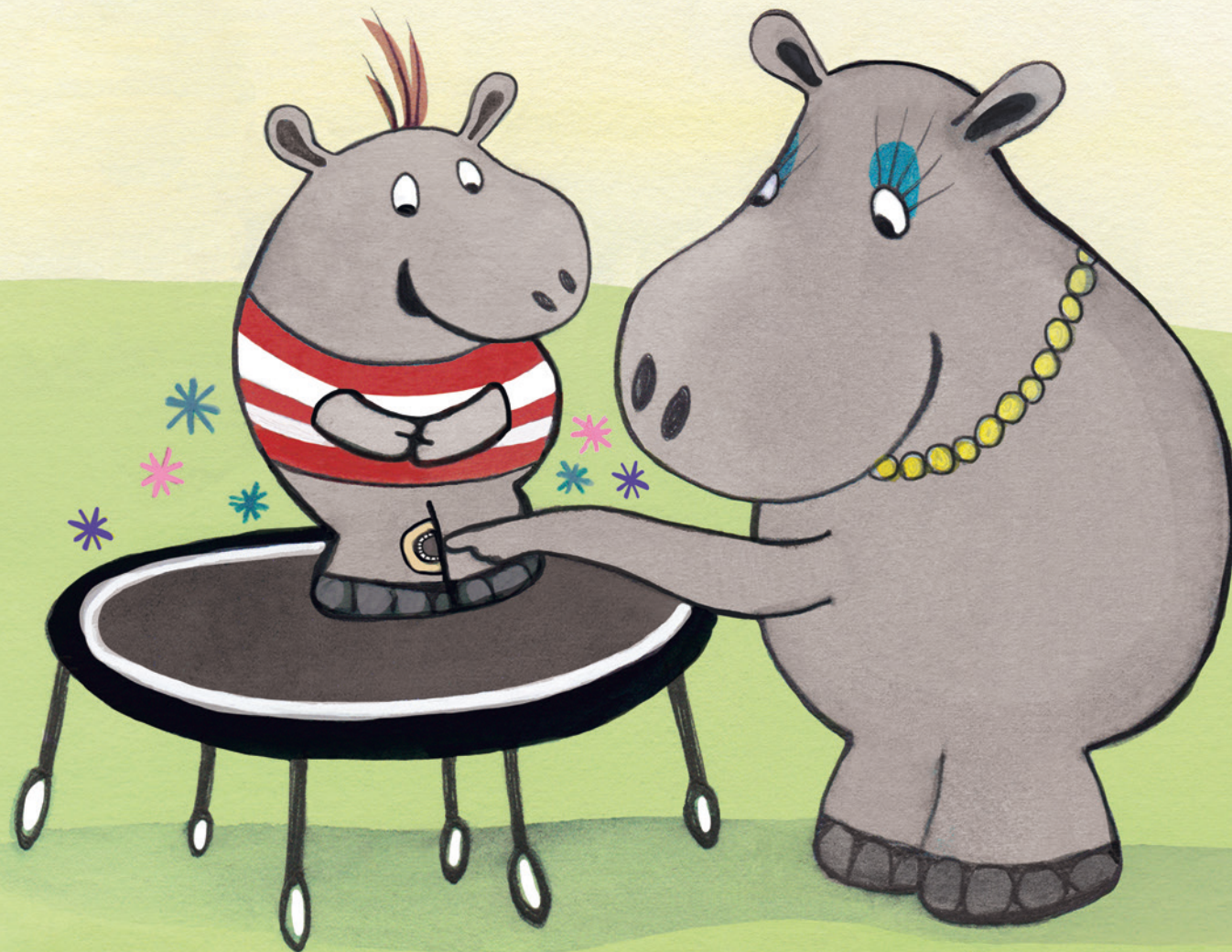
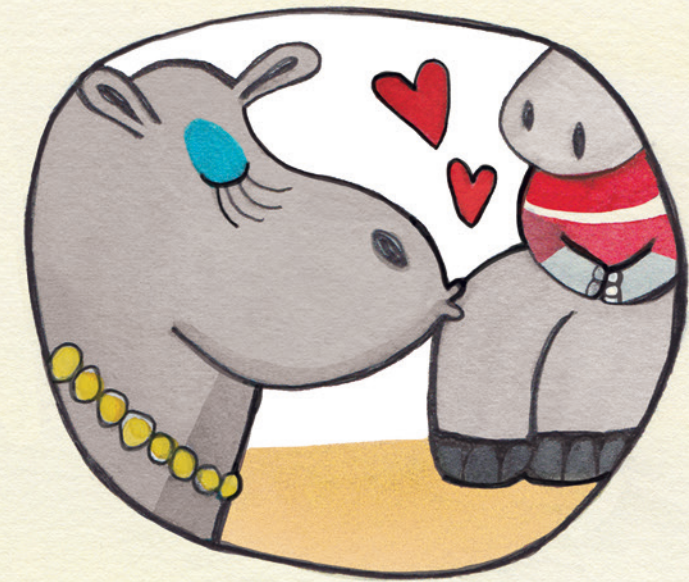
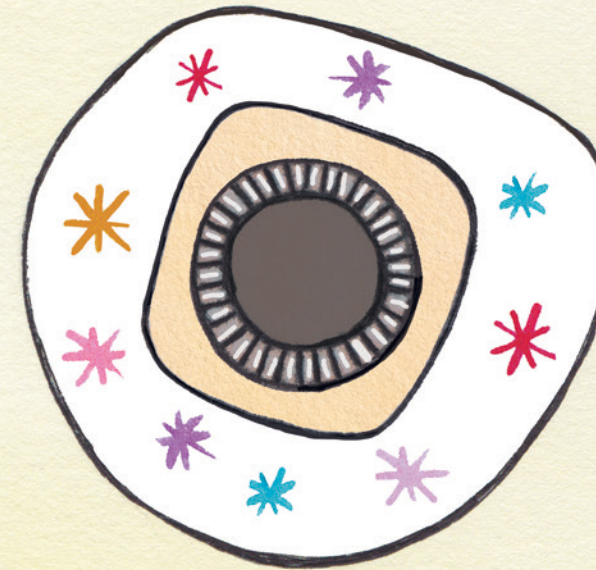




Hopsi the Hippo
needs medicine.
Can you help?



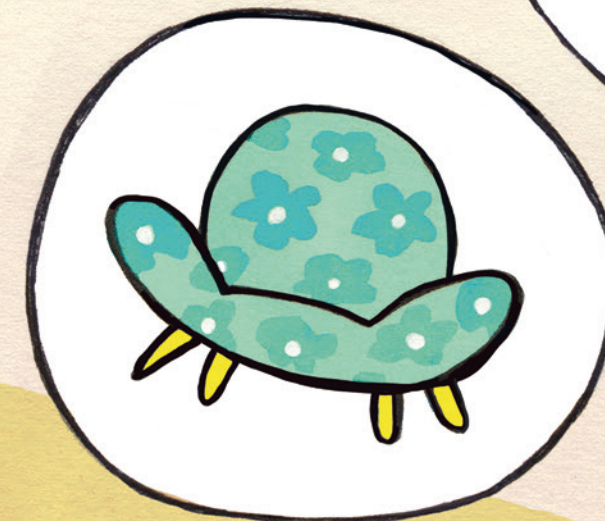
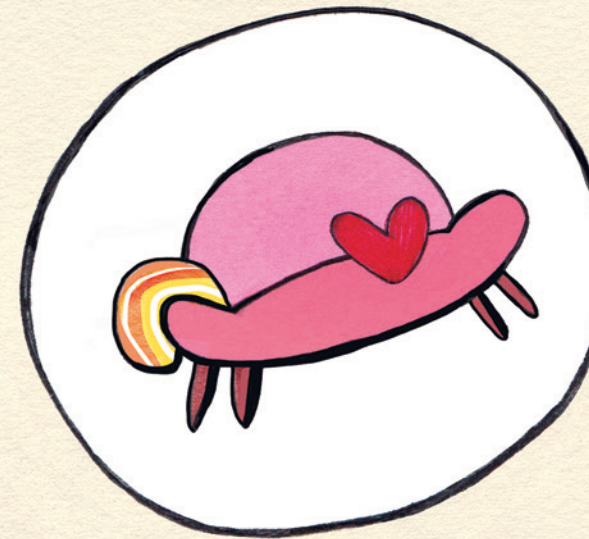
Today Hopsi needs medicine.
First, Hopsi puts on the
numbing patch. Then, Hopsi
gets to play until it works.
Today, Hopsi wants to jump on
the trampoline.



What do you usually use?
A numbing patch, kisses, nothing or....?



It's now time for Hopsi to take the medicine. Hopsi wants mum to give the injection and they must sit on the sofa. That's Hopsi's favourite spot.



Where do you like to sit?
On the sofa, on the bed, in a chair or...?

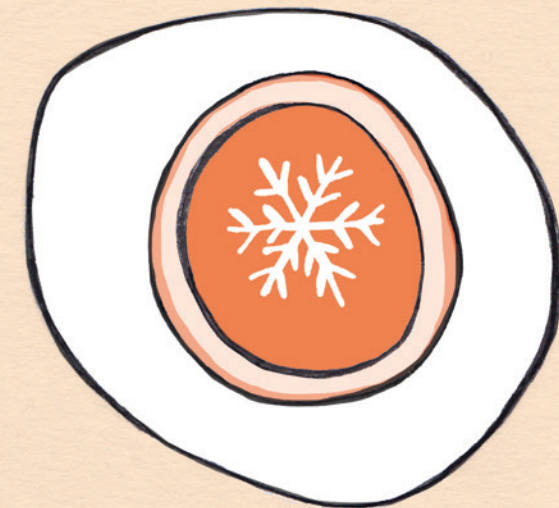
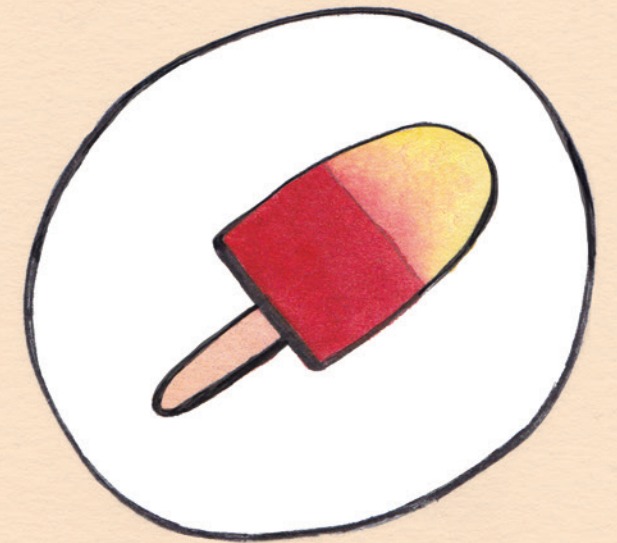
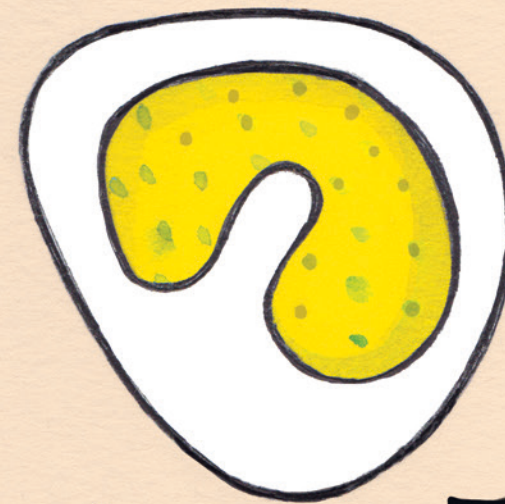
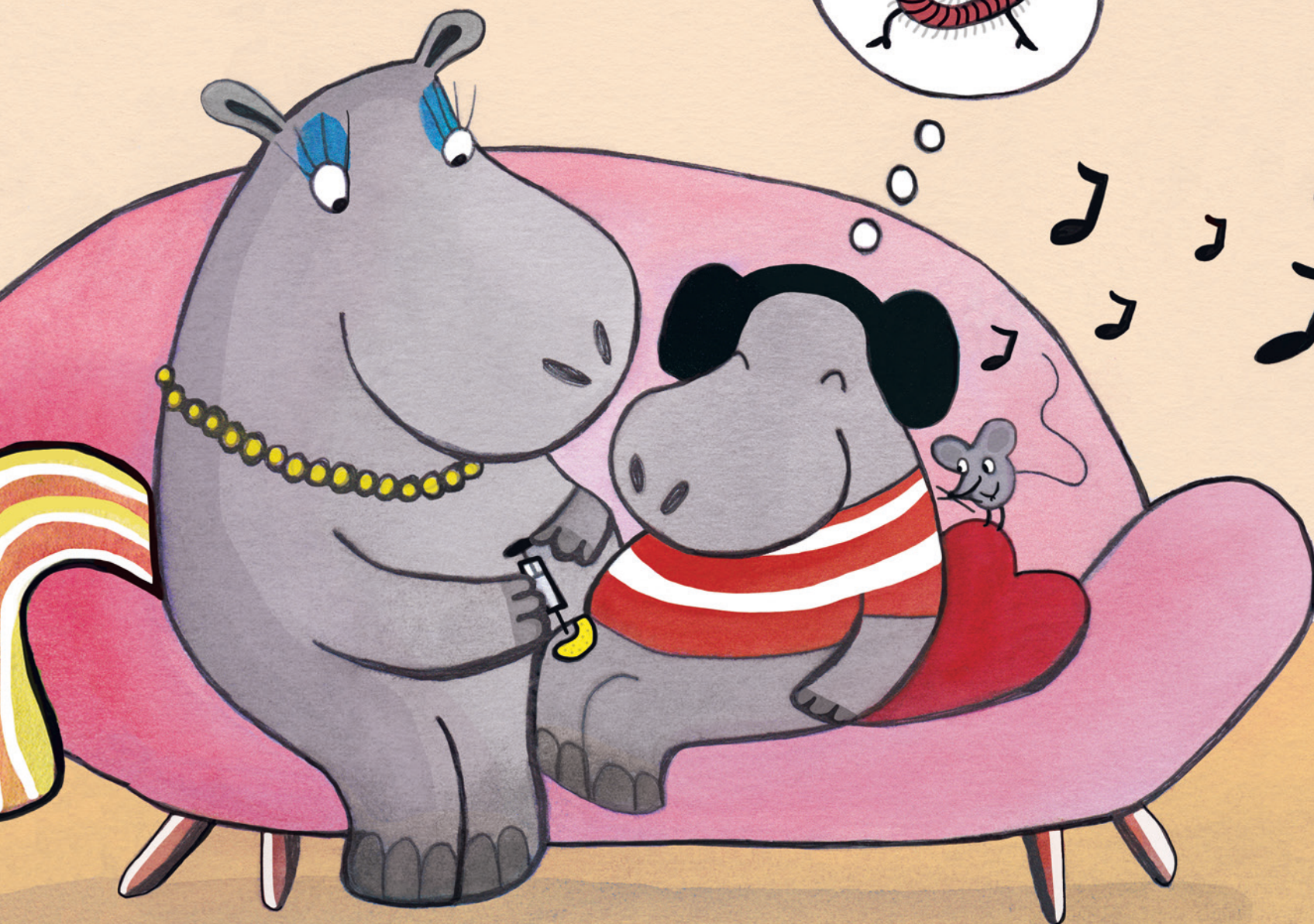
While Hopsi gets the medicine, mum
lets Hopsi listen to music. Hopsi loves
music very much and almost forgets
everything else.



What do you like to do?
Listen to music, watch a movie, sing or....?

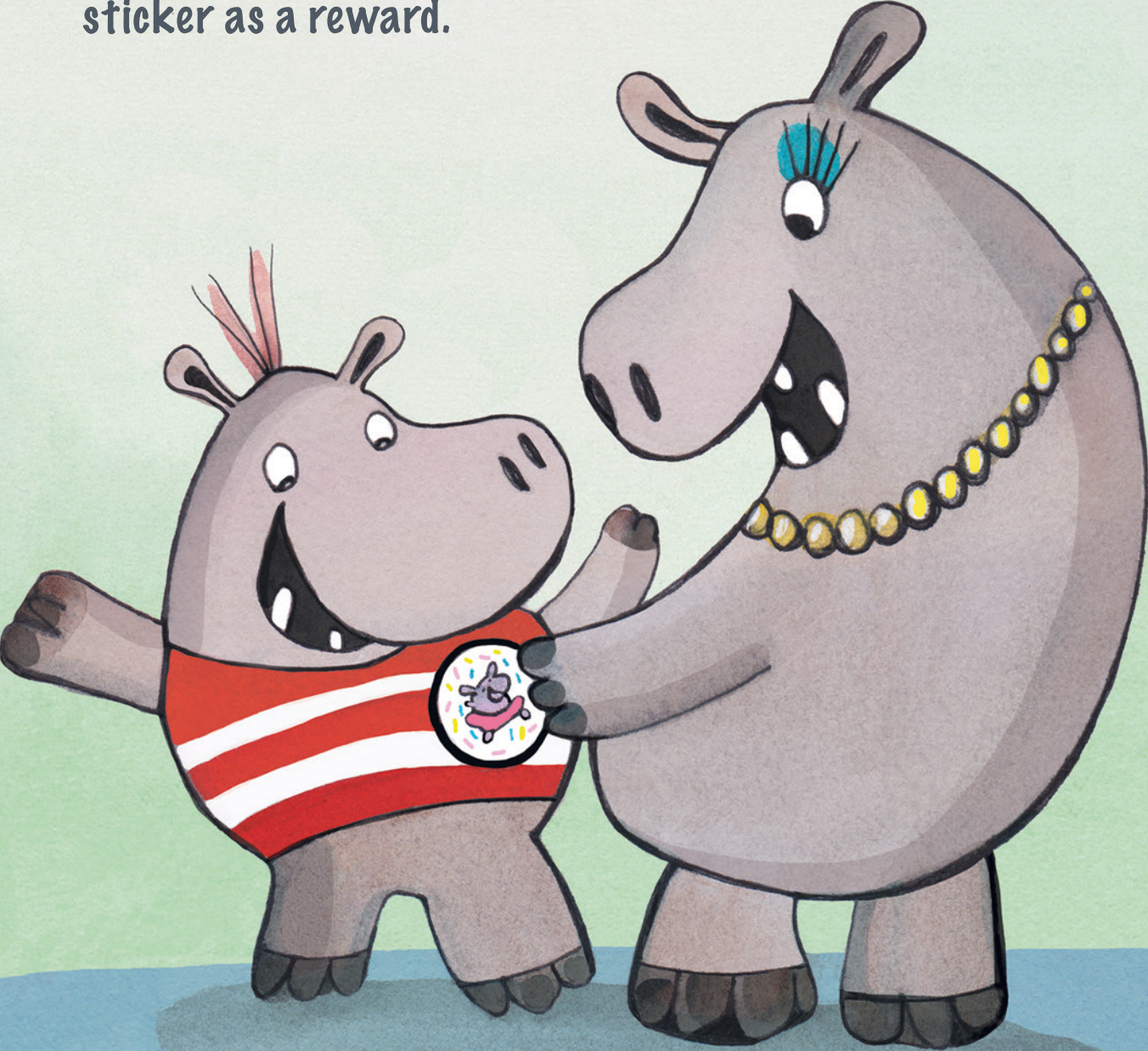


While mum gives Hopsi the medicine, Hopsi uses a shot blocker. It feels funny, like a centipede dancing the flamenco.



What is your favourite? The shot blocker, the ice lolly, the cool pack or....?

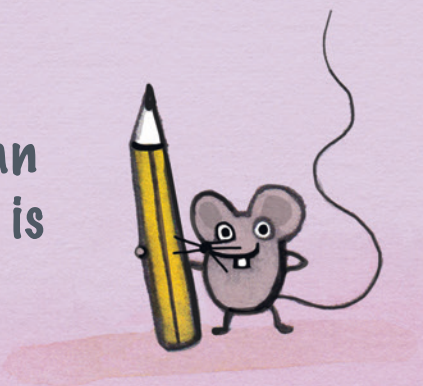
Hooray, Hopsi has had the medicine,
and now Mum gives Hopsi a cool
sticker as a reward.



Do you like stickers?

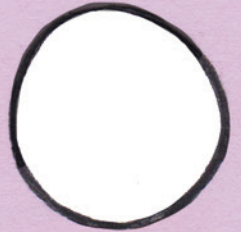
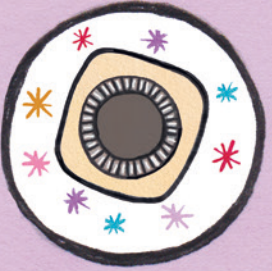
Medicine agreement

Mark one bubble in each row with an X and write your name where Hopsi is pointing.



What do you like to do before having your medicine?

1

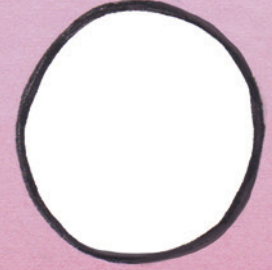


☐☐☐☐

*Your own idea
(Or nothing if
you don't use
anything.)*

Where do you like to sit while having your medicine?

2

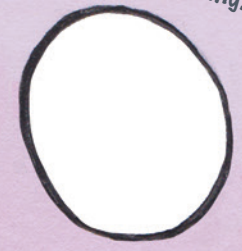


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*Your own idea
(Or nothing if
you don't use
anything.)*

What do you like to do while having your medicine?

3

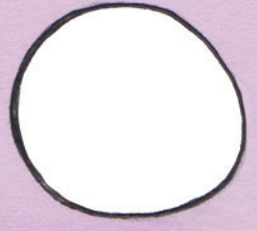
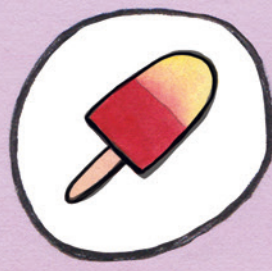


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*Your own idea
(Or nothing if
you don't use
anything.)*

What do you like to use when having your medicine?

4



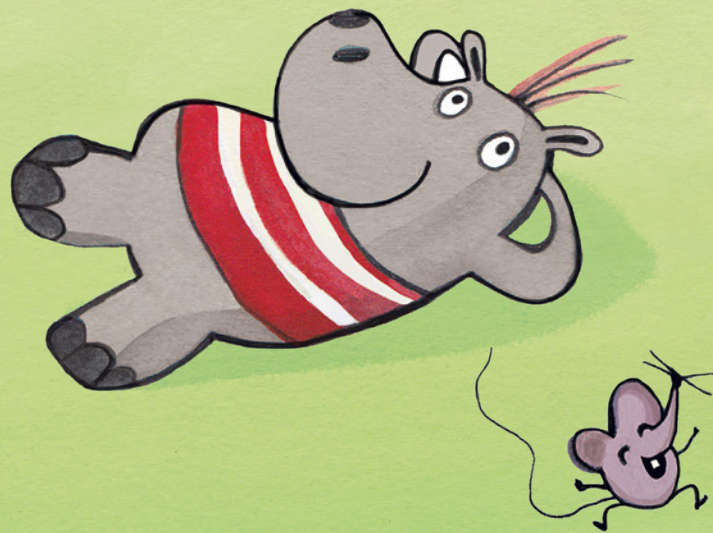
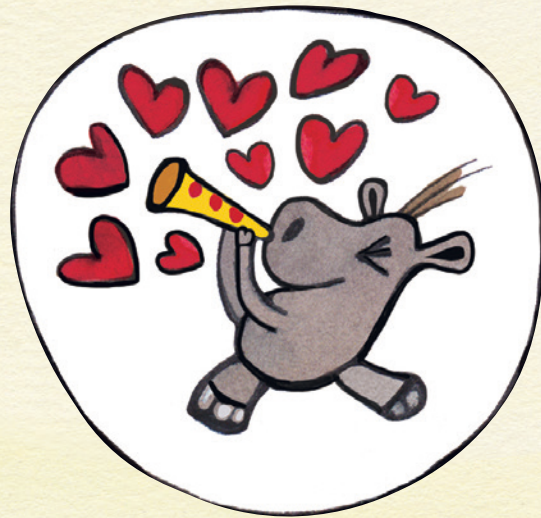
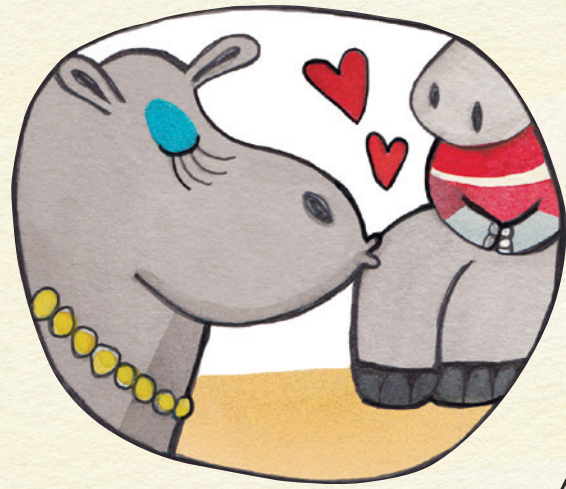
☐☐☐☐

*Your own idea
(Or nothing if
you don't use
anything.)*



Your name







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 The book is published with support from Sobi.

Words that work

Language to avoid

Language that works

It is fine, there is nothing to be afraid of. (false guarantee)	What did you do at school today? (distraction)
It will not hurt. (unclear; negative focus)	Other children say it feels like a scratch. (information)
The doctor /nurse needs to take some blood. (unclear information)	First, they put an elastic band around your arm, then they wash your arm with something cold, next... (information)
You are acting like a baby. (criticism)	Let's try to think of something else, tell me about that movie... (distraction)
You will feel a prick. (negative focus)	Tell me how it feels. (information)
It will take as long as... (negative focus)	It will take less time than... (a TV program, or other known time frame for the child) (information)
The medicine will give a burning sensation. (negative focus)	Some children say they can feel the medicine. (information, positive focus)
Tell me when you're ready. (too much control)	When I count to three, blow the feeling out of the body (support for coping, distraction)
I'm sorry too. (excuses)	You are being very brave. (praise, encouragement)
Don't cry. (negative focus)	That was hard – I'm proud of you. (praise)
It will soon be over. (negative focus)	It was great that you... (give specific praise – What was great)

For parents

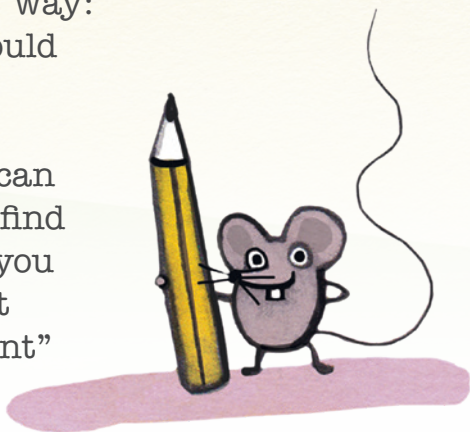
Find a good routine when your child is getting medicine

One of the most important things when you need to give your child medicine is to follow the same routine every time. In this way, the child knows what to expect, and it provides reassurance. If you already have a good routine, you obviously don't need to change anything.

It may take some practice to find the right routine, but if you let your child be part of the decisions, it's often a little easier. And this is where this book comes into play.

The book follows the hippopotamus Hopsi, who needs medicine. Hopsi has its own routine, which your child is asked to relate to along the way: "What do you think? What would you prefer?"

This way, you and your child can get inspiration from Hopsi to find your own routine. And when you have found it, you can write it down as a "Medicine agreement" in the back of the book.



Five tips for talking to your child about taking medicine



- 1. Spend time explaining to your child what is going to happen, so the child understands and gets answers to all their questions.**

Why is it important? Because the child then knows what to expect, and thus becomes less afraid and surprised during the procedure.

- 2. Be calm and patient – and tell your child that you are sure that they will cope with the procedure just fine.**

Why is it important? Because your child is reflected in you and reflects the feelings you show. If YOU are calm and trusting, the child will often be too.

- 3. Be positive when you talk about the medicine, e.g., “the medicine helps, so you feel better”, and be sincere, e.g., “you will be able to feel it when you get the medicine”.**

Why is it important? Because positivity and sincerity show that you have confidence that the child will manage to take their medicine. At the same time, you ensure that the child is not unprepared or startled.

Also see the card “words that work”

- 4. Make sure you have physical contact and keep eye contact with your child when giving medicine.**

Why is it important? Because your child feels more secure when they can feel your touch and have your full attention.

- 5. Praise your child for their effort and choices – and give a reward, e.g., a sweet treat, 10 minutes of extra screen time or something else that you have agreed in advance.**

Why is it important? Because praise and rewards can make the experience more positive for the child and because recognition of the child’s choices gives the child the feeling of having responsibility and autonomy.