

# TIME FOR A SHOT



## A letter to caregivers:



Navigating a rare disorder is full of challenges; but you don't need to do it alone. As a community of families with patients diagnosed with Homocystinuria Cobalamin defects, our goal is to support and provide resources to help you care for yourself and your child. Giving a young child a shot can cause a lot of stress and anxiety, for all involved. We hope this social story will help provide an opportunity for you to teach your child why they need to get a shot, how to ease the process and educate them on the importance of medication management.

Please visit the Homocystinuria Network of America's webpage for more resources and support at <http://www.hcunetworkamerica.org>





**It's  
time  
for  
my  
shot.**





I need  
to  
get a  
shot  
to keep  
me  
healthy.



**Sometimes  
the shot  
can hurt,  
but only  
for a  
moment.**





**I can  
get the  
shot  
because  
I am  
strong!**

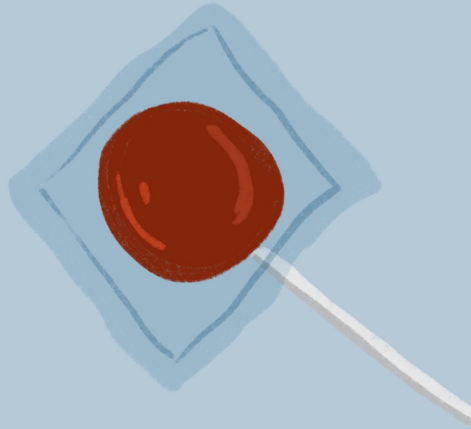




**My  
grown up  
will get  
the shot  
ready.**



**We need  
a needle,  
a wipe  
and  
the  
medicine.**



**The  
medicine  
is red.**





**When my  
shot is  
ready, I  
can sit  
with my  
grown up.**



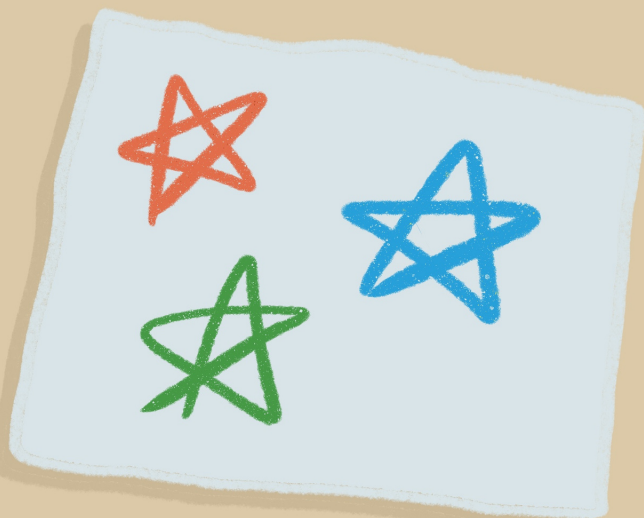
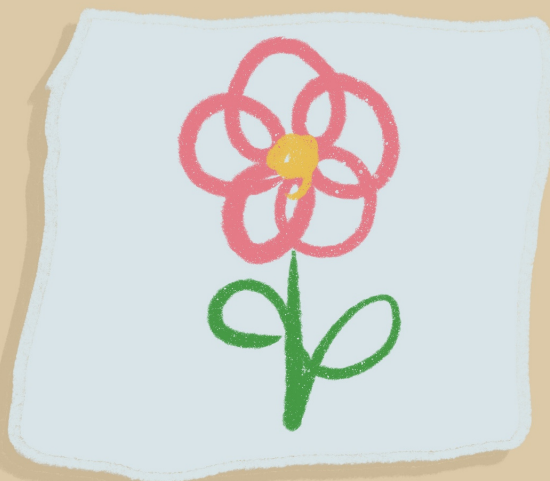
**They will help  
me if I feel  
nervous or  
scared.**

**Being nervous  
or scared can  
make it feel like  
there are  
butterflies in my  
stomach.**



**When it is  
time for  
my shot, I  
can take  
a deep  
breath.**





**Count**

**1, 2, 3...**

**a quick**

**poke**

**and it is**

**done.**



**I did it!!**

**I am  
brave,  
strong  
and  
healthy!**

# Created by: The Cobalamin Steering Committee



[Http://www.hcunetworkamerica.org](http://www.hcunetworkamerica.org)

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