

Giving an injection to your very young child (ages 6 months–5 years) can seem challenging, but we're here to help. Consider using some of the techniques on this page that may help your child feel more comfortable at injection time.

FIND THE RIGHT ACTIVITY

You know your child better than anyone, so trust your instincts. The distraction techniques below are suggestions based on developmental age, but feel free to adapt to meet your child's needs.

INFANTS (6-12 MONTHS)

- Nursery rhymes
- Looking through a kaleidoscope
- Touching a textured object
- Holding a cool washcloth
- Reading pop-up books
- Looking in a mirror

TODDLERS (1-3 YEARS)

- Counting
- Playing games
- Being read stories
- Listening to music
- Drawing
- Building with blocks

PRESCHOOLERS (3-5 YEARS)

- Imaginative play
- Listening to music
- Reading
- Conversation
- Telling stories
- Solving a puzzle

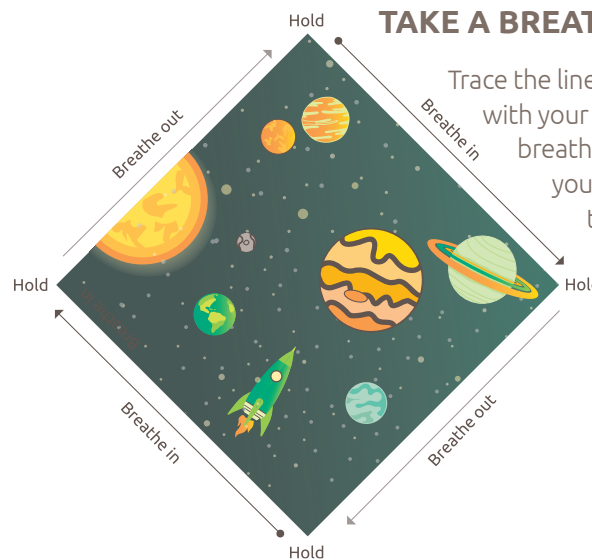
SING A SILLY SONG



Laughter is a good way to lighten the mood! Choose a favorite song and work with your little one to create new, sillier lyrics. Try this example to start (to the tune of *Row, Row, Row Your Boat*).

_____, _____, _____ **your** _____
[your favorite action] [your favorite vehicle]
_____ **down the** _____.
[adjective] [your favorite place]
Merrily, merrily, merrily, merrily,
_____ **is but a** _____.
[your favorite food] [funny sound effect]

TAKE A BREATHING BREAK



Trace the lines of the shape with your finger as you breathe in and out with your child. Encourage them to take deep, slow breaths to help reduce their worry.

These activities are designed to support you and your child. After all, if your child reacts more calmly to the treatment process, you may start to gain more confidence to manage it as well!

INDICATION

DUPIXENT is a prescription medicine used to treat adults and children 6 months of age and older with moderate-to-severe eczema (atopic dermatitis or AD) that is not well controlled with prescription therapies used on the skin (topical), or who cannot use topical therapies. DUPIXENT can be used with or without topical corticosteroids. It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 months of age.

IMPORTANT SAFETY INFORMATION

Do not use if you are allergic to dupilumab or to any of the ingredients in DUPIXENT.

Please see additional Important Safety Information on next page and click here for full [Prescribing Information](#) and [Patient Information](#).

IMPORTANT SAFETY INFORMATION (cont'd)

Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:

- have eye problems.
- have a parasitic (helminth) infection.
- are scheduled to receive any vaccinations. You should not receive a “live vaccine” right before and during treatment with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
 - A pregnancy registry for women who take DUPIXENT during pregnancy collects information about the health of you and your baby. To enroll or get more information call 1-877-311-8972 or go to <https://mothertobaby.org/ongoing-study/dupixent/>.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical, or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your other medicines, including corticosteroid medicine or other asthma medicine, without talking to your healthcare provider. This may cause other symptoms that were controlled by those medicines to come back.

DUPIXENT can cause serious side effects, including:

- **Allergic reactions. DUPIXENT can cause allergic reactions that can sometimes be severe.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following signs or symptoms: breathing problems or wheezing, swelling of the face, lips, mouth, tongue, or throat, fainting, dizziness, feeling lightheaded, fast pulse, fever, hives, joint pain, general ill feeling, itching, skin rash, swollen lymph nodes, nausea or vomiting, or cramps in your stomach-area.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision, such as blurred vision. Your healthcare provider may send you to an ophthalmologist for an eye exam if needed.
- **Joint aches and pain.** Some people who use DUPIXENT have had trouble walking or moving due to their joint symptoms, and in some cases needed to be hospitalized. Tell your healthcare provider about any new or worsening joint symptoms. Your healthcare provider may stop DUPIXENT if you develop joint symptoms.

The most common side effects in patients with eczema include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, sometimes with blurred vision, dry eye, cold sores in your mouth or on your lips, and high count of a certain white blood cell (eosinophilia).

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed by your healthcare provider. It's an injection given under the skin (subcutaneous injection). Your healthcare provider will decide if you or your caregiver can inject DUPIXENT. **Do not** try to prepare and inject DUPIXENT until you or your caregiver have been trained by your healthcare provider. In children 12 years of age and older, it's recommended DUPIXENT be administered by or under supervision of an adult. In children 6 months to less than 12 years of age, DUPIXENT should be given by a caregiver.

Please see accompanying full [Prescribing Information](#) including [Patient Information](#).

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