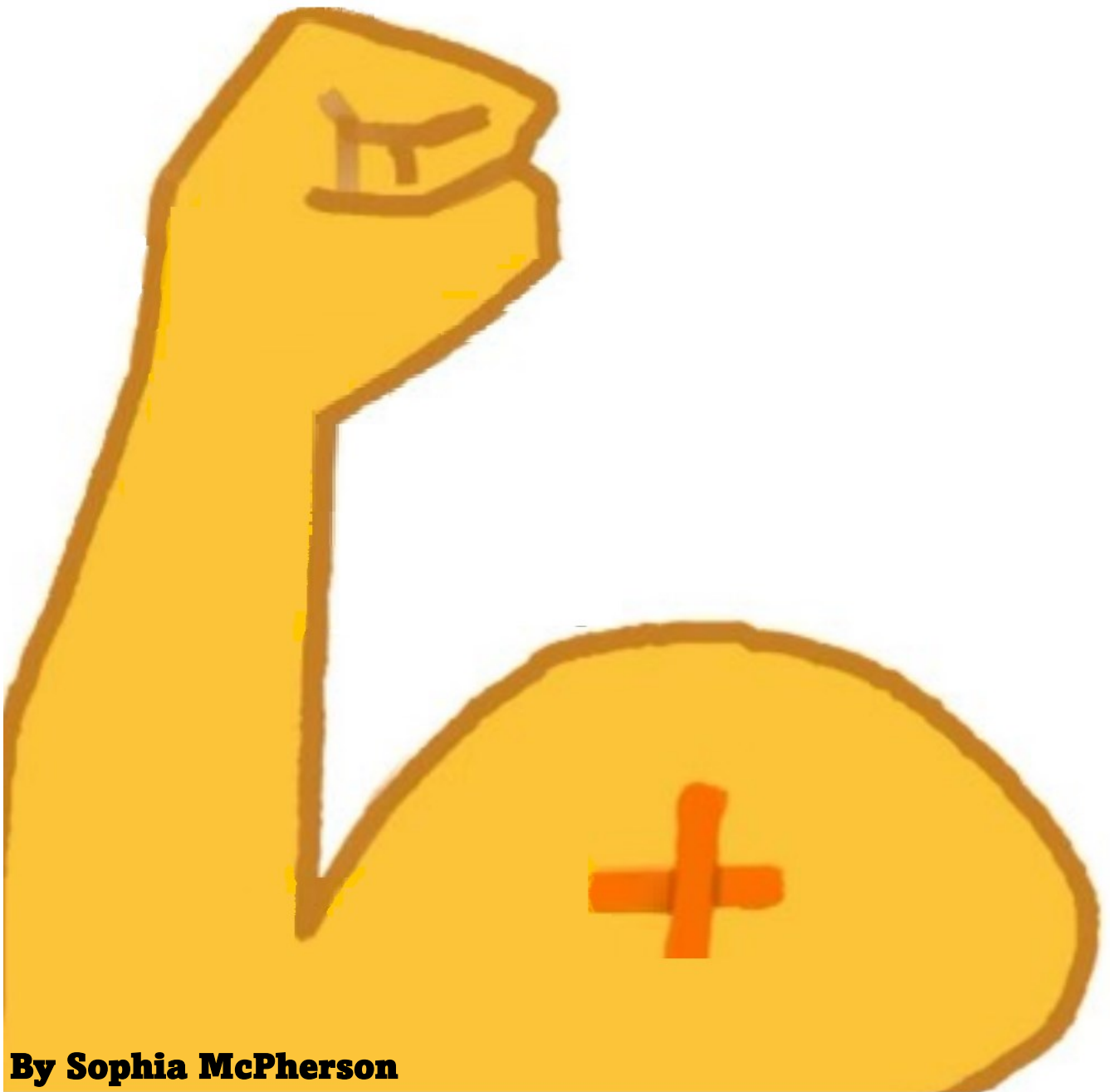


NEEDLES ARE OUR FRIENDS



By Sophia McPherson

NEEDLES ARE OUR FRIENDS

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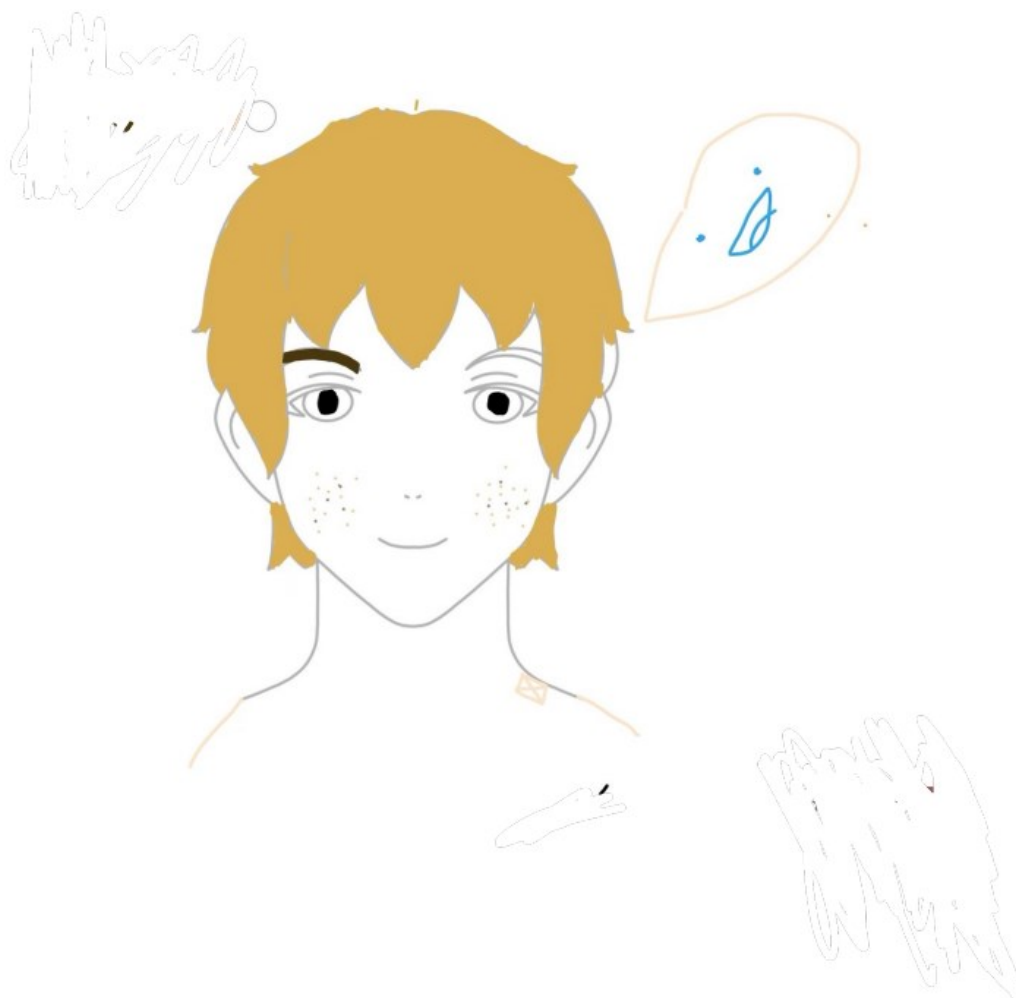
Sofia Koznjak

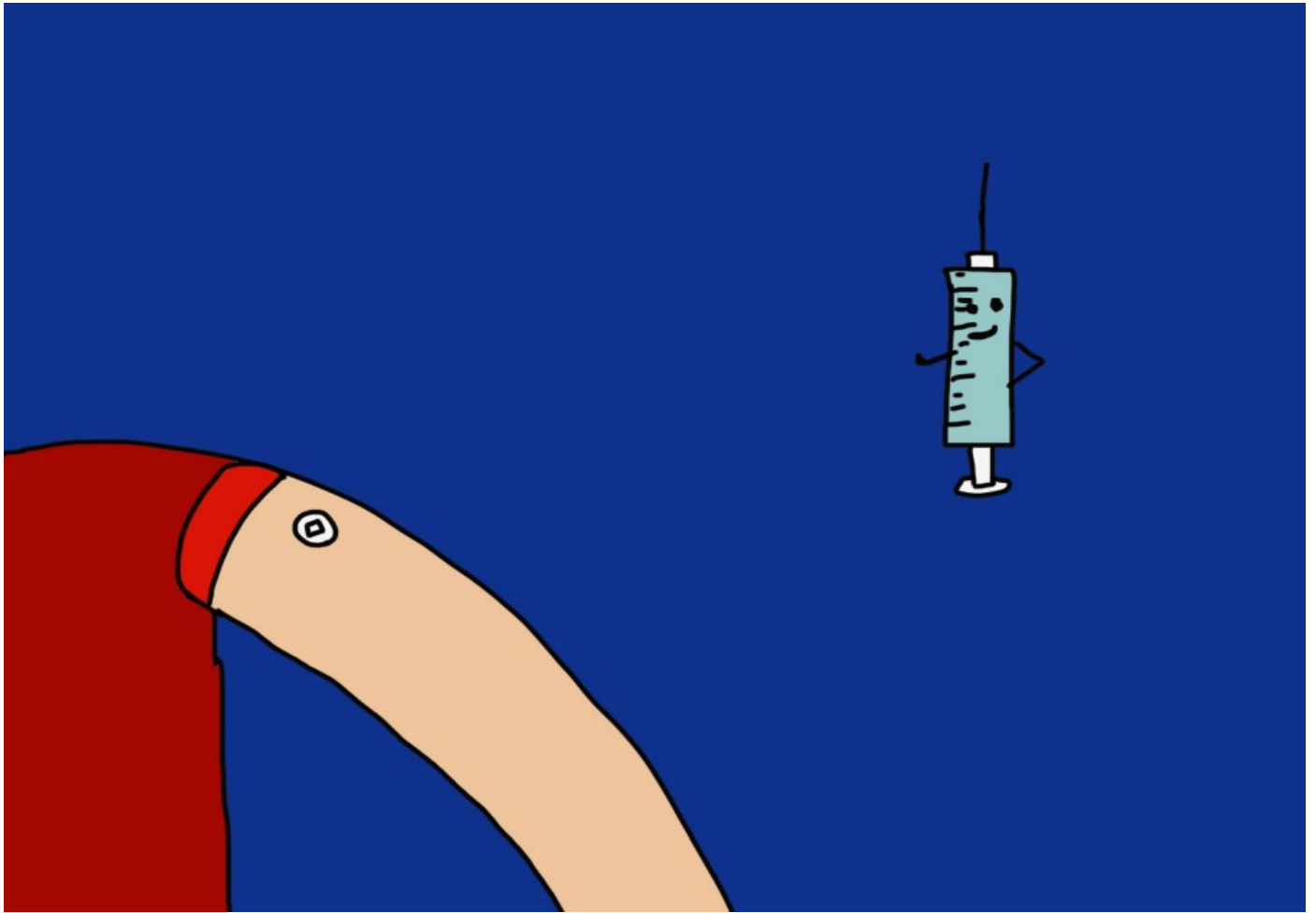
Dedicated to my beloved family and my cheeky sister Addy

Are you scared of needles?

Well guess what?

I'm 10 years old and I am still really scared of needles.





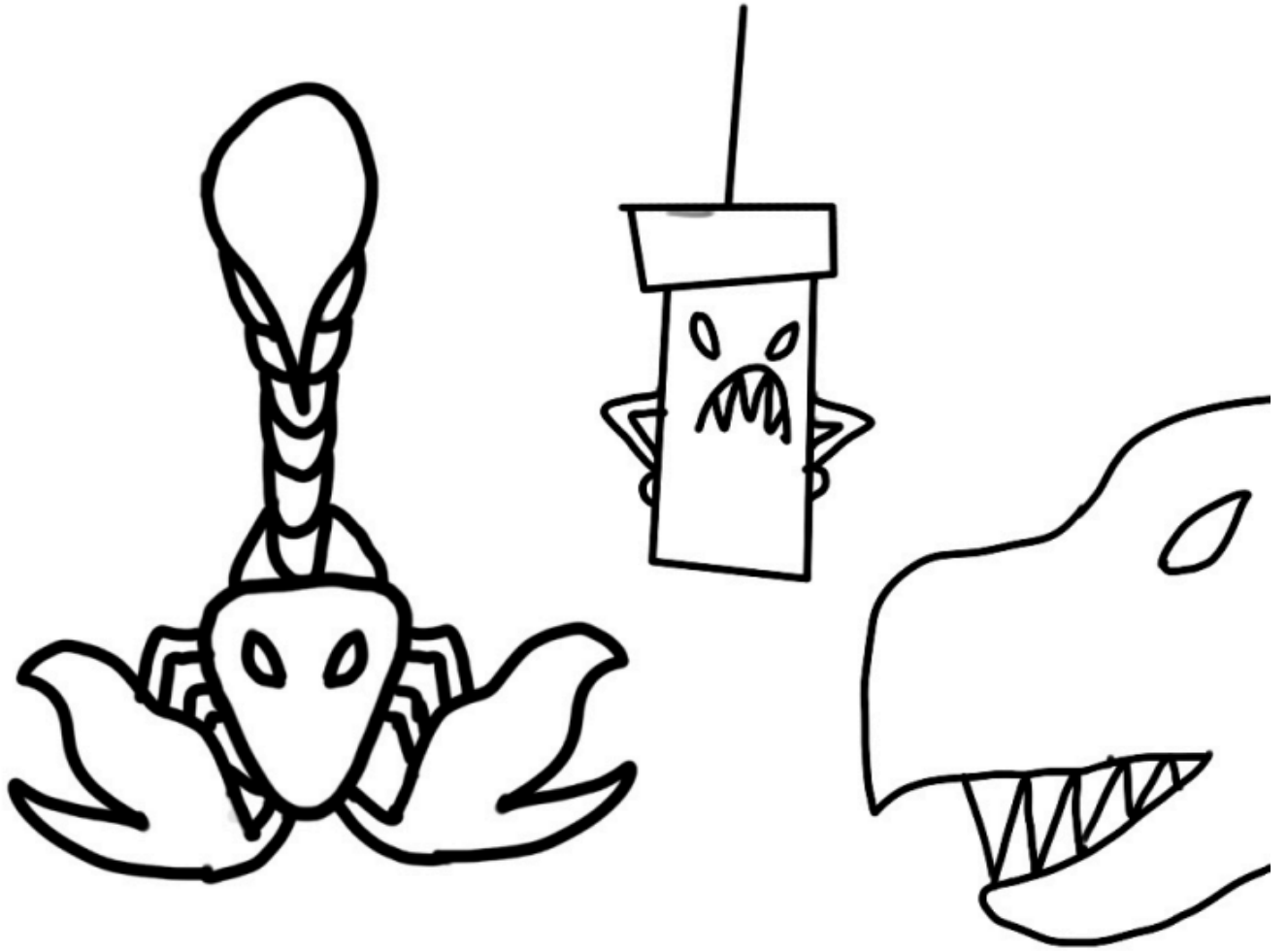
You're probably thinking a 10-year-old kid scared of needles. **NO WAY!**

Well I would've been thinking that too...

Because I always thought
that when you were bigger
and stronger you weren't
afraid of anything.



But in this book you
will learn it's ok to be
afraid of some stuff.



I would like to tell you
the story of how I faced
my fears.

Here's how it goes...

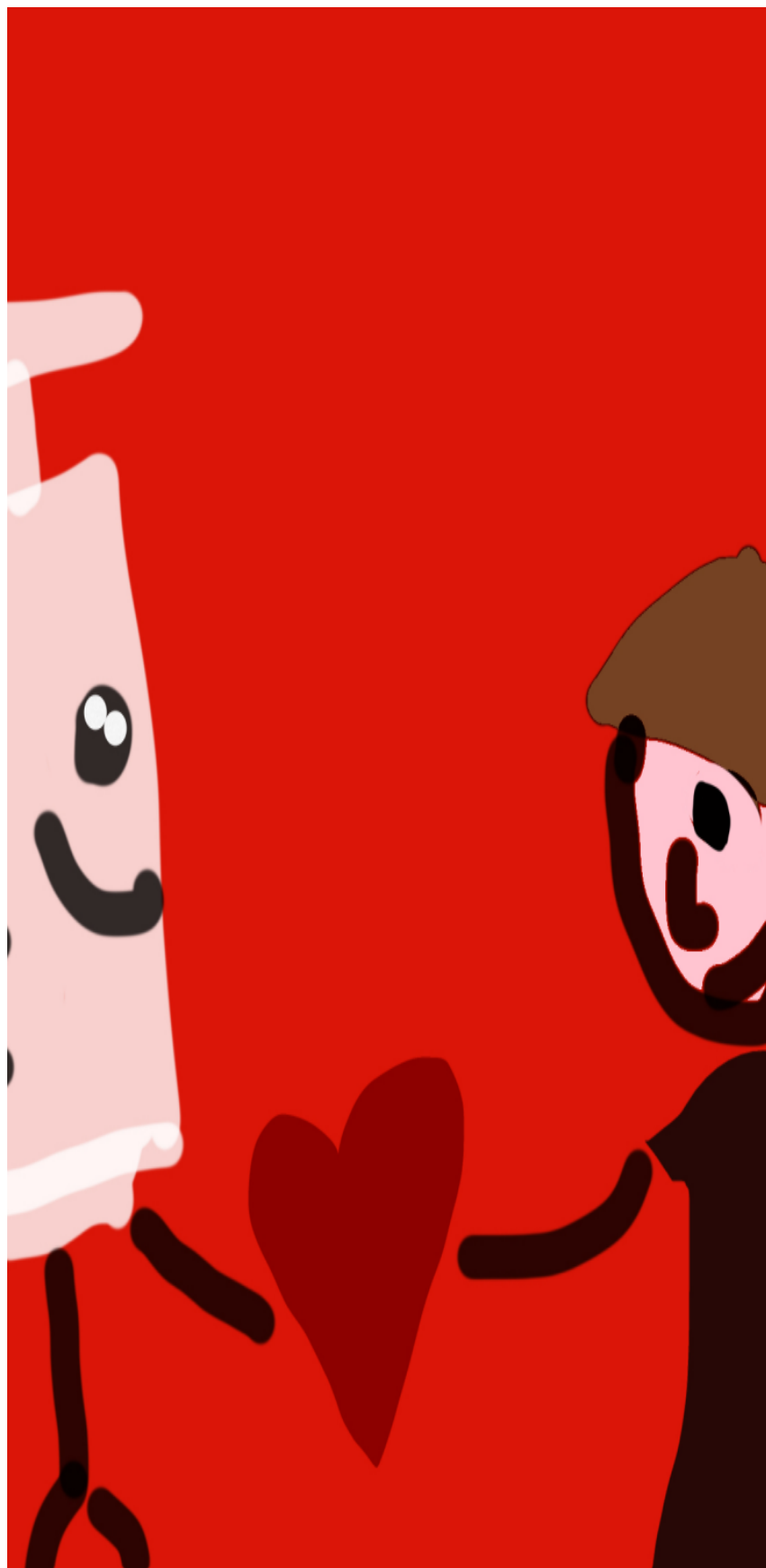


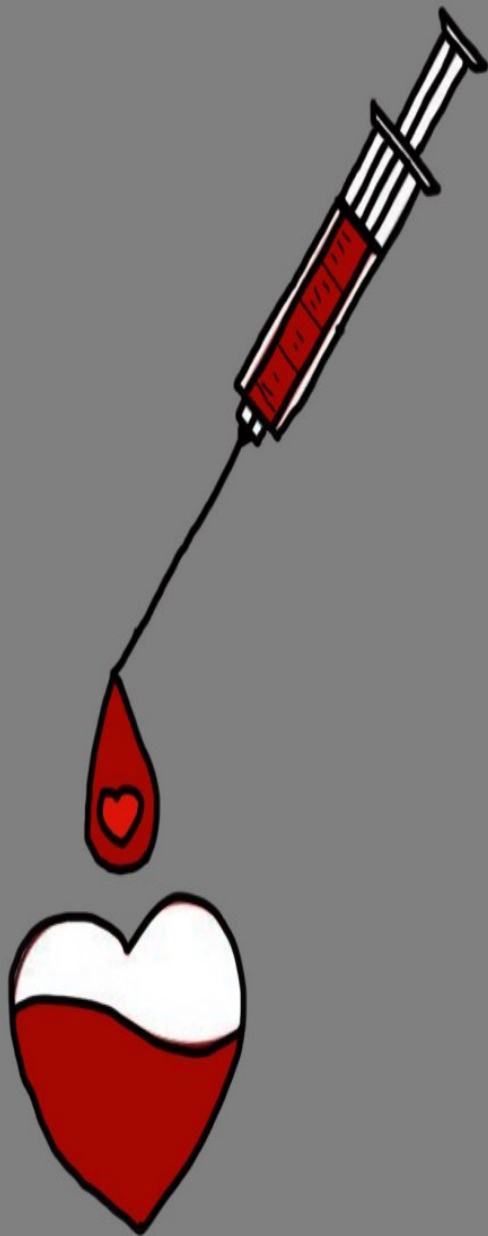
It was a normal
sunny afternoon.

Well that's what I
thought it was.

But then my Mum
said that we were
going to the doctors.

When we got there,
I started to feel
nervous.

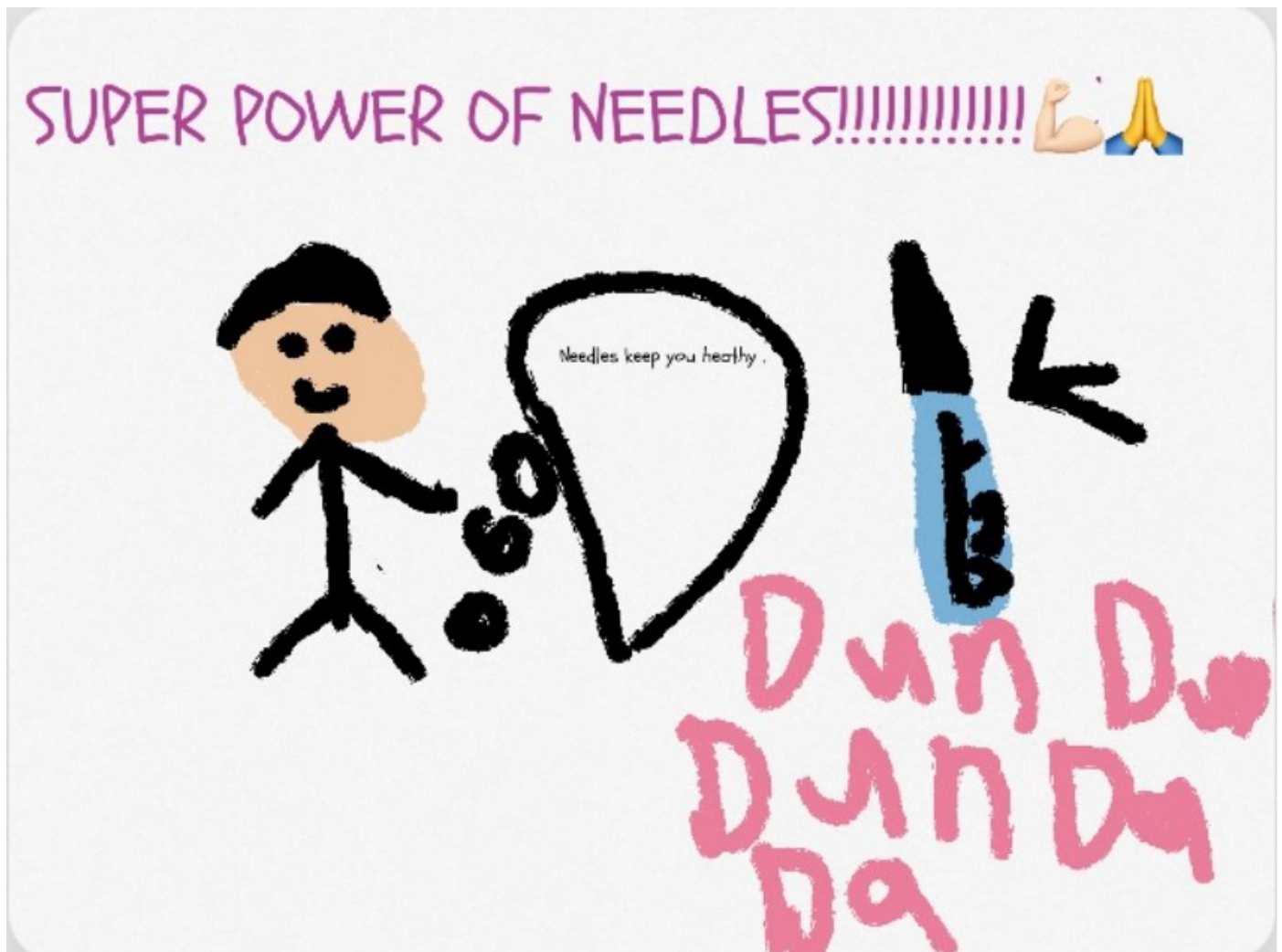




The lady who opened the door for us was wearing a pale blue outfit.

**That's when
I knew**

This lady was a nurse and I was getting a needle!



My heart started racing and my body was **FROZEN** in fear.

Memories of all my previous experiences came rushing back into my mind.

I was petrified! I was convinced that the needle would really **HURT**.

But then I remembered that
needles help protect you
from deadly diseases and
that's what inspired me to
face my fears.



I sat down in the
chair, squeezed my
Mum's hand and was
as brave as I could be.



Much to my surprise, the needle didn't hurt, it **tickled!**

I was so proud of myself that I did it!

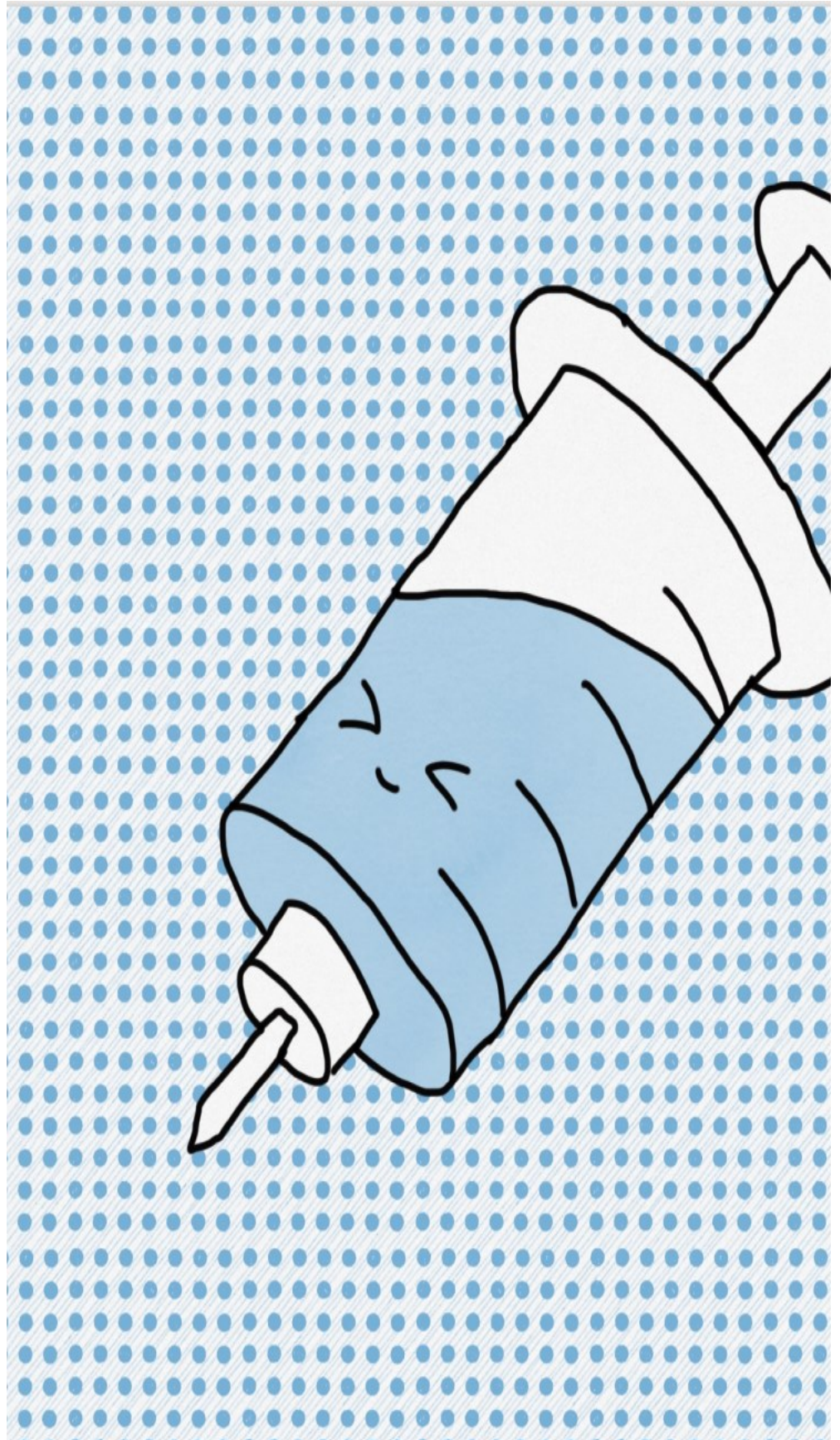
I am still afraid of needles but I face my fears every year!

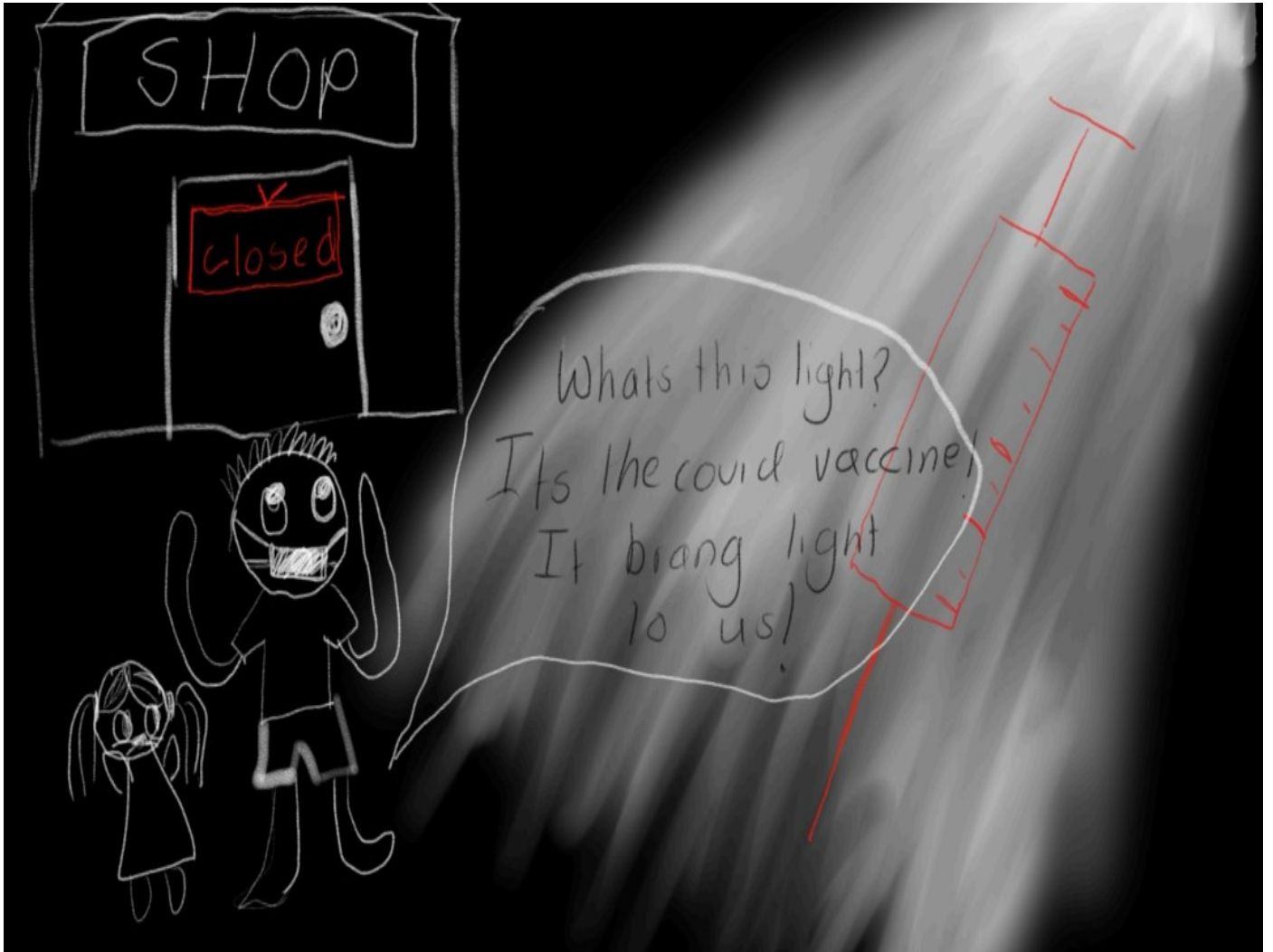
Whenever I have a needle, I think of the time it didn't hurt and how good it is for me to have vaccinations.

This distracts me from thinking about the pain.



So whenever
you're getting a
vaccination,
think...





**NEEDLES ARE OUR
FRIENDS!**