



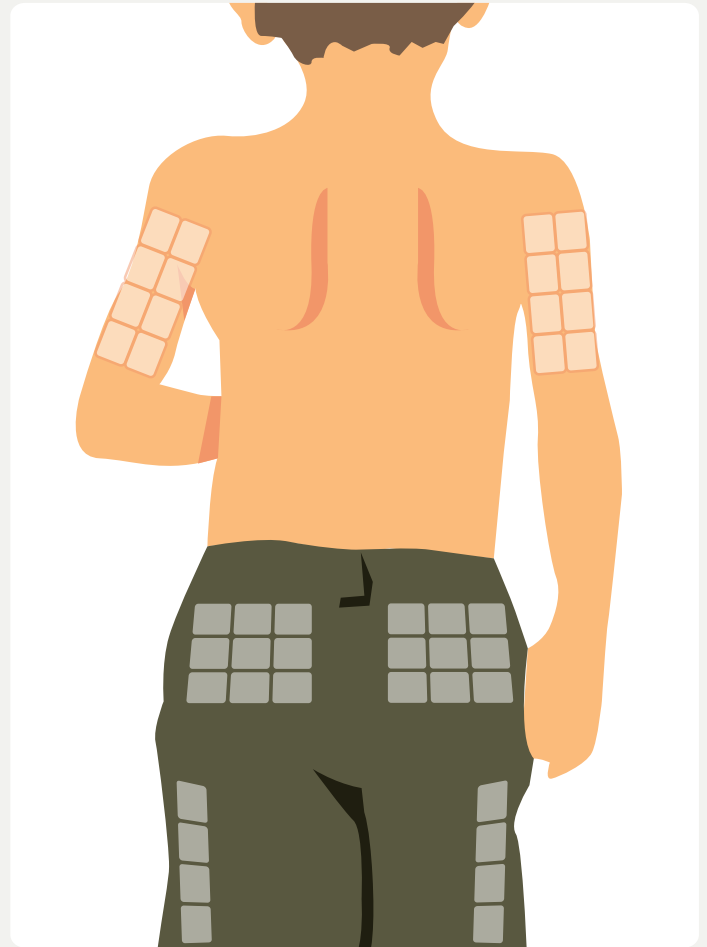
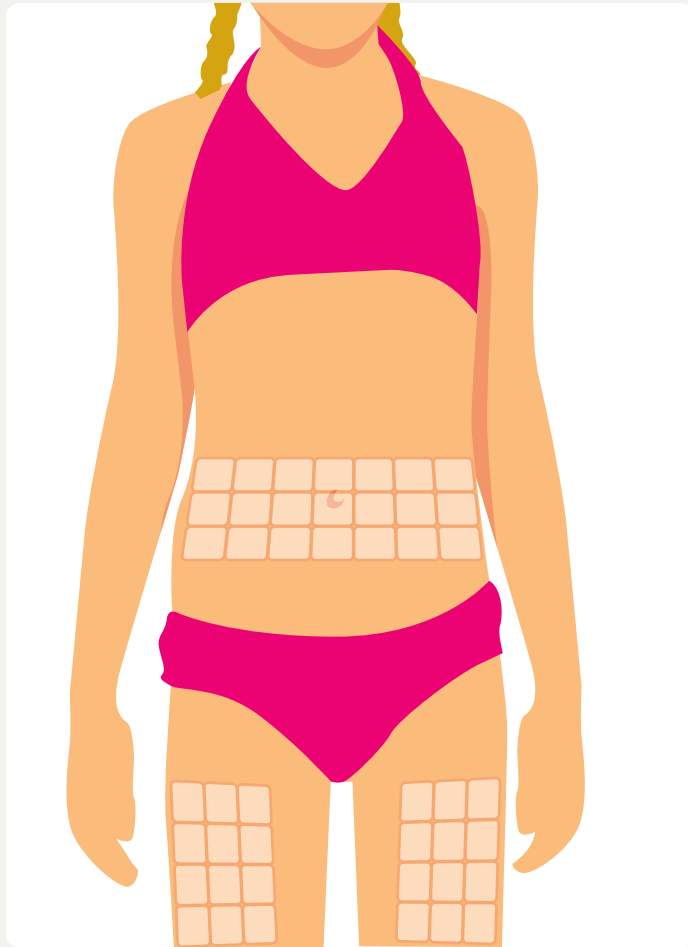
FIT Technique Plus*

FIT for Kids: Pointers for Parents

*Educational tools based on FIT Canada Recommendations for Best Practice in Injection Technique.



Up, Down and All Around Chart



Ideas for Use:

- Reward your child with a sticker for holding still for an injection.
- Put an "X" through any lipohypertrophies (lumps).
- Place stickers on new sites when they are used.
- Reward "bravery" stickers for trying new injection sites.

Notes...

