

# YOU CAN HELP BY DOING YOUR BEST TO:



## INSTRUCTIONS FOR PARENTS & CAREGIVERS:

Use this **Comfort Plan** to work with your child to prepare for an upcoming needle procedure.

This comfort plan is designed to offer your child choices, and use the **best** ways we know how to make needles not hurt.

Children can cope better when they know what is going to happen, and have an opportunity to ask questions. Do your best to answer honestly. If you need support preparing for a needle procedure, ask for a Child Life Specialist or discuss with your nurse.

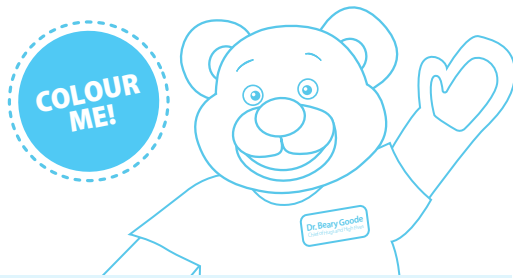
# MY COMFORT PLAN

THIS COMFORT  
PLAN BELONGS TO:



Blank white rounded rectangle for writing the child's name.

# GETTING TO KNOW YOU:



## FAVOURITES

WHAT IS YOUR FAVOURITE TOY?

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WHAT IS YOUR FAVOURITE TV SHOW OR MOVIE?

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WHAT IS YOUR FAVOURITE SONG?

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WHAT IS YOUR FAVOURITE BOOK?

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WHAT IS YOUR FAVOURITE PLACE?

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### TELL US ABOUT YOUR VISITS TO THE HOSPITAL



IT'S MY FIRST TIME



I'VE BEEN LOTS, BUT JUST TO TALK



I'VE HAD LOTS OF TESTS AND PROCEDURES

## MY COMFORT PLAN:

SOMEONE WHO MAKES ME FEEL SAFE...

SOMETHING THAT COMFORTS ME...

## WHEN IT'S TIME FOR THE POKE I WANT:



NUMBING CREAM



LOOK AWAY



TO SIT BY MYSELF



WATCH



TO SIT WITH MY PERSON



PLAY A GAME



A COUNT DOWN



TALK TO MY PARENT ABOUT MY FAVOURITE PLACE



NO COUNTING



LISTEN TO MUSIC



BLOW BUBBLES OR PINWHEEL

OTHER:



USE A MASSAGER

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