# GAME PLAN

## BECAUSE YOU ARE THE BOSS OF YOUR BRAIN AND BODY!

Everything your medical team does is to HELP you be or get healthy!
How will this procedure help you be healthier?

_____

IF there can be a choice (sometimes there isn't), where on your body do you want to do the procedure?

_____

Who do you want to be there? _____

What position? Lap? Next to someone? Laying down? Sitting up?

_____

Where do you want your parent/caregiver to be? _____

What do you want them to do? _____

Who do you want to talk, if anyone? Who would you like to be quiet?

People who talk: _____

People who stay quiet: _____

Do you want to watch the procedure or focus on something else?

- ☐ The procedure
- ☐ More fun something else

Do you want to be told what is going on before and /or during the procedure?

- ☐ Yes, before
- ☐ Yes, during
- ☐ No...I'd rather just pay attention to something else

If you do want to be told when the needle goes in, what words do you want used to let you know?

- ☐ 1-2-3 count
- ☐ "Here it comes..."
- ☐ Something else? _____

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# Which skills do you want to use today?

Choose and circle as many or as few as you like!



## BLOCK THE SIGNAL:

Would you like either or both of these?

☐ Numbing medicine ☐ Vibration



## DISTRACT YOURSELF:

What would you like to focus on?

☐ Video: which one? _____

☐ Distraction card _____

☐ Something else? _____



## USE YOUR IMAGINATION:

Where would you like to go in your imagination today?

_____

_____

_____



## BREATHE FROM YOUR BELLY:

As you take those good, deep breaths, do you want...

☐ Someone to breathe with you? Who? _____

☐ Bubbles ☐ A pinwheel ☐ Nothing...I'll do it myself!



## REMEMBER YOU ARE AWESOME!:

What is a great memory you could think about today?

_____

_____

If possible, before it's time for the procedure, would you like someone (a nurse or child life specialist) to help you understand what will happen during the procedure? ☐ Yes ☐ No, I'm okay

And remember to remind everyone that it helps you if the adults KEEP CALM...

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