

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 ☐ The procedure
or focus on something else? ☐ 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 ☐ 1-2-3 count
the needle goes in, what words do ☐ "Here it comes..."
you want used to let you know? ☐ Something else? _____

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...

