

All about me

This book is about ME so that everyone at the hospital can get to know ME better and what I need to feel safe and comfortable.

My favourites:



Toy: _____



TV show: _____



Book: _____



Movie: _____



People who make me feel safe are:



Things that I brought with me to help me feel safe are:

- This is my first time in the hospital
- I have been in the hospital many times
- I have had many tests and procedures

Please circle the things that will make you feel more comfortable during your procedure, medical treatment or test.



Numbing cream



Counting or singing



Breathing or blowing



Look away or eyes closed



Looking / watching



iPad or DS



Special toy / comfort item



Help take off sticking covering



Sit with my special person

Other:

So what is my job?

- Keep my arm still - I may need help with this, please
- Use my breathing - deep breath in through the nose and long breath out through my mouth
- Keep my brain busy with distraction, like playing on the IPAD, or singing, or watching TV or a movie

Helpful hint

Plan to do something special after the needle to recognize how brave you are.