My Comfort Care Plan

This book belongs to:

[Blank Space]
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:

传送门：

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

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.