ALL ABOUT ME

This book is about ME so that everyone at the laboratory 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 at the laboratory
☐ I have been to the laboratory many times
☐ I have had many tests and procedures

WHEN I NEED A NEEDLE, I WANT (PLEASE CIRCLE):

<table>
<thead>
<tr>
<th>Information about numbing products</th>
<th>Counting or singing</th>
<th>Breathing or blowing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Look away or eyes closed</td>
<td>Looking or watching</td>
<td>Use my tablet, phone or game</td>
</tr>
<tr>
<td>Special toy or comfort item</td>
<td>Fun bandages or stickers</td>
<td>Sit with my special person</td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SO WHAT IS MY JOB?

☐ Keep my arm still - I may need some 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.