



We will do everything possible to prevent and treat pain

IWK Health

My Comfort Plan

HELLO
MY NAME IS



This comfort plan can help you and your caregiver prepare for bloodwork. It helps when children and youth know what to expect, have the chance to ask questions, and get a plan in place to help them cope. If you need support preparing for a procedure, please ask for a Child Life Specialist.

Tell us about your visit to the blood lab

It's my first time

I've had bloodwork before

I'm feeling nervous.

I have a coping plan and I'm OK



This



That

Sit by myself

Sit with my person

Buzzy or an icepack

No Buzzy

Watch

Look away

Count down

No Counting

Play with a toy/game

Use a screen

Other:



Be sure to:

1. Keep your arm still like a statue.
2. Take slow, deep breaths in through your nose and out through your mouth.