



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 an upcoming procedure. 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 or discuss with a nurse.

### Tell us about your visits to the hospital

It's my first time

I've had a test or procedure before

I've been lots but just to talk

I've had lots of tests and procedures

♥♥♥ Tell us about YOU! All your favorites:

Thing to do	Singer or band	Place to visit
Movie	Adventure	TV Show
Book	Treat	Character



## My Comfort Plan

Make a plan using the This or That game below: (circle the choice on the left or right)

### This That

Sit by myself

Sit with my person

Numbing cream

Buzzy or an icepack

Count down

No Counting

Watch

Look away

Play a game

Listen to music

Yes! You can circle or add other options below

Other:



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A person who  
make me feel safe

Something that  
comforts me...



### 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.