



We will do everything possible to prevent and treat pain

IWK Health

My Comfort Plan

HELLO
MY NAME IS

[Blank space for name]



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

Buzzy or an icepack

Watch

Count down

Play with a toy/game

Sit with my person

No Buzzy

Look away

No Counting

Use a screen



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.