

# Coping Communication

## Smell

- avoidant
- seeking

## Touch

- avoidant
- seeking

## Visual

- avoidant
- seeking

## Auditory

- avoidant
- seeking

## Other

- avoidant
- seeking

Things that cause me stress: \_\_\_\_\_

Behaviors I show when I am stressed: \_\_\_\_\_

What helps me calm when I am stressed or upset: \_\_\_\_\_

When given the option, what position helps your child during a stressful or painful procedure?

- sitting up
- lying flat
- being held by parent/caregiver
- regulate with pressure on part of body
- other:

What is most helpful to your child during a stressful or painful procedure?

- looking away/distraction
- watching
- getting step-by-step information on what's happening
- closing his/her eyes
- squeezing hands
- counting
- other: