

## The why & language

If this is going to be a routine occurrence decide upon what your family will call getting labs drawn and normalize this term, such as a "poke"  
Use play or a book/story to initiate conversation in safe setting  
Reminding your kid they are getting this to help their body  
Reassure them that doctor needs to check their blood or body, or get medicine, and this is not happening because of any of their actions

## Practice

Rehearse steps of a lab draw on a doll or teddy bear at home when child is in a calm state

- modeling for them the steps: first this, then the poke, then this and all done
- Work together to figure out what will work best for the doll
- Allow child to take the lead being the nurse or doctor

Verbalize for them - talk through what is happening

- Reiterating what the job of the play patient is - "I see the bear holding their arm so still and watching the show"

## Providing Warning

Let them know they will be getting a lab draw 2-3 days prior, and remind them the morning of the appointment. Talk about the concrete steps for the day and what they will experience:

- where you are going, how you are getting there
- what they can play in the waiting room, what a coping plan is
- reminders of what will happen and cues for "all done"
- what will happen following the event (go home to rest, go pick up sibling from school, go to park)

## COPING PLAN

### Appropriate Choices

Give a verbal prompt when it is time to begin and provide choices to support in getting the child ready (do you want to get on the bed yourself or do you want me to help you?). The goal is to allow child to come freely to avoid needing to forcing or hold the child down

Provide opportunity for control through choices but not an overwhelming amount

- Which bandaid to use?
- Who counts before poke?
- What distraction they want to participate in?

### Positions for Comfort

Sitting on parents lap, explaining it that parent/caregiver is giving a big hug (if staff is ok with this positioning)

- Chest to chest (hugging) with arm stationary on table to the side
- Back to chest with arm stationary on table to the side

### Distraction

Blowing bubbles

Interactive book

iPad game/song/video

Light scratching above injection site to confuse block the message of pain being sent to the brain (or the use of Buzzy Bee)

### Language to use during procedure

Explain what is happening (verbalizing for them),

Remind them of their jobs and reaffirm what they are doing well

- holding body so still, engaging in distraction, taking deep breaths

Remind of cues for done - sticker/bandaid being put on