

The why & language

Honest information: use examples of symptoms or what part of their body needs this treatment to help them understand the "why".

Can explain the lab draw is to help the doctor check what is happening in their body, blood helps tell a story of what is happening inside.

Older school-aged child possesses more ability to understand the anatomy of their internal organs thus conversations can include more information to help them understand why they need a lab draw

Practice

You can begin discussing the scheduled lab draw 1 week prior to appointment
Help them understand what to expect

- Medical play or the exploration of the real items if possible
- Review concrete routine of procedure or day - this, then, finally

Open discussion with your child with what they think may be helpful for them:

- Sitting on parents lap or beside parent?
- Taking deep breaths out? Squeezing stress ball or comfort item?
- Other distraction items?

Let them know what their role is - holding their body/arm still, utilizing coping tools

As much opportunity for choice and independence throughout preparation and process

Providing Warning

Remind of appointment 2-3 days prior by discussing the steps for the day: what time the appointment is, where it will take place, and what will be happening after (going home, going back to school, going to get lunch)

COPING PLAN

Appropriate Choices

Provide opportunity for control through simple choices: type of bandaid, which distraction to use, sitting with parent or not, counting before poke or no?

Positions for Comfort

Let them choose if preference for sitting on parents lap, sitting next to parent, or sitting by themselves.

If sitting alone ensure body is in comfortable position - leaning against back of chair, body propped up comfortably, distraction items easily propped or accessible

Distraction

Deep breaths

iPad game/song/video

Telling a story or talking about a favorite memory/trip

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

Hold someones' hand/stress ball

Language to use during procedure

Check preference if your kid would like you to explain steps of procedure as they are happening, or if they would prefer to just focus on coping tools

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, being turned around for a big hug