

Coping Plan

(name)

What I like to be told before:

What makes me feel nervous?

What helps me when I feel nervous?

What is helpful to do/play/look forward to right after:

How I like to sit:

- Sitting on caregiver's lap
 - tummy to tummy - facing in
 - back to tummy - facing out
- Sitting next to caregiver
- Sitting by myself comfortably propped up
- If lying down next to caregiver
- If in the hospital, having it happen in another room like a treatment room
- other:

A routine I like:

- counting before it starts
 - who counts:
- getting step-by-step information on what's happening
- signal for beginning and end (lights on to signal beginning, lights off to signal end, changing position at the end, step of procedure to pay attention for to know I am all done being touched, etc)

Distraction tools I like:

- looking away/distraction
 - watching a video
 - looking at a book
 - playing a game
- watching what is happening
- hugging security object (teddy bear, blanket)
- using big, slow breaths
 - using breathing video
 - someone breathing with me
 - I can do it myself
- talking to someone
- other: