

# GAME PLAN

BECAUSE YOU ARE THE BOSS OF YOUR BRAIN AND BODY!

Everything your medical team does is to HELP you be or get healthy!  
How will this procedure help you be healthier?

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IF there can be a choice (sometimes there isn't), where on your body do you want to do the procedure?

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Who do you want to be there? \_\_\_\_\_

What position? Lap? Next to someone? Laying down? Sitting up?

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Where do you want your parent/caregiver to be? \_\_\_\_\_

What do you want them to do? \_\_\_\_\_

Who do you want to talk, if anyone? Who would you like to be quiet?

People who talk: \_\_\_\_\_

People who stay quiet: \_\_\_\_\_

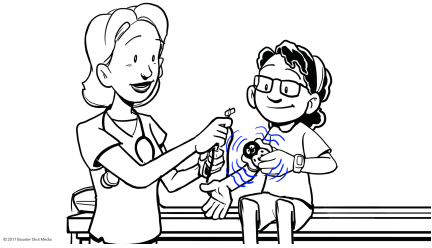
Do you want to watch the procedure or focus on something else?  The procedure  More fun something else

Do you want to be told what is going on before and /or during the procedure?  Yes, before  Yes, during  No...I'd rather just pay attention to something else

If you do want to be told when the needle goes in, what words do you want used to let you know?  1-2-3 count  "Here it comes..."  Something else? \_\_\_\_\_

# Which skills do you want to use today?

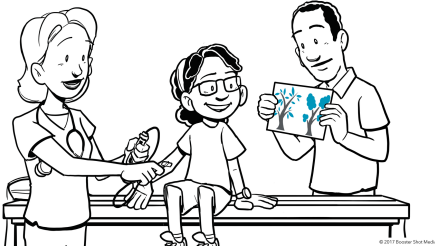
Choose and circle as many or as few as you like!



## BLOCK THE SIGNAL:

Would you like either or both of these?

- Numbing medicine       Vibration



## DISTRACT YOURSELF:

What would you like to focus on?

- Video: which one? \_\_\_\_\_  
 Distraction card \_\_\_\_\_  
 Something else? \_\_\_\_\_



## USE YOUR IMAGINATION:

Where would you like to go in your imagination today?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## BREATHE FROM YOUR BELLY:

As you take those good, deep breaths, do you want...

- Someone to breathe with you? Who? \_\_\_\_\_  
 Bubbles     A pinwheel     Nothing...I'll do it myself!



## REMEMBER YOU ARE AWESOME!:

What is a great memory you could think about today?

\_\_\_\_\_  
\_\_\_\_\_

If possible, before it's time for the procedure, would you like someone (a nurse or child life specialist) to help you understand what will happen during the procedure?       Yes       No, I'm okay



And remember to remind everyone that it helps you  
if the adults KEEP CALM...

