

I AM



BRAVE!

My Comfort Care Plan

This book belongs to:

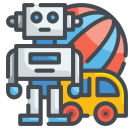


Peterborough
Public Health

ALL ABOUT ME:

This book is about ME so that everyone at the clinic can get to know ME better and what I need to feel safe and comfortable.

MY FAVOURITES:



TOY: _____



TV show: _____



Book: _____



Movie: _____



People who make me feel safe are:






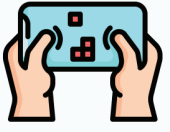





Things that I brought with me to help me feel safe are:

- ☐ This is my first time at a clinic
- ☐ I have been to a clinic many times
- ☐ I have had many tests and procedures

WHEN I NEED A NEEDLE, I WANT...

(please circle)

 Information about numbing products	 Counting or singing	 Breathing or blowing
 Look away or eyes closed	 Looking or watching	 Use a tablet, phone, or game
 Special toy or comfort item	 Fun bandages or stickers	 Sit with my special person
Other: _____		

SO WHAT IS MY JOB?

- ☐ Keep my arm still - I may need help with this, please.
- ☐ Use my breathing - deep breath in through the nose and long breath out through my mouth.
- ☐ Keep my brain busy with distraction, like playing on the iPad, or singing, or watching TV or a movie.

HELPFUL HINT

Plan to do something special after the needle to recognize how brave you are.