



THE CARD SYSTEM

These four strategies can help you with your medical procedure.
Use the suggestions on the back to fill in the cards.



C**HOW WILL YOU GET COMFORTABLE?**

C**A****WHAT WILL YOU ASK?**

A**R****WHAT WILL YOU DO TO RELAX?**

B**D****WHAT DISTRACTIONS WILL YOU USE?**

D**HOW TO GET COMFORTABLE**

Wear something comfortable.

Bring a favourite item.

Use a numbing cream for needle procedures.

Sit up in a chair or lie down.

Hold your parent's hand.

Squeeze your knees together if you feel faint or dizzy.

QUESTIONS TO ASK

What will happen on my turn?

What procedure am I getting?

Can I ...

- pick the position I am in?
- have a snack?
- have the procedure in privacy?
- bring a family member or trusted adult?
- look at the needle?

HOW TO RELAX

Do belly breathing (pretend to blow out a candle).

Do some positive self-talk (tell yourself you can handle this).

Have a family member or trusted adult with you.

Have privacy.

HOW TO DISTRACT YOURSELF

Talk to someone.

Play a game or watch a video.

Read a book or magazine.

Listen to music.

Sing.

Allow yourself to daydream about fun things.

Play the CARD game.