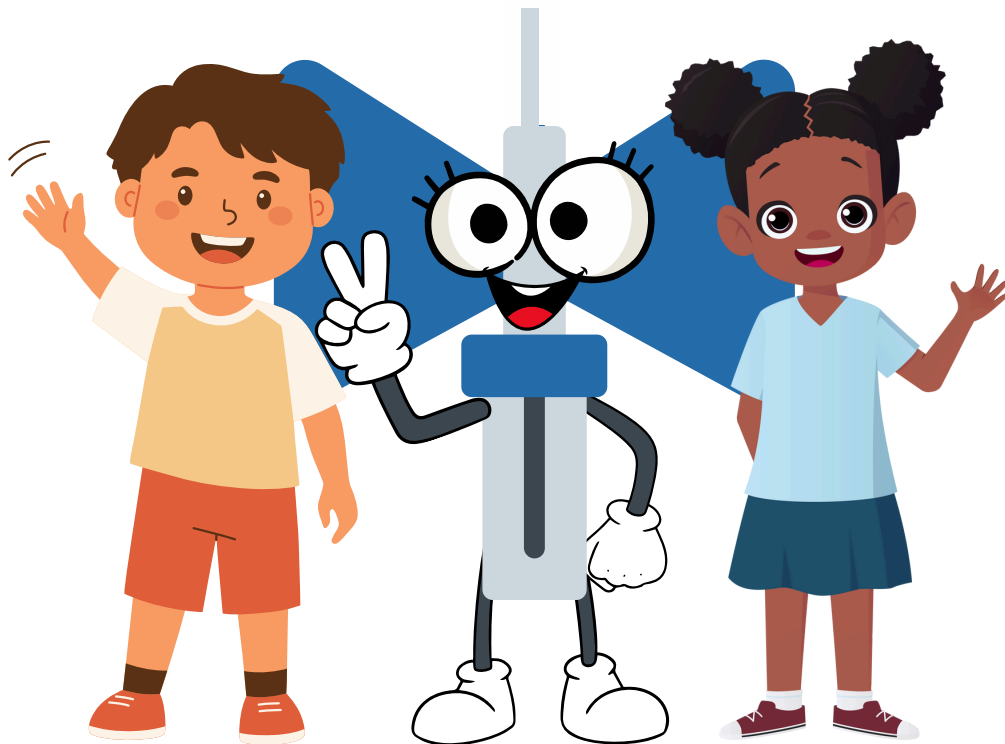


MY NEEDLE PLAN

**MAKING NEEDLE
PROCEDURES EASIER**



**You know yourself best, so choose the ways you
can feel more comfortable and in control!**

Sláinte Leanaí Éireann



Children's Health Ireland



**Children's Health
FOUNDATION**

Crumlin • Temple Street • Tallaght • Connolly

SUPPORTING CHILDREN'S HEALTH IRELAND

MY NEEDLE PLAN

Disclaimer

Having choices helps children to feel in control, especially when it comes to blood tests. Sometimes, healthcare staff will need to help you to make sure your blood test is comfortable and safe. This might mean choosing the opposite arm to the one you have chosen, or finding ways to help you stay still. Whatever the situation, we want to hear your voice!

Sitting still in a comfy position with someone we trust really helps! How do you want to sit?

- ☐ I want to try sitting on my own.
- ☐ I want to sit on my Grown Up's lap.

If you are over 3, we use a cold magic spray that will numb your arm so you don't feel the pinch. Do you want to use this spray?

- ☐ Yes, I want to try the spray.
- ☐ No, I don't want the spray.

Do you want to be told what is happening before/during the test?

- ☐ Yes, before
- ☐ Yes, during
- ☐ No, I'd rather pay attention to something else.

Some kids like to watch the test and some don't. Which would you prefer?

- ☐ Yes, I want to watch
- ☐ No, I want to look somewhere else

Distractions really help! What can your Grown Up bring for you to focus on before and during the test?

- ☐ Video ☐ Music
- ☐ Book ☐ Toy
- ☐ Talking to _____
- ☐ Something else: _____

What do you want your Grown Up to do during the test?

- ☐ Talk and distract me
- ☐ Hold my hand
- ☐ Something else: _____

