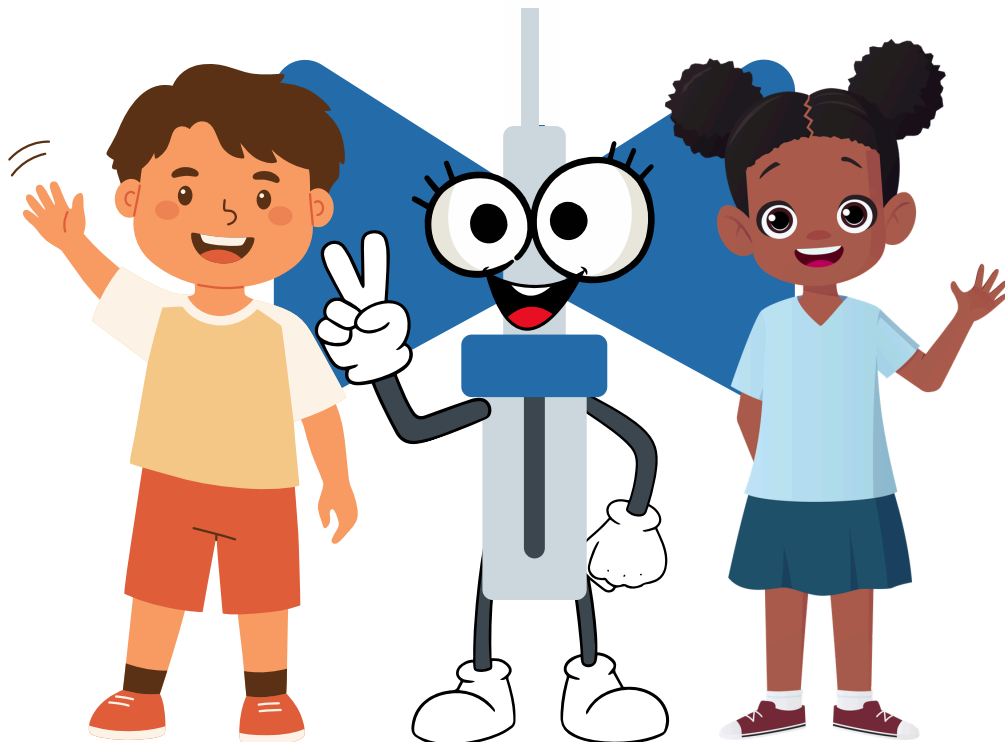


MY HERO PLAN

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 HERO PLAN

This plan helps us know what works best for you and we will always try and follow it. Sometimes we may not be able to do everything exactly the way you planned (for example your trusted adult might need to help you keep your arm still/we might need to try a second time to get the blood test done) but if this happens we will explain and decide together because Needle Heroes are part of the team!

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 so you don't feel the pinch as much. 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: _____

