



THE CARD SYSTEM

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These four strategies can help you with your medical procedure.

C

COMFORT

A

ASK

R

RELAX

D

DISTRACT

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.

HOW WILL YOU GET COMFORTABLE?

WHAT WILL YOU ASK?

WHAT WILL YOU DO TO RELAX?

WHAT DISTRACTIONS WILL YOU USE?