



Cut here.

C

COMFORT

A

ASK

R

RELAX

D

DISTRACT



CARD SYSTEM ACTIVITY

These four strategies will help you with your medical procedure. Use the suggestions on the back to fill in the cards. Cut them out and carry them with you so you can remind yourself wherever you are.





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WHAT DISTRACTIONS WILL YOU USE?

WHAT WILL YOU DO TO RELAX?

WHAT WILL YOU ASK?

HOW WILL YOU GET COMFORTABLE?

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 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.

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?
- get the procedure in privacy?
- bring a family member or trusted adult?
- look at the needle?

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.