



NAME: _____ 'S

POKE PLAN

Choose all the things below that will help you be more calm and comfortable during your poke...

HERE'S WHAT I WANT TO KNOW:

- TELL me everything before you do it
- SHOW me everything before you do it
- I want a countdown
- Don't give me a countdown, just do it!
- Something else: _____

I WANT MY GROWNUP TO:

- Let me sit on their lap
- Sit or stand next to me
- Hold my hand
- Rub my head
- Something else: _____

HERE'S WHAT I WANT TO USE TO HELP FEEL MORE COMFORTABLE:

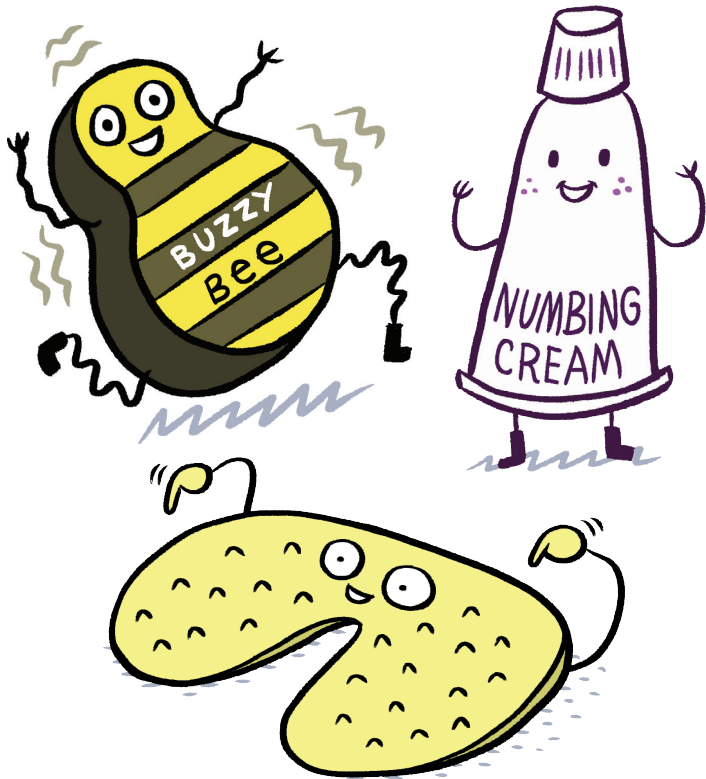
- Buzzy*: vibration blocks the ouch signal
- Shotblocker*: little nubs block the ouch signal
- Numbing Cream*: it numbs my skin
- Breathing*: deep breaths relax me and turn down pain signals
- Distraction*: focusing on something else helps a lot!

I WANT TO:

- Watch the poke
- Look away / close my eyes
- Watch something on a phone / tablet
- Listen to music / headphones
- Something else: _____

AFTER I'M ALL DONE

I WANT TO:



WHAT'S BUZZY?

Buzzy's vibrations block the pain signal so you don't have to feel the poke!

WHAT'S NUMBING CREAM?

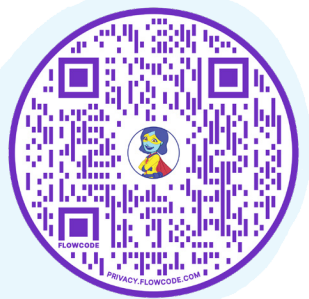
It's a cream that you put on 30-60 minutes before the poke that numbs your skin!

WHAT'S SHOTBLOCKER?

Shotblocker is a plastic device with little "nubs" that distract your nerves. Your brain feels the nubs, but not the poke!



HAVE NO FEAR!
SUPERMEG
IS HERE!



She will help you create your very own **COPING PLAN** and will email your grownup.

CHECK *THIS* OUT WHILE YOU WAIT!

You and your grownup can learn together all the ways you both can make needle pokes so much better (and watch cool videos)! Be a **Pain Champion!**

