

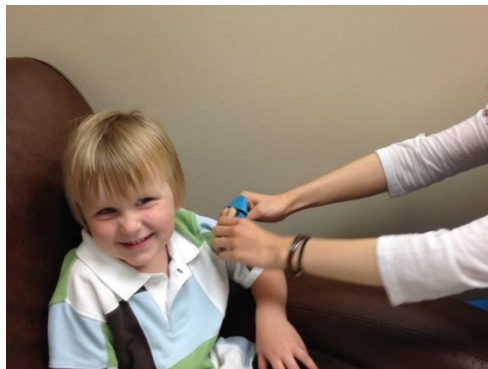


JOHNSON CENTER
FOR CHILD HEALTH AND DEVELOPMENT

I am Going to Have a Blood Draw!

Parents: This is a Social Story you can use to help prepare your child for a visit to The Johnson Center for Child Health and Development. You may read this story together before the actual visit. You may want to try acting out the story using a doll, rubber band for the tourniquet, and a wet cotton swab for the alcohol wipe. This way, your children becomes familiar with the supplies and experience before the actual visit.

- 1. I am going to have a blood draw at The Johnson Center. The nurse will ask me to sit in a chair that looks like this. The nurse will wrap a band around my arm. This may feel like a tight hug on my arm.**



- 2. The nurse will use a cold wipe to clean my skin. This will not hurt me. The nurse may also spray something on my arm or use other things to make it feel better.**



- 3. While the nurse is looking at my arm, I can watch tv, read a book, or look at a video. Sometimes it helps to talk to my mom or dad about some of my favorite things. Someone can even give me a big hug to help me stay still.**



4. It is very important that I do not move my arm. My mom or a helper might help hold my arm to keep it from moving. The nurse will press down on my arm and I may feel a pinch. The nurse needs to take some blood to make sure I am healthy. I can give some blood away because I have lots of blood in my body. My body is also so smart, it quickly makes more blood!







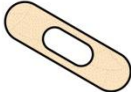

5. The nurse is finished! The nurse will put a band-aid or colored wrap over a piece of cotton. I can choose which color to get. I am done!



EVERYONE IS PROUD OF ME! I DID A GREAT JOB!



Visual Schedule

<p>Nurse</p> 	<p>Push up sleeves</p> 	<p>Tourniquet</p> 	<p>Feel pinch</p> 	<p>Band-Aid</p> 	<p>Special activity</p> 
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