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

- Nurse
- Push up sleeves
- Tourniquet
- Feel pinch
- Band-Aid
- Special activity