

# My Comfort Plan Passport



This passport tells you, the medical personnel, what helps me cope best when I am in a potentially scary medical situation, such as getting a poke, scan, or procedure. We are a team and we can help this be as easy as possible when we work together!

Hi, my name is \_\_\_\_\_ and I am \_\_\_\_\_ years old.

I love to talk about \_\_\_\_\_ and \_\_\_\_\_

When I am at home I like to play with \_\_\_\_\_

## Here is my plan for when I get a poke/procedure

I cope best when I: (Please circle or mark your answers)

- Watch the nurse
- Look away
- Am told, in child-friendly language, what is happening before and during
- Am told, in child-friendly language, what will happen before it happens, but not talk about it when it is happening
- Other: \_\_\_\_\_  
\_\_\_\_\_
- Please count down before the poke
- Do not count down before the poke

## Distraction helps keep my mind off of this

For distraction I like:

- Music, specifically \_\_\_\_\_
- Games on iPad/phone, specifically \_\_\_\_\_

- Ispy/Look and Find book
- Talking about something I like or enjoy
- Other: \_\_\_\_\_

## Comfort helps me feel calm

This brings me comfort:

- Pacifier
- Being held by my caregiver when able
- Deep breathing (such as pretending to blow out birthday candles)
- Stuffed animal or other lovie from home
- Fidget item or stress ball
- Other: \_\_\_\_\_

## Helpful tips

- It is easiest for me to understand and follow instructions when only one person is talking at a time.
- Please only tell me it is “all done” if the entire procedure is complete and I am free to move independently.
- Please understand that I have had a lot of medical experiences and will benefit from you showing patience and compassion towards me.

Additional comfort measures that help me sometimes

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Please call the child life specialist to come help me cope.

At Roswell Park the number is

\_\_\_\_\_

At Oishei Children's, the number is \_\_\_\_\_



Thank you for helping take care of me! Please autograph this page!