Visual Schedule: Blood Test

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First, I go to the blood test office or hospital.

When I get there, I wait until it is my turn.

When it is my turn, I go with my parent and the staff member to a room.

Next, I sit in a chair. I can sit by myself or sit in my parent's lap. If I get nervous, I can listen to music, hold my parent's hand, and hold my favorite toy.

The staff member wraps a stretchy band around my arm. It hugs my arm tight.

Then, they clean my arm with a wipe. This may feel cold.

I am safe and this does not hurt me. I sit still and do not move my arm.

The staff member uses a little tube to get some blood. The blood goes into a bigger tube. My body makes more blood right away.

The staff member takes the tube out and puts a Band-Aid on my skin.

I am all done. Now, I can have a reward, like a sticker, if they have one.

I did a great job.

Teaching stories and visual schedules are effective learning tools for children with special needs. Showing your child teaching stories multiple times before your child's medical visit may help them understand what to expect. Using visual schedules during the medical visit can improve cooperation.

Our goal is to reduce the stress of the visit and improve your child's overall experience at Children's National. We welcome any feedback or questions: Beyond the Spectrum 202-476-2884.

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