

COPING PLAN

CIRCLE OR WRITE IN WHAT HELPS YOU.

When I am stressed, I might:

- Cry.
- Need time to myself.
- Need a quiet space.
- Need time to calm myself.
- _____
- _____
- _____

Things to help me stay calm:

- Listening to music.
- Holding someone's hand(s).
- Taking deep breaths.
- Understanding what we are doing and why.
- Closing my eyes or looking away.
- Distracting myself with _____
- _____
- _____
- _____

Things that do not help me:

- Holding me down.
- Rushing me.
- Starting before I tell you I am ready.
- _____
- _____
- _____



COPING PLAN

Goal: _____

Steps: (Write down the steps you need to do to finish your goal.)

- _____
- _____
- _____
- _____
- _____

What I need to do: (Write down what will help you finish these steps.)

- _____
- _____
- _____
- _____

How others can help me:

- _____
- _____
- _____

COPING PLAN

EXAMPLE OF A COMPLETED PLAN.

Goal: Complete a blood draw.

Steps: (Write down the steps you need to do to finish your goal.)

- The nurse will put a rubber band on my arm to help see my blue lines (veins) better.
- The nurse will clean my skin where we will do the blood draw.
- There will be a small poke with a needle to get a little blood out into a tube.
- The needle will slide out when the nurse has enough blood in the tube.
- I will get a band-aid in the place where we did the blood draw.

What I need to do: (Write down what will help you finish these steps.)

- Stay calm so my nurse can find a good vein.
- Take deep breaths to help me stay calm.
- Stay really still so I am safe.
- Find something fun to do, play or watch during the blood draw!

How others can help me:

- Help me stay distracted during the blood draw.
- Hold my hand during the blood draw.
- Help me choose options that help with the pain of the poke.

COPING CHOICES



I want to:

- Choose where I sit.
- Choose how I sit or lay down.
- Hold someone's hand.
- Squeeze a ball or soft toy.
- Look away from what is happening.
- Watch what is happening.
- Watch a video.
- Talk with someone.
- Count before starting.

- _____
- _____

_____ 'S CHART

Put an X in each shape each time you _____.
(Write a task your child needs to complete.)

When you finish a row, pick a prize!



_____ 'S CHART

Put an X in each shape each time you _____.
(Write a task your child needs to complete.)

Each time you get to "Prize!," you get to pick a reward!

