

Getting my EEG





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First, I sit in bed or in a chair.

I can listen to music, hold my parent's hand, and hold my favorite toy.

The staff member uses cream and cotton swabs to clean my head.

Then, the staff member places leads on my head. Leads are like strings that attach to the EEG machine.

If I get nervous, I can ask my parents for help or ask for a break.

Next, the staff member wraps a bandage around my head and uses tape so it stays in place.

After, the staff member puts a white cap, like a hat, on my head.

While I get my EEG test, I can do fun things in my room. I can have an activity, watch a movie, or play a game. If I need a break, I can lay quietly.

I keep the leads and hat on until the doctor tells me I am all done.

I did a great job getting my EEG leads and hat on.

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.