

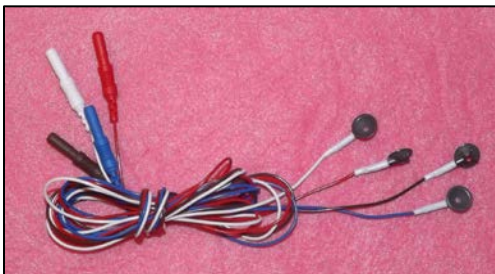
EEG Home Practice Instructions

Practicing medical procedures in a familiar place, such as home or school, help children with autism understand what to expect and what to do during the actual procedure. You will need a doll, teddy, or another person to practice on and the items below.

Comfort items: Allow your child to pick a comfort item for the doll or teddy, such as a stuffed animal, blanket, or favorite toy.

Distraction Items: Allow your child to choose something for distraction or play during the procedure, such as an iPad/tablet, cell phone, book, bubbles, or music.

Supplies: Use similar items from home or call 202-476-2884 to have some of the items below mailed.



"LEADS" (or use multiple colors of string 15-20 inches long)



"Cream" in a small container



"Cotton swabs"



"Red pencil"



"Gauze" squares



"Gauze wrap"



"Hat"



Activity



Reward

Role play time!

1. To play the role of the patient, use a large size doll, teddy bear, or another willing person. Dolly is our example. Pick a time when your child is calm and relaxed. You might ask your child's teacher, therapist, or favorite person to practice with your child.
2. Tell your child ***"Dolly is going to have an EEG"***. Invite him/her to watch or help, but do not force him or her to participate. Keep the mood light and playful.



3. Lay out all of the supplies in an orderly manner. Tell your child the name of each item. Let him or her touch and explore the items, but **NOT** put any items in their mouth.
4. Explain to your child, ***"An EEG helps doctors check how the brain works, but it does not hurt and nothing touches the brain or will know what you are thinking"***.
5. Tell your child ***"Dolly will get comfortable. She can lie down or sit up in bed, sit on a chair, or sit on mommy or daddy's lap. Dolly has to stay still but can watch a show, listen to music, or play quietly"***. Let your child choose a toy or an activity that can be done while sitting still.





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(The actual EEG will have as many as 22 leads placed on the head, but you can use just a few to show your child what happens during the lead placement.)

6. Use the "cotton swabs" to rub several spots on Dolly's head. Tell your child ***"The cotton swabs clean the hair. This may feel cold but does not hurt"***.



(Some technicians may also use a red pencil to mark the areas that they cleaned. You may want to tell your child this or skip this step.)



7. Put a small amount of "cream" on the end of "lead". Tell your child ***"The cream helps the leads stay on Dolly's head"***.





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- Put the cream end of the lead on Dolly's head and cover with a gauze square. Do this several times. Tell your child ***"The leads do not hurt. They will stay on Dolly's head until the Doctor says the EEG is over"***.



- Once all of the leads are on, wrap the gauze wrap around Dolly's head. Tell your child ***"The wrap helps to keep all the leads in the right place. It may feel snug, but should not be too tight."***



*** It will be helpful to find a way for your child to communicate feeling pain or discomfort from the wrap. If your child uses a communication device, please be sure to bring it the day of the procedure. If your child uses pictures, you may use the pictures below to show if it does hurt, then the wrap can be loosened. ***





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10. Once the wrap covers Dolly's head, tell your child ***"Dolly will wear a special hat"***. The lead wires can be covered with the hat and the opening in the top allow the leads to fall down the back.



11. Once the leads are on, let your child know ***"Dolly can play with her toys, do an activity, or have a reward"***. Remind them ***"Dolly cannot touch the hat or the leads!"***

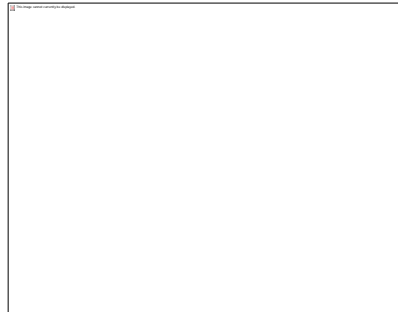


12. Tell your child ***"Dolly will go to sleep with the hat and leads on."***





13. If the video EEG is for one night, let your child know he or she will leave the hospital in the morning. If your child will stay for more than one night, plan for activities and other distractions for the rest of the days in the hospital.



We hope this home practice kit is helpful in teaching your child about having an EEG.

Please visit our website for other visual supports and planning tools for an EEG.

<https://childrensnational.org/departments/center-for-neuroscience-and-behavioral-medicine/programs-and-services/center-for-autism-spectrum-disorders/autism-visual-toolkit>

- To schedule a **neurology appointment**, please contact the Neurology scheduling department: 202-476-3611

- For additional information about **staying overnight in the hospital for an EEG**, please call the Neuroscience unit and ask to speak with the Charge Nurse: 202-476-5150

- To request **Child Life support** for your child's EEG visit, please call the Family Services department and ask to speak with a child life specialist: 202-476-3070

- For additional **autism specific support or resources** for medical services, please contact the Autism Behavioral Communication Support program:
 - Phone: 202-476-2884
 - E-mail: ABCconsultTeam@childrensnational.org