This form can help blood draw staff learn how to support your child during a blood draw. Share this form with the blood draw staff when you arrive. For additional help, contact BeyondtheSpectrum@cnmc.org or call 202-476-2884.

**My Blood Test Plan**

Message for the blood draw person (mark all that apply):
- [ ] Waiting is very difficult for me; let my parent know how long the wait time may be.
- [ ] I need a quiet place to wait, especially away from other people and noise.
- [ ] Prepare supplies before I am in the room so I do not see and hear the noise from unwrapping.
- [ ] Cover the blood draw supplies so that I do not see them.
- [ ] I may be curious and want to explore the room and tools you will use. If I cannot touch, please keep items out of my reach and keep drawers and cabinets shut/locked.

For waiting time, I will bring:

Getting ready for the blood draw, I want to (mark all that apply and fill in the blanks):
- [ ] Know what is available to minimize feeling the poke (Ask about freeze spray, lidocaine cream, buzzy, etc)
- [ ] Sit in the chair by myself.
- [ ] Sit in ____________’s lap.
- [ ] Look at a visual schedule so I can understand the steps.
- [ ] Ask my blood draw person to count before the poke.
- [ ] **Watch** and learn.
  - [ ] Hear all of the steps right before they happen.
  - [ ] Just watch and not hear what is going to happen.
  - [ ] Know if there is a job I can help with.
  - [ ] Have ______________ hold my hand.

- [ ] **Not watch.** Instead, I will:
  - [ ] Look away.
  - [ ] Pay attention to a handheld tablet/game.
  - [ ] Imagine I am somewhere else doing something I like.
  - [ ] Take slow, deep breaths. When I breathe out, I will “blow” away feelings I don’t like.
  - [ ] Have ______________ hold my hand.

When it is over:
- [ ] I want to hold the piece of gauze in place.
- [ ] I would prefer a Band-Aid or a stretchy arm wrap. (circle one if there is a preference)
- [ ] I would like a reward (parent can plan the reward) ____________________________

My jobs:
- [ ] Keeping still and staying safe and finish the blood draw faster!
- [ ] Afterwards, my parent and I can make changes to my blood draw plan if needed for the next time.