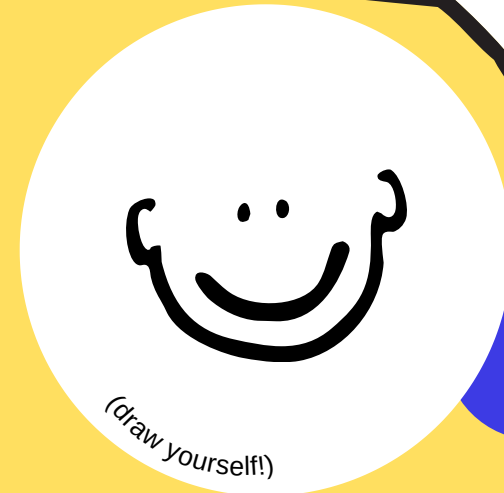


I AM VERY
BRAVE



Information from My Comfort Care Plan from Alberta Children's Hospital

This booklet was made for kids who are receiving **vaccinations/shots**



ALL ABOUT **me**

This booklet is to help you get to know me better and so I can feel safe.

My name is:



MY FAVOURITE...

Toy:

TV Show
or Movie:

Book:

App:

People I like to be around:

.....

.....

Things that I brought to help me feel comfortable are:

.....

.....

This is my first time at the health clinic/lab

I have been to the health clinic/lab many times

I have had many needles, broken bones or surgeries

When I get a needle, I want:

(please circle)

Less pain (numb the area)

To count or sing

To breathe calmly

To not look or close my eyes

To look or watch

To use a tablet, phone or game

A special toy or comfort item with me

Fun bandages or stickers

To sit with someone I like to be around

Other:

MY JOB IS:

Keep my arm still -
I may need help
with this

HELPFUL HINT

Plan to do something special after the needle to recognize how brave you are.

What special thing would you like to do?