



During a poke its okay to be nervous or scared. Its also okay to cry. One thing that you can do to help is be really, really still.

### How do you feel about your poke?

- Good
- A little nervouse
- Scared
- Brave
- Other: \_\_\_\_\_

### I would like to...

- Sit on a lap
- Watch the poke
- Not watch - bring a book or toy for distraction
- Be given a hug
- Other: \_\_\_\_\_

### To help...I will...

- Be as still as a statue
- Take deep breaths to help my veins be bigger
- Tell the nurse a joke or ask them a question
- Tell other kids that they can do it too
- Other: \_\_\_\_\_

### After my poke I want to...

- Be given high fives
- Be allowed to cry
- Get a sticker
- Play with my doctor set
- Other: \_\_\_\_\_