

POKE TIP SHEET

THESE ARE SOME THINGS THAT CAN HELP KIDS WITH A POKE. WHAT DO YOU THINK HELPS YOU THE MOST?

WHERE TO LOOK? DO YOU LIKE TO...

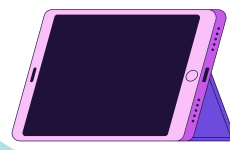
LOOK AT
THE POKE



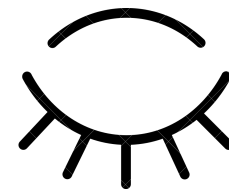
LOOK AWAY



LOOK AT
SOMETHING
ELSE



CLOSE YOUR
EYES



BEFORE THE POKE DO YOU LIKE...

COUNT BEFORE
THE POKE



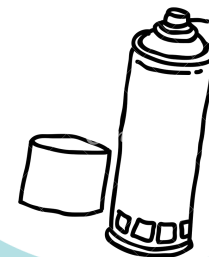
NO
COUNTING



NUMBING
CREAM



COLD
SPRAY



TO GET READY FOR THE POKE DO YOU LIKE...

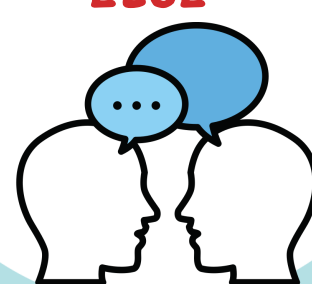
TELL ME
THE STEPS



I WANT
QUIET



TALK ABOUT
SOMETHING
ELSE



MY JOB

FOR THE POKE DO YOU WANT TO HOLD....

A STUFFY



A COMFORT
ITEM



A HAND



TAKE THOSE BIG, DEEP
BREATHES
&
DO YOUR BEST TO STAY
STILL. WE ARE HERE TO
HELP IF YOU NEED

IS THERE ANYTHING ELSE THAT YOU THINK HELPS YOU OR YOUR BODY? IF SO, LET THE TEAM KNOW :)