

Needle Stick Social Story



I have a visit to get a needle stick today.

My Needle Stick Plan

I made a plan that helps me feel a little more in control when I need to get a shot or blood draw. I checked the info that I want you to know. Thank you for helping me make this easier!

- It is hard for me to get needle sticks. I get worried and afraid.
- I am good at speaking up for myself.
- It is hard for me to speak up for myself.
- I might freeze and have trouble cooperating.
- I might have trouble keeping still.
- I might try to run away.
- I might try to push people away from me.



I use my plan.

Before a needle stick:

- I like to know before a doctor's visit if I will need a shot or a blood test.
- I like to understand why the stick is important for my health.
- I like to know if I can or can't eat before the blood test.
- I like to take medicine that helps me keep calm.
- I like to put on numbing cream where the stick will go.
- I like to see your equipment before the stick.



During the needle stick:

- I like it to use a private space.
- I like to sit in a chair.
- I like to lay on the exam table.
- I like to have someone I trust with me.
- I do better if two people help.
- I like someone to hold my hand.
- I like to listen to music.
- I like to watch a video.
- I like to practice deep breathing.
- I like to look away.
- I like someone to talk calmly to me.
- I like you to remind me to relax my arm.
- I like to use freezing spray.
- I like to use an ice pack.
- I like to use vibration, like a Buzzy.
- I like pressure, like a shot blocker.
- I would like you to count to 1-2-3.



About my body:

- My veins are hard to find. Please ask your best person to draw my blood.
- My veins are hard to find. I do better when you use a vein finder.



After the needle stick:

- I sometimes feel faint after a needle stick. I do better if I lie down.
- I worry about my results. Please let me know as soon as you can.

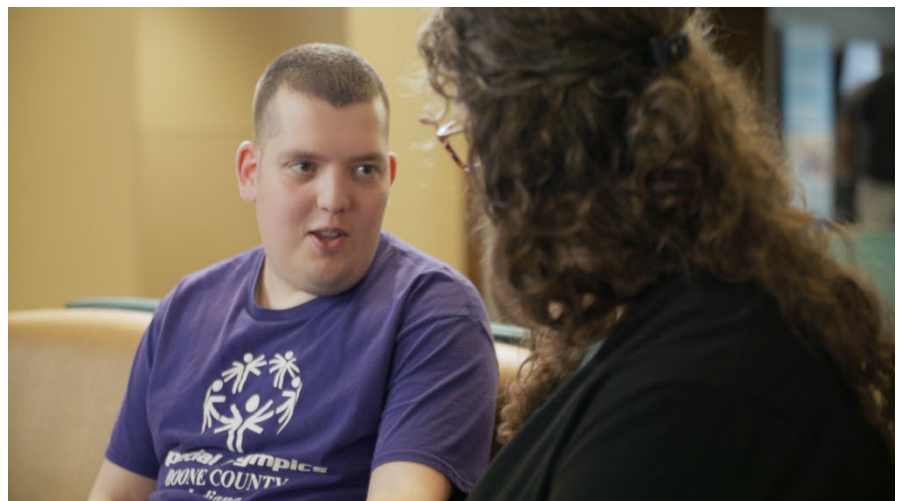
I put numbing cream on my arm before my visit.



I use a fidget to keep me busy.



I bring a helper to keep me calm.

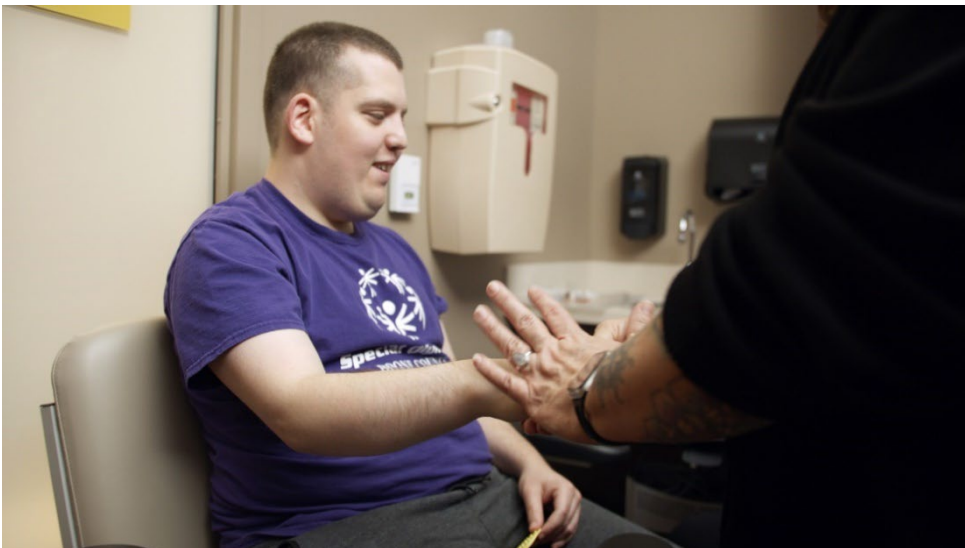




I try to relax.



**I talk with
my nurse
about what
will happen.**



**I hold my
helper's
hand.**

I stay still for the stick.



I can ask for a break.



I did it!



THE END