



# Poke Coping Plan



Let's come up with a plan to help make this poke feel easier and more comfortable for you. You have choices about: HOW you get information, TOOLS you might want to use to manage the poke, POSITIONING during the poke, and STRATEGIES you would like to use today.



## WHAT & HOW

Here is what I would like to know about the poke:

- ☐ Teach me about everything BEFORE the poke
- ☐ Teach me about everything DURING the poke
- ☐ I don't want you to tell me anything about the poke
- ☐ Show me pictures of the poke tools so I know what to expect
- ☐ Do NOT show me any of the tools before or during the poke

## TOOLS

Using the tools I've checked would help me feel better:

- ☐ Buzzy - vibrating ladybug that helps distract the nerves & brain
- ☐ PainEase spray - cold spray that helps create a very cold spot on the skin
- ☐ ShotBlocker - a bumpy plastic tool (for injections) that helps to not feel the poke as much
- ☐ None of these



## POSITIONS

During the poke, I want to:

- ☐ Sit on my grown-up's lap
- ☐ Sit on my own
- ☐ Hold someone's hand

## STRATEGIES

These strategies would help me feel more comfortable during the poke:

- ☐ No direct eye contact
- ☐ Asking me questions about my special interests: \_\_\_\_\_
- ☐ No/minimal talking
- ☐ Watching the poke
- ☐ Blocking the sight of the poke
- ☐ Watching a show/listening to music
- ☐ Squeezing a stress ball or fidget toy
- ☐ Having a countdown before the poke
- ☐ Telling Jokes
- ☐ Getting the poke done as quickly as possible