

## I did it and I am proud!

Please write me a compliment, give me a sticker, or write the date!

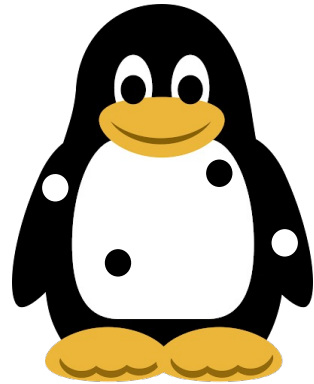

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(your name)

## Special Poke Plan



### Poke-a-dot Penguin Pal

Show this book to your medical team so that they know your plan.



Boston Children's Hospital  
Until every child is well™

Family Medical  
Coping Initiative

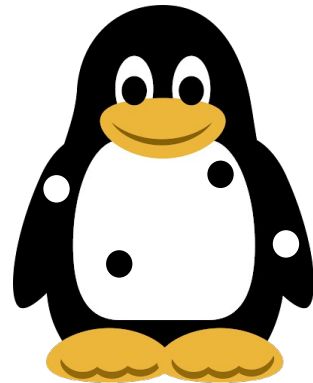
Hale Family Center  
for Families



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## I am proud that I can be OK when I get a poke)



### My Poke Plan:

- I want to know everything before you start.
- I want to know step by step

### People with me:

- Parent
- Child life specialist (if available)

### Position:

- Lie down
- Sit up
- Be held

### Watching:

- I want to watch
- I do not want to watch

### Distraction:

- Breathing
- Song
- I spy
- Other \_\_\_\_\_

### If the doctor says it is ok,

- I would like numbing medicine

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## I can plan ahead, and I can make choices!

### I can plan to:

- bring a toy to hold and play with it
- bring and listen to music



### I can practice:

- relaxing my whole body
- learning how to do special breathing to help me relax

### It would help me if the doctor or nurse would:

- talk to me directly
- talk mostly to my parents
- tell me everything
- tell me only the things that I need to know
- \_\_\_\_\_  
(What makes you most comfortable?)

### I can help myself or my doctor can help me by:

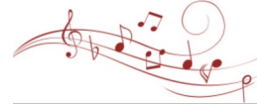
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