

MAKE A PLAN **WITH YOUR CHILD** & HELP THEM **CIRCLE THEIR CHOICES** BELOW

DO YOU WANT YOUR POKES AT **THE START** OR **THE END** OF YOUR VISIT?

I think this  
**Distraction**  
will help best



Textured Toys



Tell a Joke



Listen to Music



Watch a Video on Your Phone

I think this  
**Pain Reducing Tool**  
will help best



Buzzy Bee Ice Pack



Shot Blocker



Deep Breaths



Numbing Cream  
Applied at Home

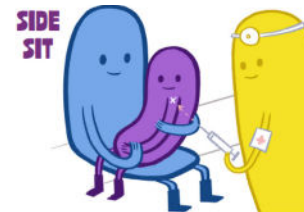
**How My Adult Can Help Me**



Hold my Hand



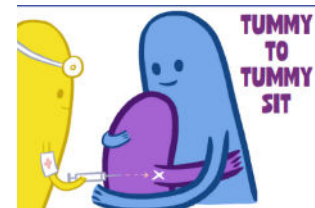
Rub My Head



Your child sits on your lap, with both legs to one side. You wrap both arms around theirs in a comforting hug. This reminds them to keep their arms still, while in a comforting embrace. The child can look at the poke, or choose to look away.



Your child sits on your lap, facing away from you. You wrap both arms around theirs in a comforting hug. You can also wrap your legs around theirs for a full embrace. For bigger kids, you can have them sit on a chair or bed, and straddle them from behind.



Your child sits on your lap, facing you. Their legs straddle and wrap around your waist. You wrap both arms around theirs, for a full embrace, using your underarms and forearms to keep their arms safely contained. This works even for older children.



Your child sits on a table, with you hugging them from behind. You wrap your arms around theirs for a big hug. Use your hugging arms to keep their hands safely contained. For smaller children, you can also use your arms to remind their legs to stay still.

# Numbing cream

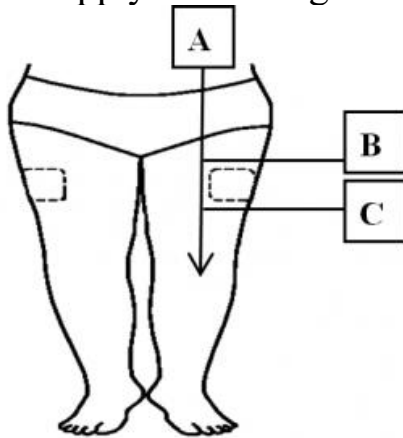
## When, where and how should I apply?

When should I apply?

Approximately 30 min prior to visit. Leave it on until it is time for the poke>

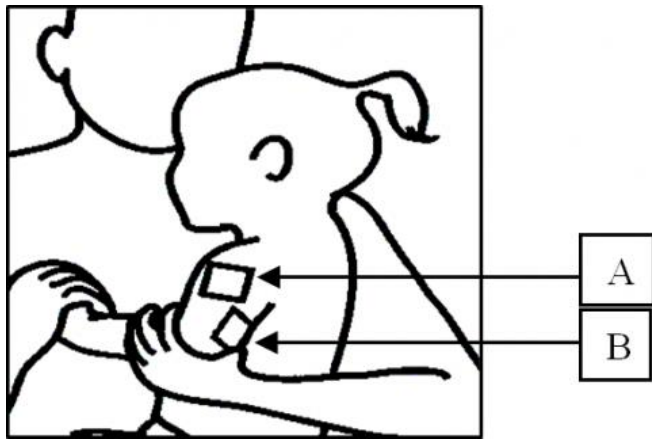
Where should I apply?

Child under 5 years old – Apply to both legs



1. Lay your child down facing you.
2. Draw an imaginary line down the middle of the front of one of your child's legs, from the hip to the knee (line A).
3. Next divide the upper leg into 3 equal sections (lines B & C). Apply the cream or patch to the middle outer section of the leg.

Child older than 5 years – Apply to both arms



How should I apply?

Step 1: We recommend over the counter LMX numbing cream

Step 2: Gather supplies – Numbing cream, tegederm or plastic wrap

Step 3: Do not clean skin first (Natural oils help with absorption). Apply a small amount and rub in completely

Step 4: On top of that apply a large glob and DO NOT rub in.

Step 5: Cover with tegederm or plastic wrap

Numbing cream video: [https://www.youtube.com/watch?v=YrnSUJWU\\_30](https://www.youtube.com/watch?v=YrnSUJWU_30)