

COPE With The Poke!

Creating Opportunities to Prepare and Educate Children and Families for Pokes and Procedures

All About COPE

The “COPE Team” is a group of professionals working together to create a more positive healthcare experience through education and preparation.

Our goal is to connect and empower the child’s entire healthcare team, including patients, caregivers, families, nurses, and providers.



Helping Your Child COPE with Needle Procedures is as Easy as 1, 2, 3!

1

Prepare and Educate

- Children are often able to cope better with procedures when they feel prepared. Start by sharing honest and simple information with your child about what to expect. For example: “You might get a poke today to keep your body healthy.” Try to use language that matches their age and development.
- Practice coping tools ahead of time. For example, practice taking deep breaths or playing “I Spy” for distraction.
- Have something for your child to look forward to after the poke, such as a small prize or treat.
- Ask your child life specialist* to provide tailored preparation to ease anxiety surrounding procedures.

**Child life specialists are experts in child development who promote effective coping through play, preparation, and education.*

2

Develop Your Coping Plan

A coping plan helps your child feel more prepared and in control. Allow them to make choices about what the poke or procedure will look like. For example, do they want to sit on your lap or by themselves? What distraction might they use?

- When creating a coping plan, remember LEAPS:

L - Location: Your child can make decisions about where the procedure takes place.

E - Education: Talk to your child about the poke before, during and after to help them feel more comfortable. Remember - your words matter! Include your team and the child life specialist on these conversations to learn more about the procedure and what is involved.

A - Anesthetics: Consider talking to your team about the use of topical numbing agents.

P - Positioning: Try using a comfort position – for example, have your child sit on your lap in a secure and comforting position during the procedure.

S - Support: Brainstorm other coping and calming strategies for additional support. See back of this page for ideas.

3

Put Your Plan Into Action!

- Share your plan with your provider and medical team.
- Ask about the use of specific supports including topical numbing agents, Buzzy and Sweet-ease.
- Remember, Child Life can assist and provide additional preparation and support before, during, and after the poke or procedure.
- Talk to your child afterwards about how it went! Adjust your plan as needed for next time.

If you have concerns that your child may need additional support, you can also talk to your team about consulting a psychologist. Therapy with a psychologist outside of the clinic setting can help children and families manage and overcome anxiety, fears, and phobias related to needles, procedures, and medical visits.

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For more information, please email copewiththepoke@brownhealth.org.

COPING AND CALMING STRATEGIES



Take a Deep Breath



Watch a Video



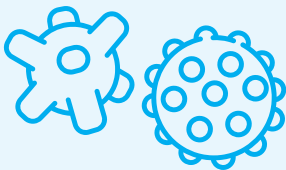
Hold Someone's Hand



Give Someone a Hug



Tell Jokes



Squeeze a Stressball



Play a Game on the iPad



Listen to Music



Play "I Spy"



Visualize Your Favorite Place



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