

## School Age Children

I can choose a distraction I enjoy, like:

- Doing a relaxation exercise, like taking slow, deep breaths
- Reading a book
- Playing with a toy
- Drawing
- Counting
- Singing or listening to music
- Playing “I Spy”
- Playing a game
- Watching a video
- Holding my parent or adult’s hand
- Playing pretend with my parent or adult
- Talking to my parent or adult about something fun and interesting

My distraction plan to help me prepare for my procedure:

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My distraction plan to help me during my procedure:

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My distraction plan to help me after my procedure:

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I will bring these items for my distraction plan (for example, a book, a fidget toy, a tablet, headphones):

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*This resource was co-developed by patient partners and health care professionals*



## Alternate Focus (Distraction)

### My Plan for Medical Procedures

You can use distraction to ease your stress around medical tests and procedures. Focusing your mind and body on an alternate task can help you stay calm. It can also help the procedure go smoothly.



*Use this brochure to develop your own plan for medical procedures on the back.*

## For Parents

### Focus Options for Children and Teens with Special Needs:

#### Infants

A cradle, blankets, or pacifiers  
Breastfeeding, if your child can suck, or eat by mouth  
Physical touch  
Background music

#### Toddlers

A cradle, rewards, snacks and drinks  
Light-up toys with music  
Weighted blankets  
Physical touch  
Comforting with a damp cloth

#### School-Aged Children

Fidget toys  
Weighted blankets  
Physical touch, like holding hands or hugging)  
Games, music, or movies on a tablet or phone  
Virtual reality  
Noise-cancelling headphones  
Rewards that your child enjoys

#### Teenagers

Sunglasses  
Noise-cancelling headphones  
Weighted vests  
Reading  
Writing or drawing  
Music or movies on iPad  
Games, music, or movies on a tablet or phone  
Virtual reality

## For Parents

### Helping Your Child

Your child may feel less pain if you help them focus on a task or activity before, during and after a medical procedure. You can help your child choose a distraction they enjoy. Below are some suggestions for distraction items for:

#### Infants

Sucking, when feeding or with a pacifier  
Cuddling  
Music or singing  
Distraction with objects or toys

#### Toddlers

Sucking, or using a pacifier)  
Cuddling  
Music or singing  
Books, like "I Spy" books, or stories  
Telling stories  
Counting  
Pretend play  
Videos



## Youth (13-19 years old)

You can bring a distraction that works for you, like:

- Relaxation or meditation exercises, like deep breathing or counting backwards
- Listening to your favourite music
- Watching a YouTube video
- Reading a book
- Playing a game on your phone or tablet
- Journaling
- Doing a crossword
- Painting, drawing, or clay sculpting
- Fidget toys
- Talking to your parent or caregiver about something you find interesting