

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:

My distraction plan to help me during my procedure:

My distraction plan to help me after my procedure:

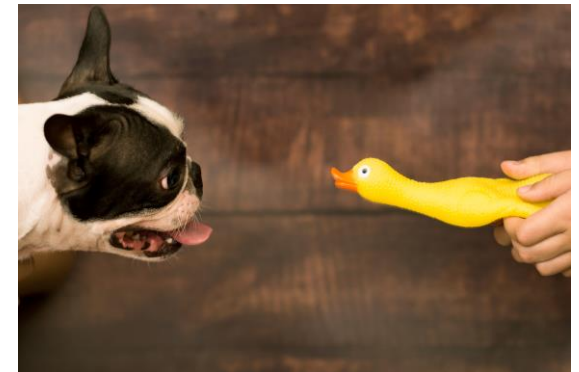
I will bring these items for my distraction plan (for example, a book, a fidget toy, a tablet, headphones):

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