

How to use a social story:

1. When your child is in a happy mood, review the social story at least 3-5 times the week before the visit. If your child becomes upset, take a break and try again later.
2. Talk positively about the clinic, doctors and medical staff.
3. It's suggested to bring your social story with you the day of your visit to assist with transition and create a sense of familiarity.



Getting a Blood Draw

At Children's Specialty Clinic SLV



CHILDREN'S SPECIALTY CLINIC
San Luis Valley



Children's Hospital Colorado



Medical Alumni Association
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS

*This social story was adapted with permission from a social story developed by the Child Life Department at Children's Hospital Colorado.

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Many people need to get their blood checked because a doctor may need more information to take care of them.

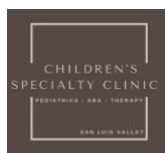
I will read this book and practice all the steps, so that I will be ready to have my blood checked. Some people call it getting a blood draw or labs.



First, I will check in at the clinic front desk when I arrive.



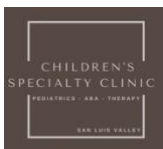
When it's my turn, the nurse or doctor will call my name, and we will walk to the exam room. My family can stay with me for my blood draw.



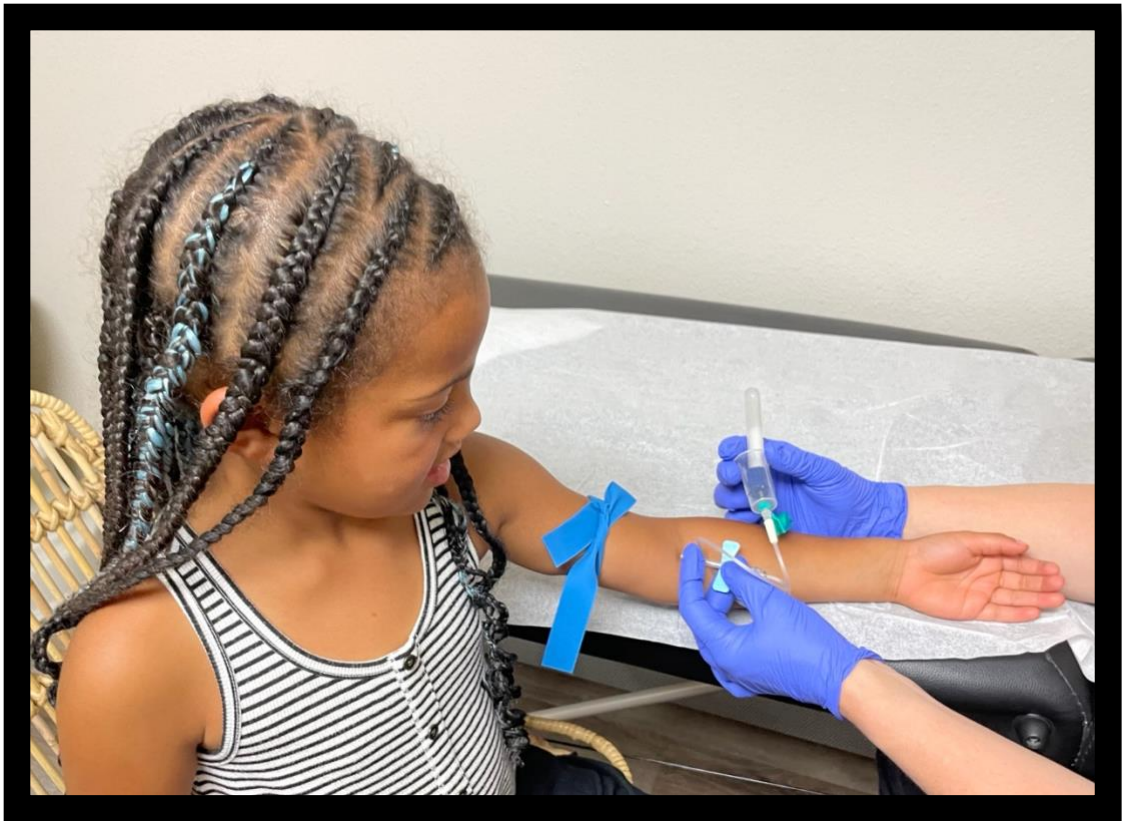
I can choose to sit on my parent's lap or sit in the chair by myself. I will need to rest my arm on the table and hold still. The nurse will place a band around my arm. It feels like a tight squeeze.



The nurse will look at my arm with their eyes and their fingers. My skin is then cleaned where the blood draw will be. The soap cleaner feels cold, wet, and has a smell.



Then they gently slide a tiny needle under my skin. It may feel like a small pinch. It feels different to each person. I keep my arm very still. Someone may help me keep my arm still if I cannot hold still by myself.



I can watch the nurse or choose to look at something else in the room. I can help keep my body calm and still by taking deep breaths.



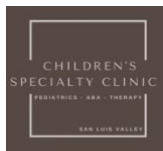
My blood gets collected in one or more tubes. My body makes new blood when I need more.



The nurse gently removes the needle and puts a band-aid or wrap on my arm. An adult will tell me when I can take the band-aid or wrap off.



My family is proud that I did my best to hold still. After leaving Children's Specialty Clinic, I get to do a special activity. My special activity is:





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