



Alberta Health
Services

Alberta Children's Hospital

MY COMFORT CARE PLAN

THIS BOOK BELONGS TO:



ALL ABOUT ME

This book is about ME so that everyone at the hospital can get to know ME better and what I need to feel safe and comfortable.

MY FAVOURITES:



Toy: _____



TV Show: _____



Book: _____



Movie: _____












People who make me feel safe are:



Things that I have brought with me to help me feel safe are:

- This is my first time in the hospital
- I have been in the hospital many times
- I have had many tests and procedures

PLEASE CIRCLE THOSE THINGS THAT WILL MAKE
YOU FEEL MORE COMFORTABLE.

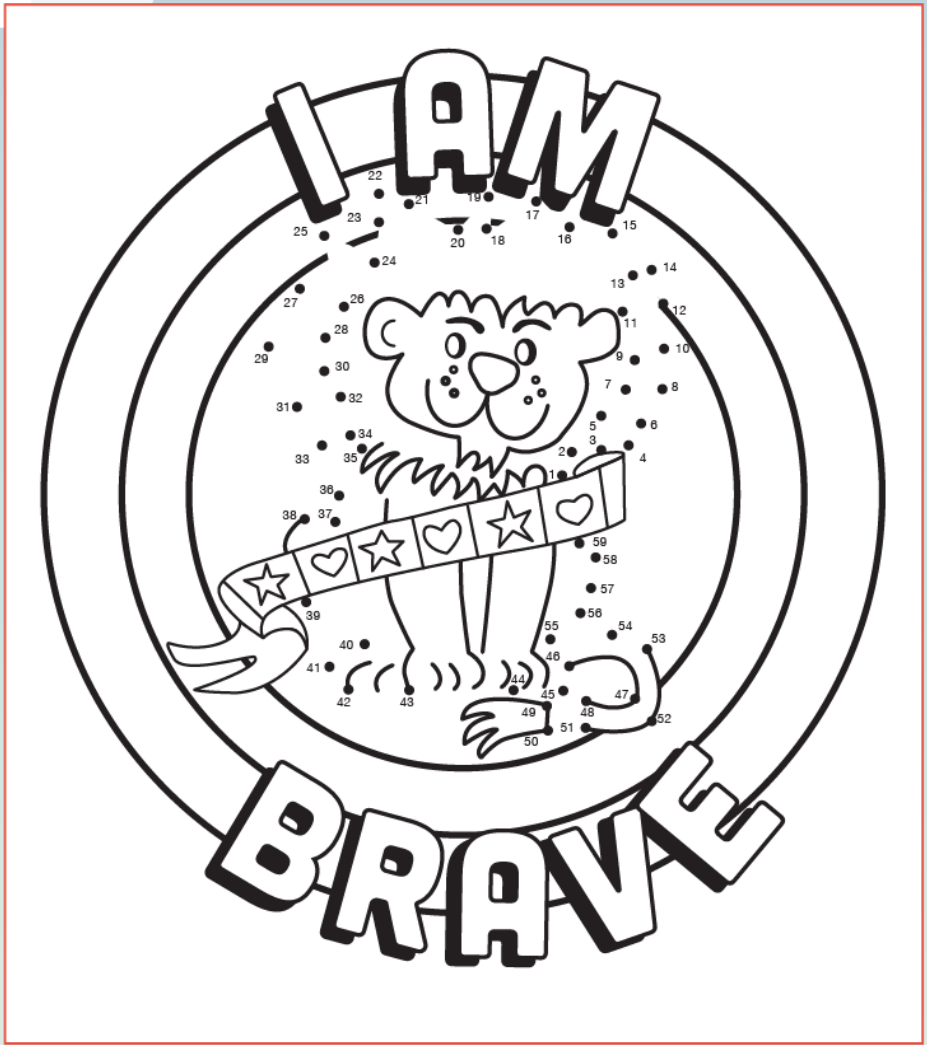
 <p>Numbing cream</p>	 <p>Counting or singing</p>	 <p>Breathing or blowing</p>
 <p>Look away or eyes closed</p>	 <p>Looking/watching</p>	 <p>iPad or DS</p>
 <p>Special Toy/ Comfort Item</p>	 <p>Help take off sticking covering</p>	 <p>Sit with my special person</p>
<p>Other:</p>		

SO WHAT IS MY JOB?

- Keep my arm still - I may need some help with this, please
- Use my breathing - deep breath in through the nose and long breath out through my mouth
- Keep my brain busy with distraction, like playing on the IPAD, or singing, or watching TV or a movie

**HELPFUL
HINT**

Plan to do something special after to recognize how brave you are.



Child Life Services
Vi Riddell Children's Pain & Rehabilitation Centre
Alberta Children's Hospital



AHS Commitment to Comfort®

Alberta Children's Hospital

