



# CARD CHECKLIST FOR CHILDREN UP TO 3 YEARS OF AGE:

What cards are you playing with your child today?

Your child's hospital visit today includes a needle procedure. We use the CARD (Comfort Ask Relax Distract) system to help make getting needles easier for kids. Tell us how to make your child's needle more comfortable for them today by filling in our CARD checklist.

CARD System	Choose all options you want for your child's procedure
<p><b>Comfort</b></p> <p>What would you like to do to make your child more comfortable?</p>	<input type="checkbox"/> Numbing cream to make the needle hurt less <i>-&gt; let us know right away if you want numbing cream</i> <input type="checkbox"/> Hold my child on my lap <input type="checkbox"/> Give my infant sugar water <input type="checkbox"/> Use a comfort item (e.g., stuffed animal, blanket, pacifier) <input type="checkbox"/> Other: _____
<p><b>Ask</b></p> <p>What questions do you have about the appointment?</p>	<input type="checkbox"/> What will happen? <input type="checkbox"/> How will it feel? <input type="checkbox"/> Can I breastfeed or bottle feed my child during the procedure? <input type="checkbox"/> Other questions: _____
<p><b>Relax</b></p> <p>How do you want to keep your child calm?</p>	<input type="checkbox"/> No or low levels of noise <input type="checkbox"/> Other ways to relax: _____
<p><b>Distract</b></p> <p>Do you want your child to be distracted?</p>	<input type="checkbox"/> Look away <input type="checkbox"/> Do not tell me/my child when it will happen <input type="checkbox"/> No conversation with me/my child while I am distracting my child <input type="checkbox"/> Play with a toy or electronic device (such as a tablet, iPad) from home <input type="checkbox"/> Play with a toy or electronic device from the hospital <i>-&gt; let us know if you want to see what is available</i> <input type="checkbox"/> Other distractions: _____

Your actions and words can also influence your child's reactions. Children often look to their parents to understand how to act and feel. If you are calm and use your normal voice, it will help your child feel that everything is OK.

Did you know about CARD before coming today?  Yes  No

How old is your child? \_\_\_\_\_

Which of the following best describes your child?  Girl  Boy Or, they are: \_\_\_\_\_

Some people are afraid of needles. How afraid is your child?

Not at all  A little bit  Medium amount  A lot

Tell us about anything else you want us to know: \_\_\_\_\_