

## Homework to Prepare for an IV

Use practice, praise, and play to help your child feel more comfortable with having an IV.

Practice these steps when your child is in a happy mood. Try to work on the steps a little every day for multiple days or weeks.

### First Steps

- Talk about how nice the people are at the hospital. (Example: The nurses are very helpful.)
- Practice sitting still. Play Simon Says and have your child hold one arm out and then keep it still. Give praise to your child for holding still.
- Practice cleaning in the middle of the inside of the arm or the top of the hand and the back of your child's hand with a cool, wet tissue. First practice using water. Then, if you have rubbing alcohol at home practice with it. Talk about the special smell in a positive way.
- Practice wrapping a ribbon or a piece of elastic loosely around your child's arm.



### Next Steps

- Pretend to give a blood draw to a doll or stuffed animal.
  - Remind the doll that it is important to hold very still.
  - Have your child choose something fun (such as a book or toy) for the doll to look at during the procedure.
  - Tie the band around the doll's arm and say "I am putting this band on your arm- you will feel a squeeze".
  - Practice cleaning with a wet tissue on the skin in the middle of the inside of the arm and the back the doll's hand.
  - Practice the IV with dental floss or string, saying to the doll, "I'm getting medicine with this tiny tubing while you look at this toy." The sample IV start will be helpful too.
  - Place the tegaderm or window Band-Aid on the doll's arm.
  - Talk about the helpful medicine going through the IV tubing.
  - Take out the IV and give the doll a Band-Aid.
  - Let your child choose a reward such as praise, a sticker or a treat for the doll.
  - Repeat this process by practicing these play steps with another adult as the patient.
  - Next, have your child play the patient.
- Give your child a break between each step.

## Final Steps

- Praise your child for being calm and cooperative. If necessary, use a reward system for cooperative behavior.
- If your child tries to push your hands away, redirect your child's hands with a fun activity. For example, tell your child to hold their toy car.
- These steps could challenge your child, but if your child becomes upset, take a break and try again later.

## Teaming up with a Therapist

If a therapist works with your child, ask the therapist to work on this homework with your child too.

## Coping Skills

While preparing for blood work and during the blood draw, encourage your child to use coping skills. Coping skills can be used with anything that is difficult for your child. Let your child know these are ways to calm the body and feel better. Choose a coping or relaxation method that you think your child will respond to best.

- Deep breathing - Have your child take 3-5 deep breaths. Encourage your child to watch his or her stomach rise and fall. Blow bubbles or blow into a pinwheel to encourage deep breathing.
- Counting - Count to 10 with your child and encourage participation.
- Pressure - Have your child squeeze both hands together or around a ball. Repeat five times.
- Listen to music – Play soothing music for your child to hear.
- Watch a video - Encourage your child to watch a favorite video to remain calm.
- Picture a favorite place or activity - Describe in detail your child's favorite activity or place and ask your child to imagine it.

