

My CALM plan

This is so you can feel ready to go, know what to expect, and feel confident and comfortable!

Name:

Date:

Procedure:



COMFORT

To help me feel calm and comfortable, I would like to ...

- Sit on my parent / carer's lap
- Hold my parent / carer's hand
- Rest on the bed or chair
- Use my comfort position
- Other (specify):

ANALGESIA

- Use numbing cream
- Use a cold pack
- Other (specify):



LANGUAGE

- I would like to have someone explain each step to me
- I don't want to be told what is happening
- I would like these people to talk –
- I would like these people to stay quiet during the procedure -

MINDFULNESS

It is most helpful if during the procedure I can use these skills I have learnt ...

- Take slow, deep belly breaths
- Use my powerful mind to imagine I am
- Play with my toys
- Watch my device
- Listen to my music
- Hear a story
- Something else:



MEMORY

The people that care for me will help me to remember all the great things I did today.

Afterwards I am looking forward to



Did your plan work? If you would like to try something different next time, simply ask us for a new plan.