

ALL ABOUT
HAVING A
BLOOD
TEST



STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

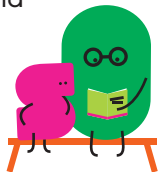
How to use this prep book with your child

This book has been designed to help your child understand what to expect from their hospital visit. Using a character's experience allows for a gentle introduction to the idea of visiting a hospital.

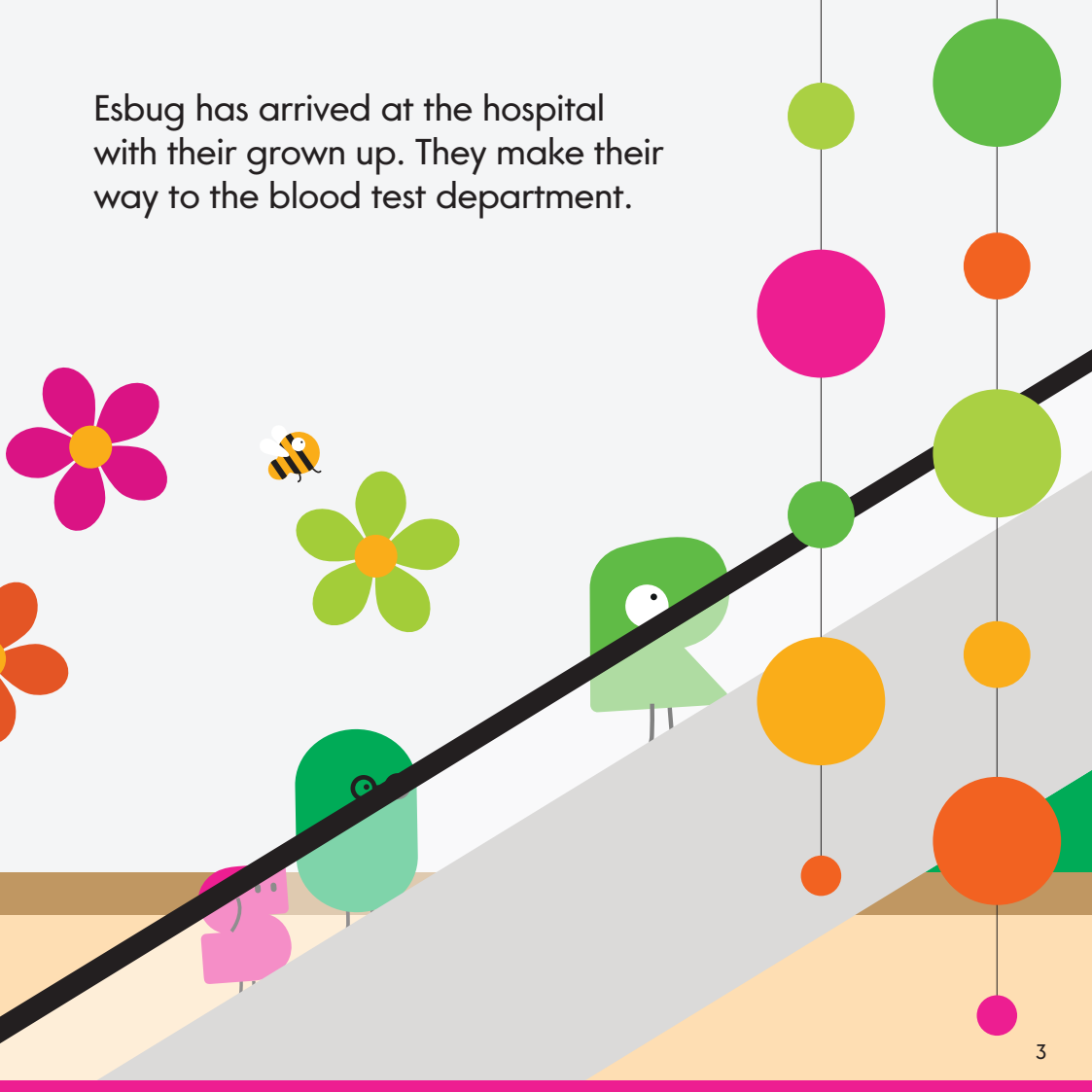
To get the most out of the book and support your child's understanding:

- **Follow the language and terminology** used in the book to help keep things consistent and reassuring.
- **Pause regularly** while reading to ask your child if they understand what's happening or if they have any questions.
- Encourage your child to **guess what might happen next** or what they think the characters will do. For example, what toys might the character play with whilst at the hospital?
- **Give your child the space and time to answer any questions** asked in the book, and explore any thoughts they want to share.
- Use the book as an opportunity to **open up a safe space for questions**, helping your child to begin to process the information. Remember it's ok if you don't know the answers to their questions – you can figure this out together with support from your hospital.

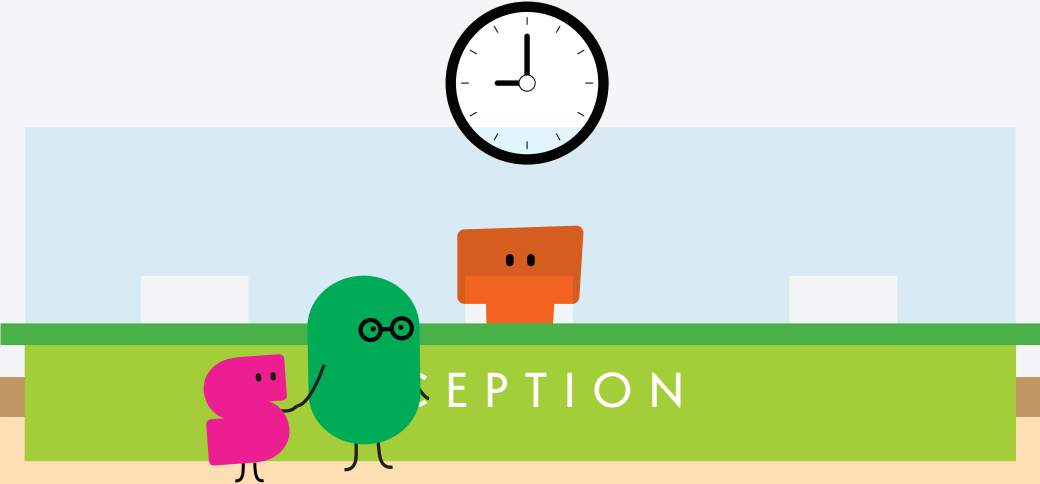
Following this, we would recommend **contacting your local hospital** to see if they have a Play Team. Play Specialists can offer extra guidance and help prepare your child in a way that's tailored to their needs and the environment of that setting.



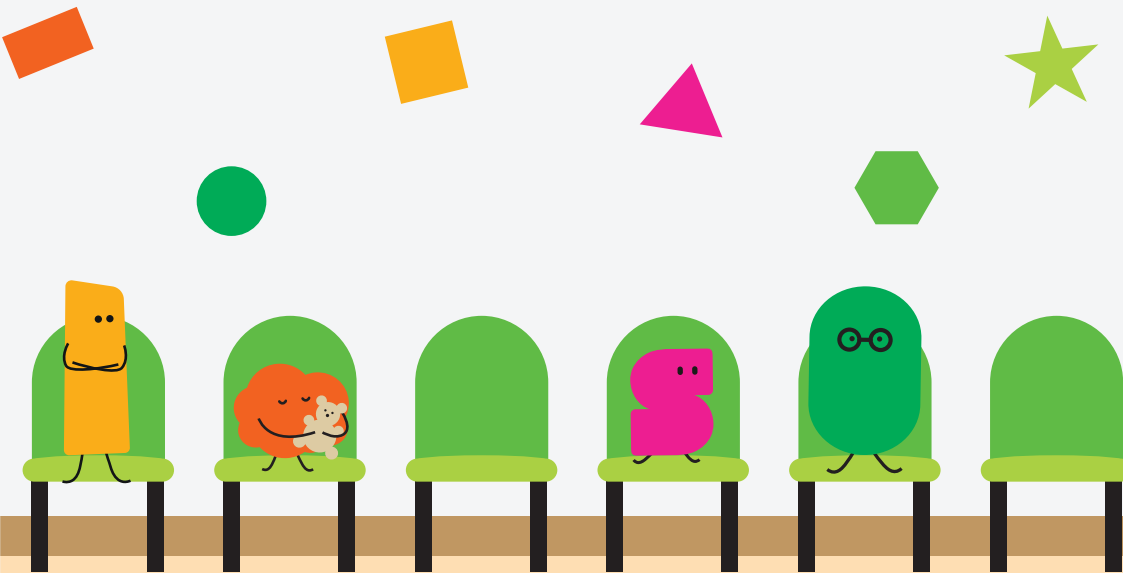
Esbug has arrived at the hospital with their grown up. They make their way to the blood test department.



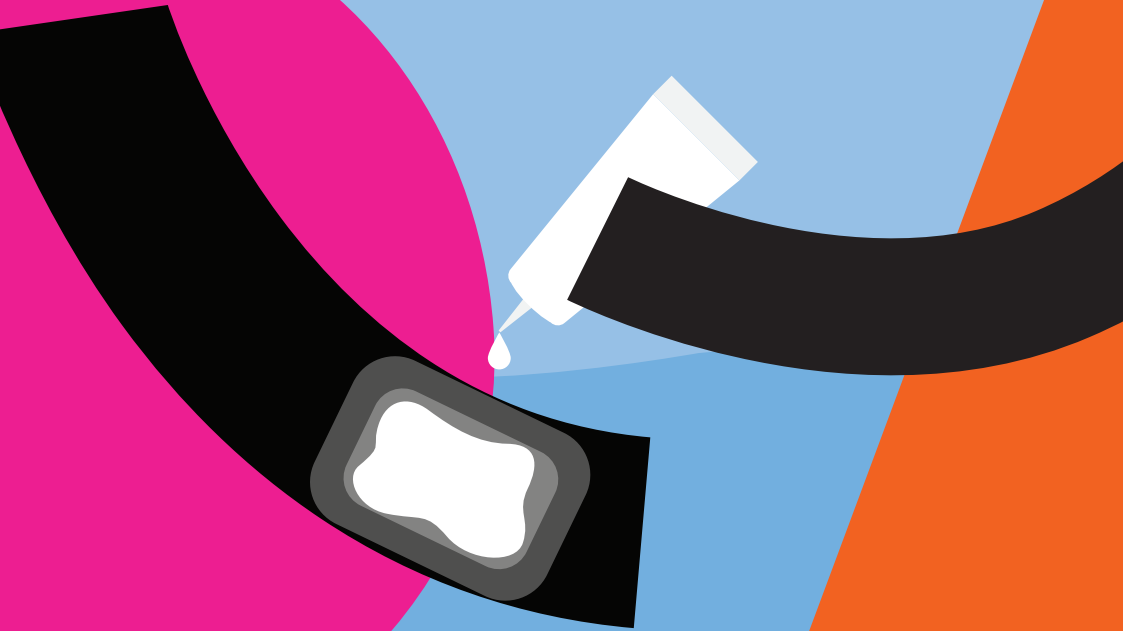
Once at the department, Esgub will see a receptionist to check in.



Esbug has to wait to see the phlebotomist.



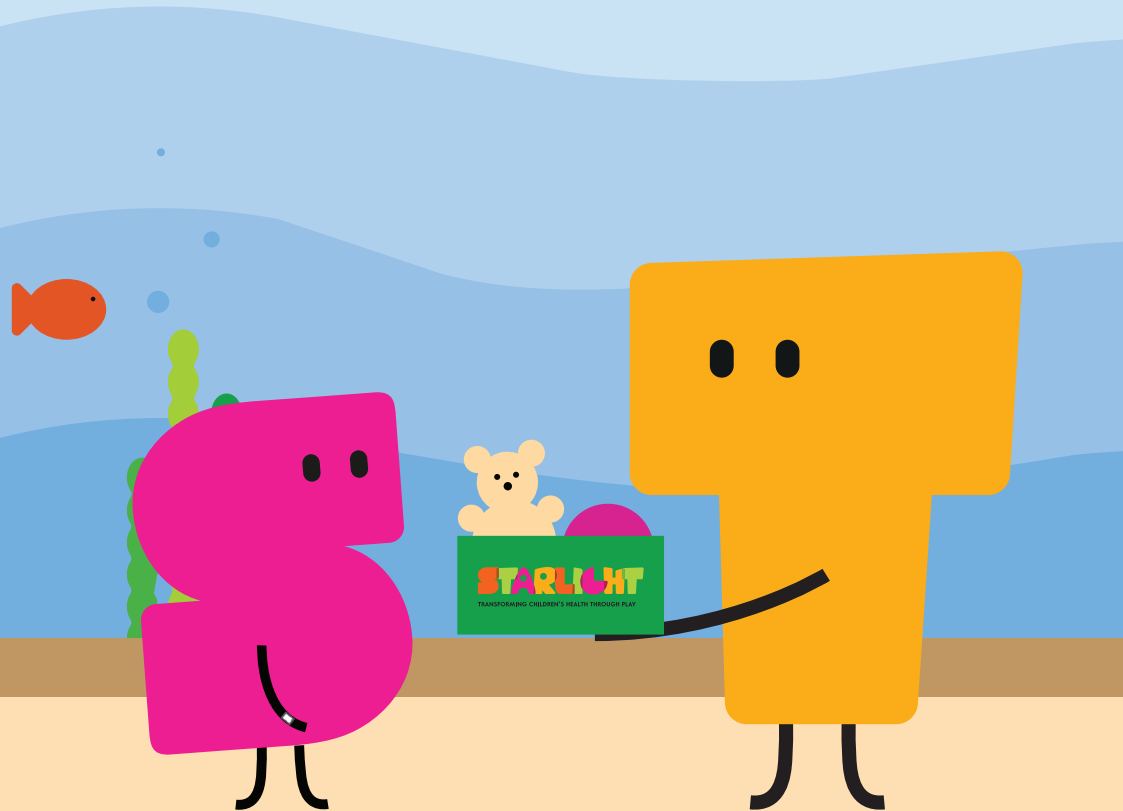
Esiug has numbing cream on their hand and arm, covered with a clear plaster to keep it on the skin. The cream helps the skin to feel less sensitive. It needs to stay on for 30-40 minutes to work properly.



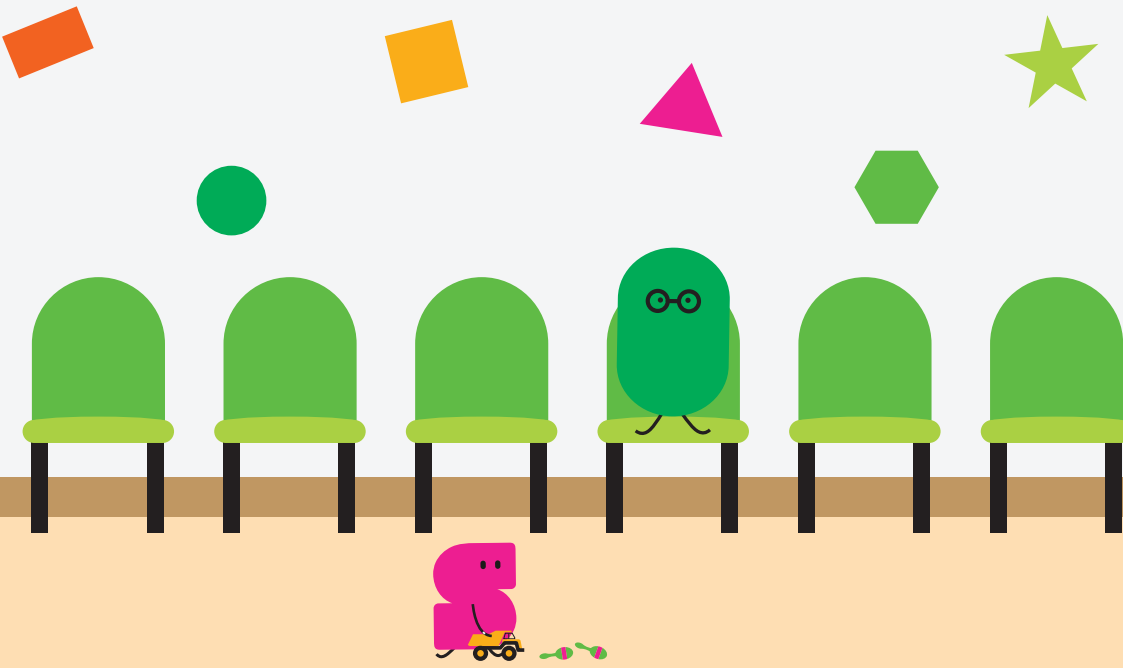
Esbug likes numbing cream – it has worked well for them before. Not everyone likes it though. Cold spray can be used instead or as well as. Esbug tries the spray to see what it feels like. It's cold!



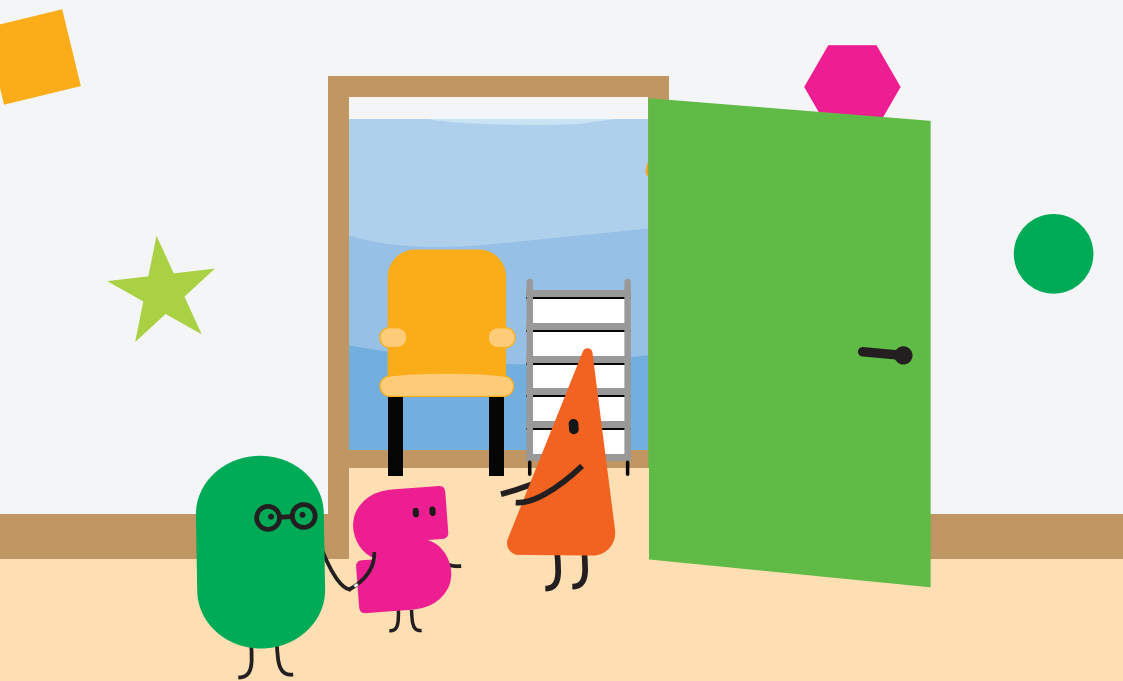
Esbug meets a play specialist who helps them to feel safe and have all the information they need.



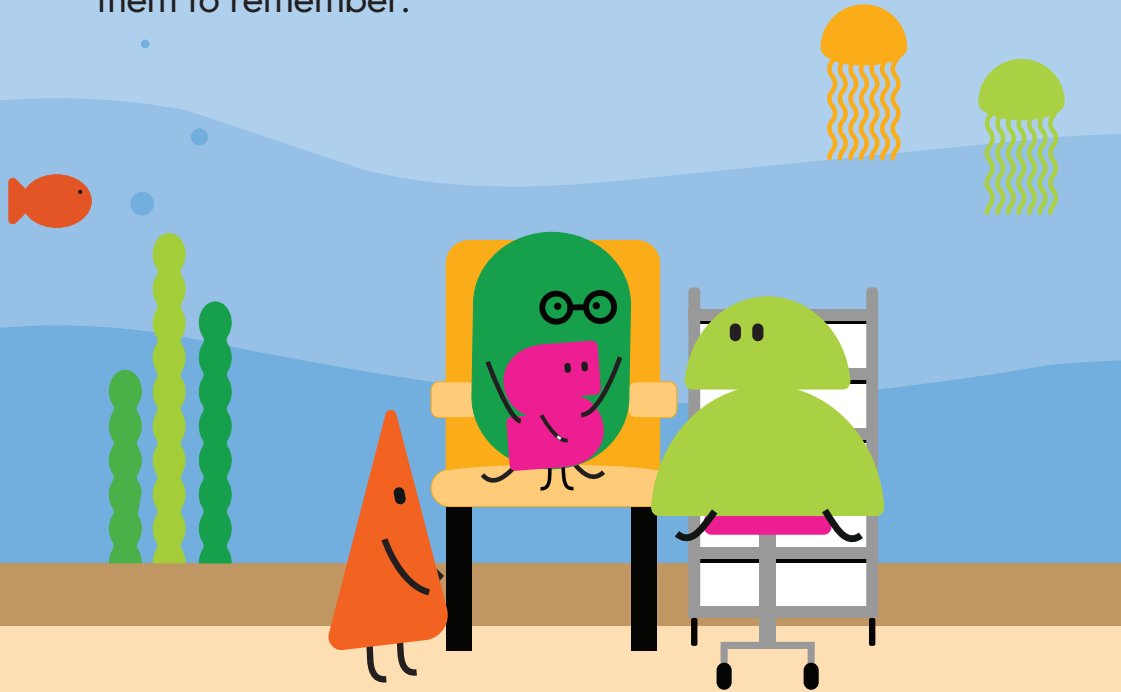
Esbug has to wait for a little while now.
They can play during this time.



When the nurse is ready, they call Esgug to the blood test room.



Esbug is able to choose if they sit on their own or on their grown up's lap. They decide to sit on their grown up's lap. Esbug tells the phlebotomist their name and date of birth – their grown up helps them to remember.

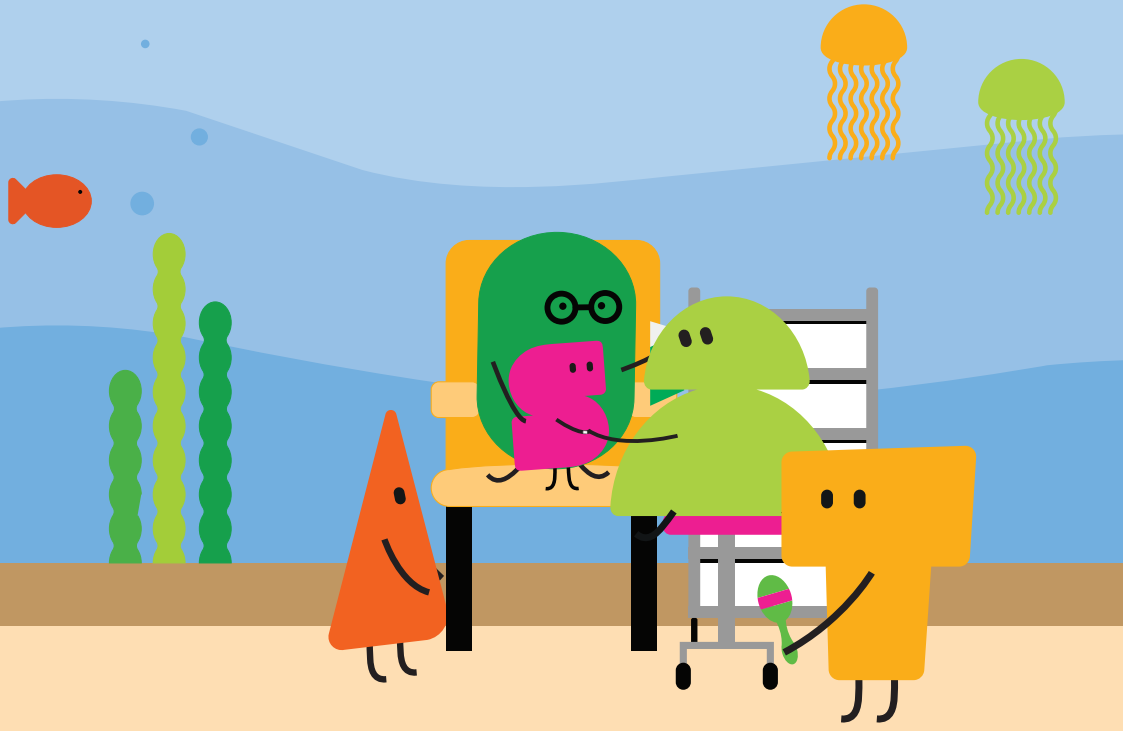


There are lots of grown ups in the room with Ebug.
Shall we count them together?

- 1 – a phlebotomist
- 2 – a nurse
- 3 – Ebug's grown up
- 4 – a health play specialist



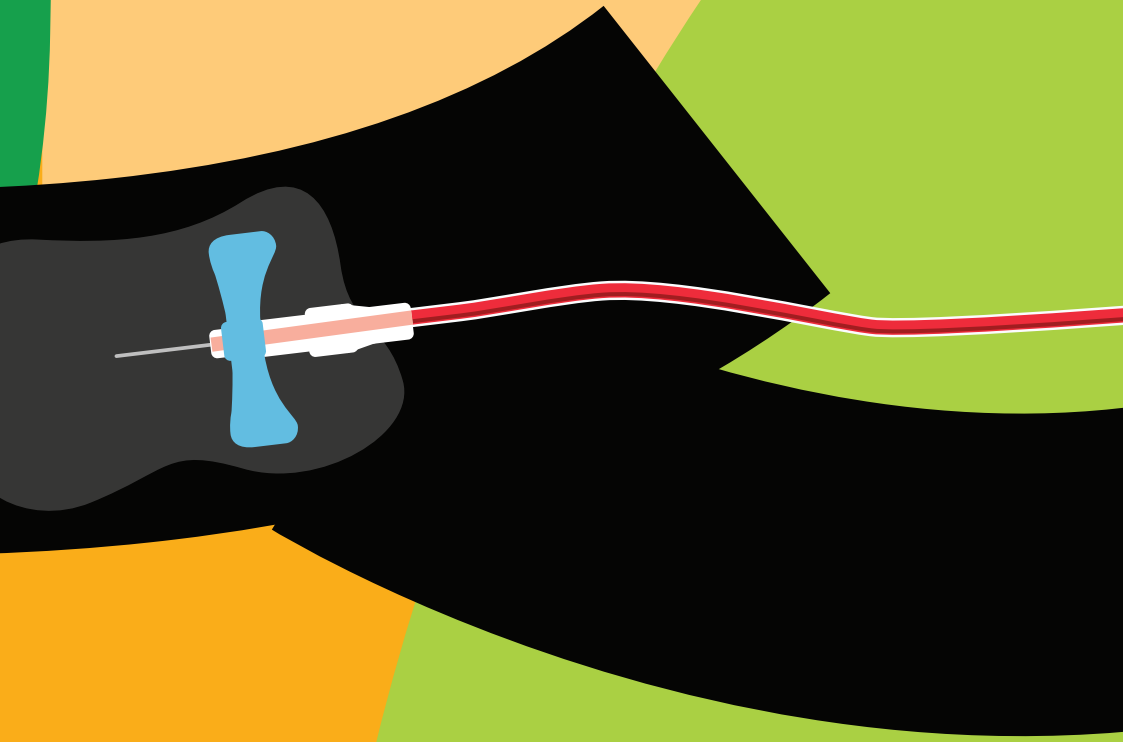
Esbug is allowed to look at a book and play with a toy while the phlebotomist looks at their arm and hand where the numbing cream was.



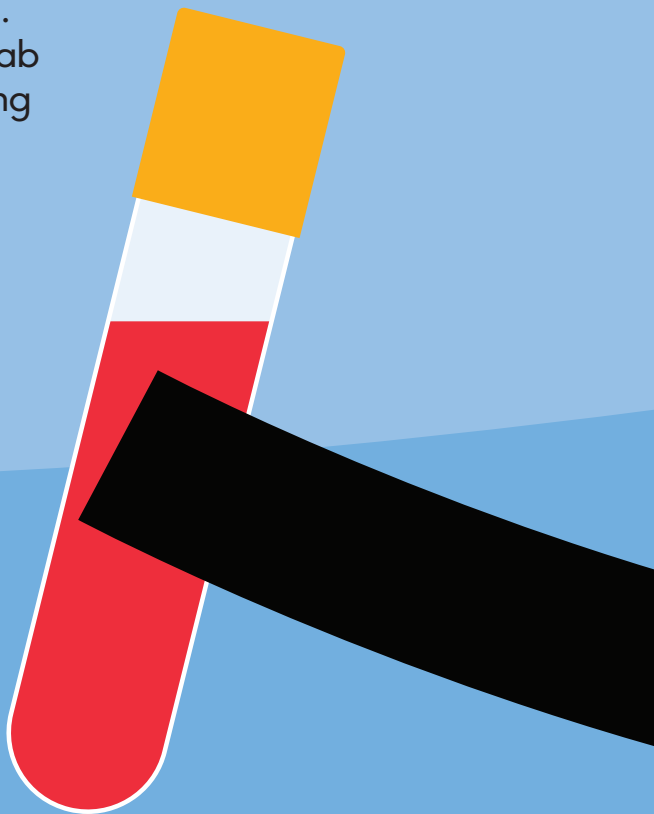
Esbug has a stretchy band called a tourniquet on their arm, giving it a gentle squeeze to help the phlebotomist to see the vein clearly.



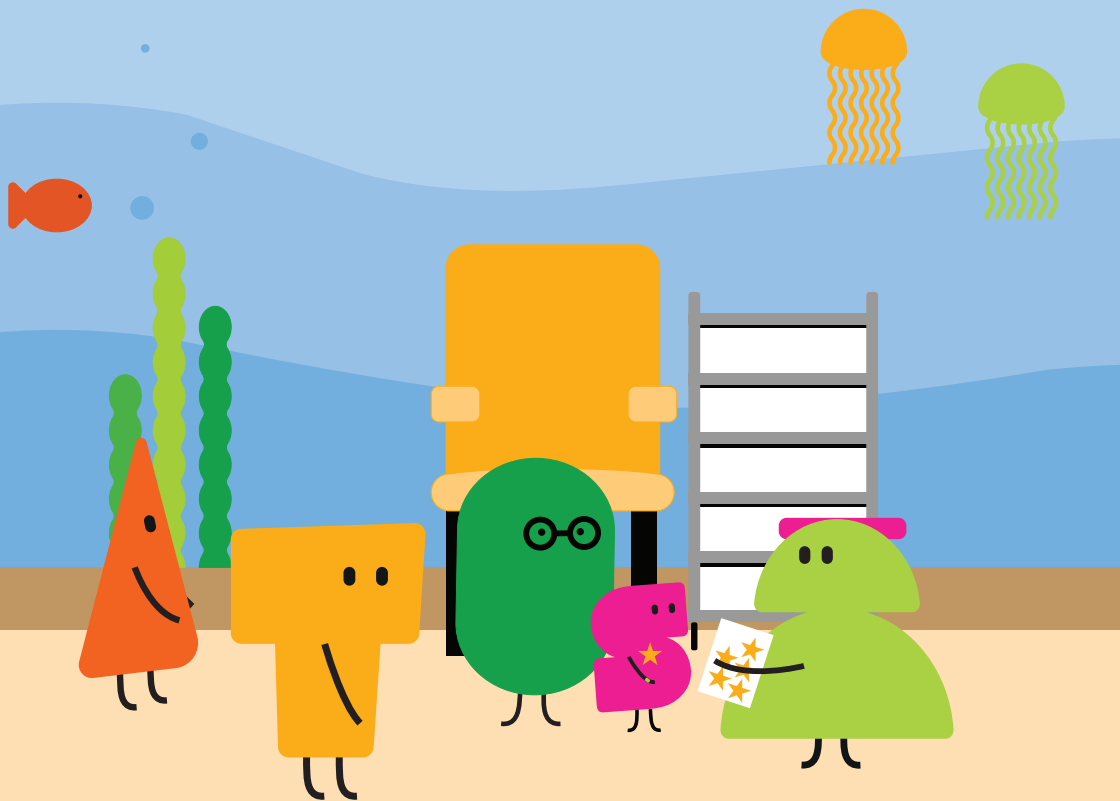
Esbug needs to sit still like a statue while the phlebotomist uses a small bendy straw to take some blood.



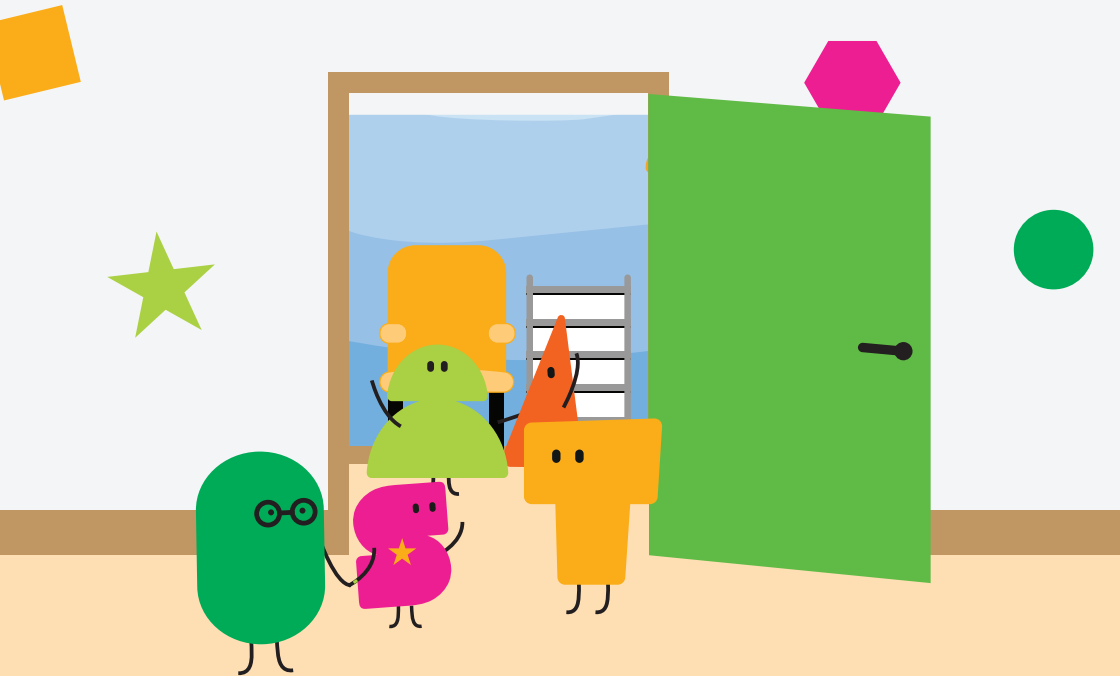
After the test is finished,
the phlebotomist puts the
blood into a small tube.
This will be sent to the lab
to see what is happening
inside Esgug's body.



Esbug is allowed to choose a sticker for being so brave at their hospital visit.



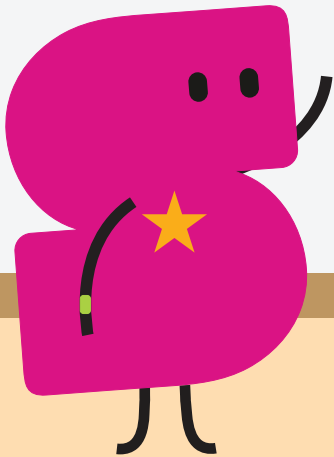
Esbug can go home now. Well done Esbug!



Let's help Esmug remember what they saw.

Can you name:

- Something they saw
- Two staff they met
- What they were given for being so brave



STARLIGHT

TRANSFORMING CHILDREN'S HEALTH THROUGH PLAY

© Starlight Children's Foundation
Registered charity 296058 (England & Wales)
SC 047600 (Scotland)



Scan the QR code to
access further resources

