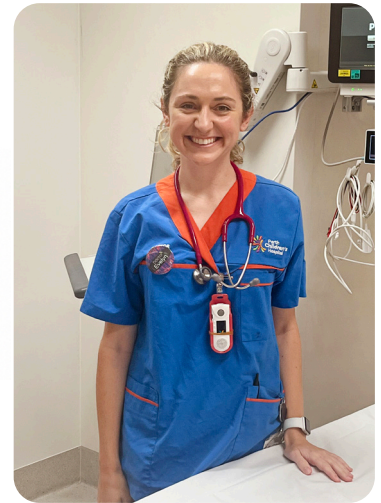
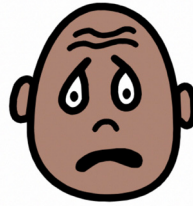




I can choose what comforts me!

Produced by: Emergency Department/KKIND. Ref: 1884. This document can be made available in alternative formats on request for people with disability.
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1



Sometimes when I am in hospital, I may feel worried, anxious or scared.

I may have brought special items to hospital with me, or I can ask my nurse/doctor to borrow something to help me feel better.

I can use the following things to help me if I am worried:

2



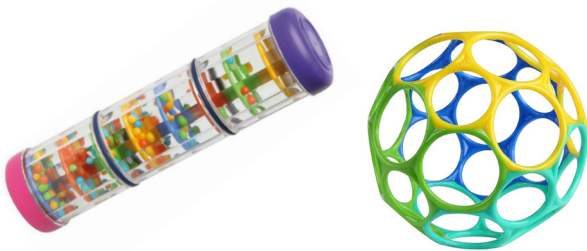
I can sit or lie down with a caregiver.

3



I can use deep breathing to help myself feel better. This may involve using bubbles, a balloon, pinwheel or other items.

4



I can play with a rainmaker, a glitter wand, or an O Ball.

5



I can ask someone else, like my caregiver, to blow bubbles for me.

6



I can do some drawing or colouring in.

7



If my caregiver has brought a phone with us, then I can listen to music that I enjoy.

I can read a book. The book can also help to stop me from watching what is happening, if I would like.



My caregiver and I can also discuss with my nurse/doctor whether Sensory Tools might help me.

Different items will be available throughout the hospital. My caregiver, hospital staff and I will work together to find something that helps me.