



**NHS**

Great Ormond Street  
Hospital for Children  
NHS Foundation Trust

## Helping you cope with procedures (Easy Read)



Everyone gets scared or worried sometimes. The thing that scares or worries you might not be the same as your friends. This is fine.



Some people are scared of hospitals. They might worry about seeing people they don't know. They might be scared that it will hurt.



We all need to go to hospital sometimes. The doctors and nurses will help you and your parents to find a way to make things easier.



It can help to talk to someone about how you are feeling. Your Play Specialist or Psychologist or LD nurse will be able to help you.



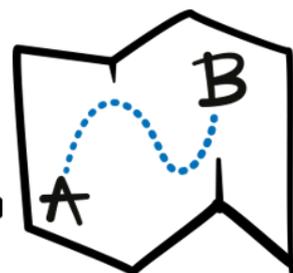
There are ways you can help too.



You could try taking your mind off what is happening. Try to think of somewhere nice. Imagine what you can hear and feel and smell.



Do something like using interactive toys or blowing bubbles.





Ask your parents why you need to have something done. You could find out how something works or what happens when you have a scan.



See what you can choose – whether you sit up or lie down or which arm you could use to have a test.



Some children have some medicine to make them sleepy and relaxed. We can't do this every time but it can help for some things.



We can help to hold you still while the doctor or nurse does something. We will hold you tightly but this won't hurt. As soon as it is over, we will let go so long as you are safe.



We will always write down what happened in your medical record. This is so we know what helped or didn't help ready for the next time.



Please ask us if you have any questions.

