

# Before It Happens

NIGHT CREW · MY QUESTIONS

THIS PAGE BELONGS TO \_\_\_\_\_

## WHAT IS HAPPENING TODAY

ASK SOMEONE TO WRITE IT HERE WITH YOU, IN WORDS YOU BOTH AGREE ON

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## QUESTIONS I AM ALLOWED TO ASK — TICK ANY, ADD YOUR OWN

- |                                                       |                                                         |
|-------------------------------------------------------|---------------------------------------------------------|
| <input type="checkbox"/> Will it hurt?                | <input type="checkbox"/> How long will it take?         |
| <input type="checkbox"/> Can someone stay with me?    | <input type="checkbox"/> What will I hear or feel?      |
| <input type="checkbox"/> Do I have to be awake?       | <input type="checkbox"/> Can I bring something with me? |
| <input type="checkbox"/> What happens straight after? | <input type="checkbox"/> Will I have to do it again?    |
| <input type="checkbox"/> _____                        | <input type="checkbox"/> _____                          |

*There is no question here that is too small or too silly. If you want the answer, it is a real question.*

## WHAT HELPS ME

- ☐ Tell me before each bit
- ☐ Don't tell me, just do it
- ☐ Let me count
- ☐ Let me look away
- ☐ Let me watch
- ☐ Something to squeeze
- ☐ Music or a story
- ☐ Hold someone's hand
- ☐ Go slowly
- ☐ Get it over with fast
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

*You know this better than anyone. Show this box to whoever is looking after you.*

## WHO I WANT WITH ME

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## WHAT I WANT THEM TO KNOW ABOUT ME

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## AFTERWARDS

FILL THIS IN LATER — SO NEXT TIME STARTS FROM WHAT YOU LEARNED

WHAT WAS BETTER THAN I EXPECTED

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WHAT I WANT DONE DIFFERENTLY

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**This page asks questions. It does not answer them.** The answers belong to your nurse, your doctor, or the person whose job is helping children with this — not to a piece of paper. Take this page to them.