

There are things that I would like you (my medical team) to know about me.

I am proud that I can/did: _____

(Example: swim, ride a bike, won a prize, learned something new)

My favorite things are:



It would help me if you would:

- ☐ talk to me directly
- ☐ talk mostly to my parents
- ☐ tell me everything
- ☐ tell me only the things that I need to know

It would also help if :

- ☐ When you're doing something new, please explain what will happen before and during

You can also help me by:

(What makes you most comfortable?)

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

My Visit Planning Book



Boston Children's Hospital

Where the world comes for answers



Draw a picture of yourself or place a photo here.

The name I like to be called is:

*Share the front and back of this booklet
with your care team*



FMCI

Family Medical
Coping Initiative

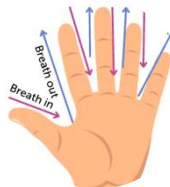
Before my appointment, I can make a plan.

For the child:

- How do I think I will feel going to the medical appointment?
 - What can I do to make it better?
 - What can I bring if it is an appointment to help me feel better or more relaxed (coping toolbox)?
- 



- What can you do to relax?
 - Practice breathing
 - hand breathing
 - slow in your nose & out your mouth



*Smell the flower
& cool the soup*

- Learn and practice self-empowering statements (“I can do this”, “It will be over soon”, etc.)

For the parent:

- How can you help your child get through this medical experience?
- What helps you cope?
- What feelings are at play for you?
- What triggers you?
- What makes it better?
- What, or who, can you bring to the appointment? (List of questions,, book, music, food)

When I see the doctor or nurse, I can help myself by:

- ☐ Play with or hold a toy/lovie I brought
- ☐ hold my friend or parent's hand
- ☐ listen to the music I brought

I will try to:

- ☐ relax my whole body
- ☐ Remember my special breathing to help me relax
- ☐ Remember my self-empowering statements

What did I do well?

What should I remember for next visit

[illegible]