



*say  
less,*  
**show  
more**



Visuals for taking blood  
or putting in a cannula



I am having a blood test.



I sit on the bed. I keep my arm still.  
My Mum or Dad will stay with me.



The nurse puts a band on my arm.  
It might feel a bit tight.



Here is a special cold stick.



The nurse presses the cold stick  
on my arm. It feels cold.  
It makes my arm numb!



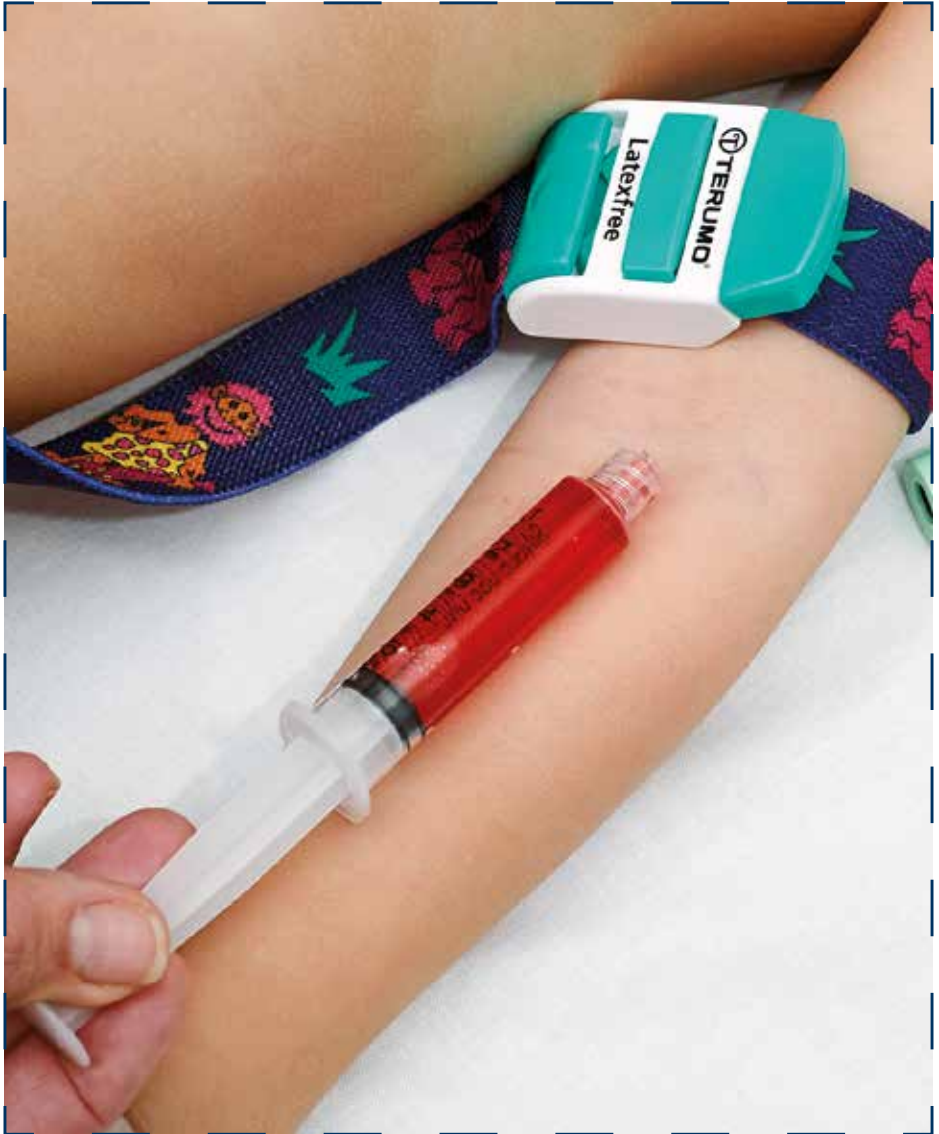


The special cream makes my arm feel numb!



I hold my arm out. The nurse puts a clear sticker on my arm.

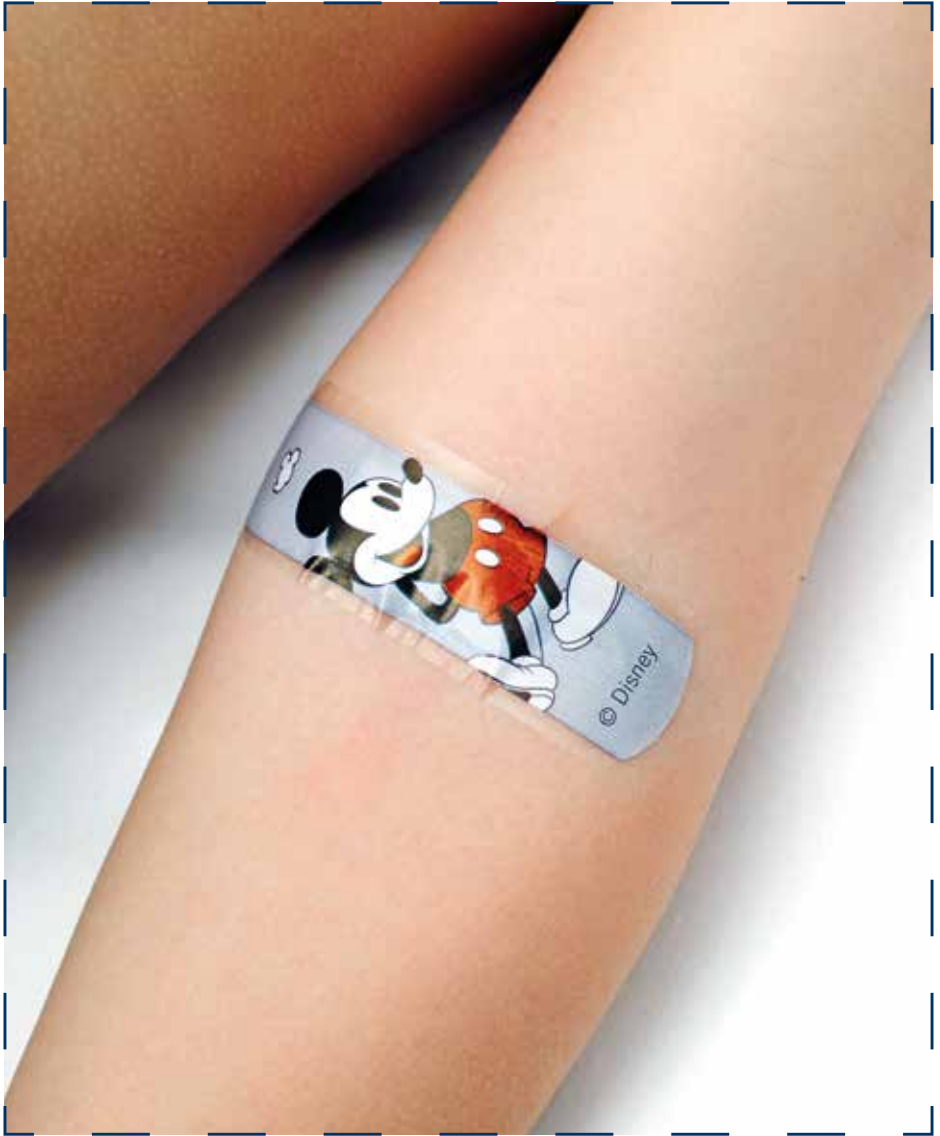




Time to take the blood. I keep my arm still. The nurse puts in a needle. It might sting.



Now the nurse will take the needle out. The nurse might leave the plastic tube in my arm.



or the nurse puts a bandaid on.



All finished.

How am I feeling?



# Five tips for using visuals with children

## **1. Parents and carers are included.**

They know their child best and may have used visuals before.

## **2. Show the child visuals.**

Make sure you get down to their level so they can see the pictures. Scan the QR code to view/download.

## **3. Share the story with the child.**

Point to the photos or picture symbols as you go through the visuals. Give the child some extra time to look and think about the pictures.

## **4. Say less.**

Use single words or short sentences to explain what is going to happen.

## **5. Think of other ways for the child to understand.**

Use objects in the room and make sure your gestures stand out to help the child understand directions.



Visuals improve communication between health professionals and children, particularly those with anxiety, autism or intellectual disability.

The agencies listed on the last page are supporting families to access the healthcare they need for their children living with disability and seek to be inclusive of all our community members.

The 'Say Less, Show More' initiative shows children that health professionals are here to help and what to expect during a physical exam or procedure.

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