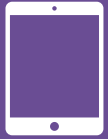


Ways for Lab to Reduce Anxiety in Children Getting Blood Lead Tests

Activities

To prevent lead contamination, make sure nothing touches the skin where blood is drawn after it has been cleaned. This helps to make sure the test results are accurate.



Bring a device with:

- Videos
- Cartoons
- Music
- Audio books



Bring items such as:

- Books
- Small puppets
- Cards with images



Distract the child by:

- Telling a story
- Playing peek-a-boo
- Singing a song
- Playing a guessing game
- Playing "I Spy"

Breathing Technique



Imagine the child's favorite food in front of them:

- Pretend the child's favorite food (like pizza or a birthday cake with candles) is in front of their face and have them blow on it to cool it down or make a wish

**Work with the caregiver to divert child's focus from anxiety and fear.
Afterward, praise the child that they did well.**