



Children's National™

Visual Schedule: Taking off my EEG leads and hat

First, I sit in bed or in a chair.



I can listen to music, hold my parent's hand, and hold my favorite toy.



The staff member takes my hat off.

Then, the staff member unwraps the bandage from my head. This does not hurt. If I get nervous, I can ask my parents for help or ask for a break.



Next, the staff member takes off the leads. This does not hurt.

The leads make my hair sticky. The staff member wipes off my hair. I can wash my hair when I get home.



The EEG is over.

I did a great job taking off my EEG hat and leads.



Teaching stories and visual schedules are effective learning tools for children with special needs. Showing your child teaching stories multiple times before your child's medical visit may help them understand what to expect. Using visual schedules during the medical visit can improve cooperation.

Our goal is to reduce the stress of the visit and improve your child's overall experience at Children's National. We welcome any feedback or questions: Autism Behavioral Consult 202-476-2884.