

Visual Schedule: Blood Test

First, I go to the blood test office or hospital. I wait until it is my turn.

The nurse is very nice. She is going to help me today. I am kind and use safe hands with her.





The staff member wraps a stretchy band around my arm. It hugs my arm tight.

They clean my arm with a wipe. This may feel cold.

I am safe. I sit still and do not move my arm.

The staff member uses a little tube to get some blood. The blood goes into a bigger tube. My body makes more blood right away.

The staff member takes the tube out and puts a Band-Aid on my skin.

I am all done. Now, I can have a reward, like a sticker, if they have one. I did a great job.









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.