Parents: This is a Social Story you can use to help prepare your child for a blood draw. You may want to read the story together several times before the actual visit. You might also act out the visit beforehand, maybe with yourself as the lab technician and a stuffed animal as the child first, then with the child as the child. You might even try it with the child as the lab technician giving you a blood draw! Use yarn or another material to tie a bow around your child’s upper arm to show what it will be like to have the lab technician tie the rubber tourniquet on. Use a wet cotton swab to get your child used to the cold rubbing alcohol the technician may use on your child’s arm. The idea is to make the experience and roles familiar before the actual visit.

*Adapted by the IAN Project with the kind permission of Dawn Villarreal of One Place for Special Needs: [http://www.oneplaceforspecialneeds.com](http://www.oneplaceforspecialneeds.com)*
1. I am going to have a blood draw. This blood draw may help people learn more about autism. I am going to have the blood draw at my doctor’s office or at a special doctor’s office which does lots of blood draws.
2. The nurse will ask me to sit down in a chair that looks like this. I might ask my mom or dad to sit in the chair and I will sit on their lap. Or I might just sit in the chair and ask my mom or dad to hold my hand.
3. The nurse will bring out gloves, gauze, collection tubes that collect blood and the needle that helps the blood go into the tubes.
4. The nurse will wrap a band around my arm. This might feel different but it does not hurt me.
5. The nurse will hold my arm and tap the inside of my elbow. She wants to find the best spot to do the blood draw.
6. The nurse will put alcohol on the gauze and wipe it on the inside of my elbow. The alcohol may smell funny. The gauze is cold on my arm. This might feel different but it does not hurt me.
7. The nurse will take the needle and insert it into my arm. It is very important that I do not move my arm. I need to keep my arm still so the nurse can put the needle into my arm without hurting me. My mom or a helper might help hold my arm down. The nurse will press down on my arm and I will feel a pinch.
I can watch the nurse or choose to look at my mom, dad, or something else in the room. I can think about my favorite things if I don’t want to look at people.

I may talk to the nurse, my mom, or my dad at any time during the blood draw if I want to.
8. The blood goes from my arm into the needle. Then the blood goes from the needle and down through thin tubing. Then the blood goes from the tubing into the collection tube.
9. The nurse will need to fill two collection tubes. After filling the first one, she will remove it and attach another empty tube. Then she will fill that one, too. It is very important that I keep my arm still while the nurse is holding my arm. I may choose to watch what the nurse is doing or I may turn my head and look at something else.
10. The nurse is finished filling the collection tubes! She will place a cotton ball over the needle in my arm. She will gently remove the needle from my arm. She will gently hold the cotton ball on my arm.
11. The nurse will put a band-aid over the cotton. I am all done! My mom or dad will tell me when I can take off my band-aid.
Everyone is proud of me!

I did a great job!