

# Seeing the nurse



A photo or a drawing of me

My name is \_\_\_\_\_



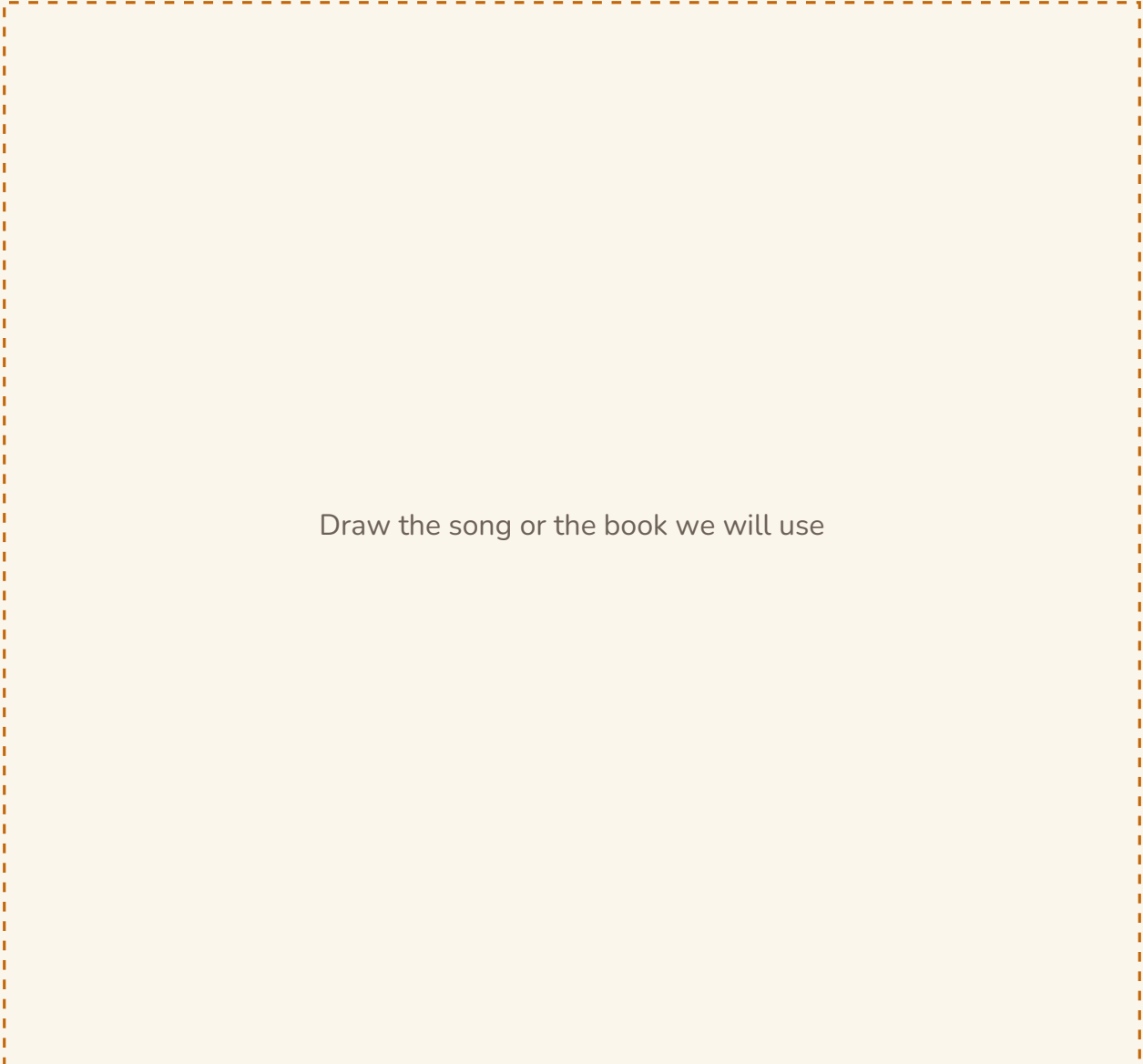
**Today I am seeing a nurse. The nurse might give me an injection, or take a tiny bit of blood.**



**I might get to choose which arm.**



**My grown-up holds me, and we sing a song or read a book together.**



Draw the song or the book we will use

**It is quick. It might sting for a moment.  
Then it is finished.**



**Afterwards we are going to**

\_\_\_\_\_.

# For the grown-up

## When to read it

The morning of is enough. It is over in seconds, and a week of warning is a week of dread.

## One sentence to say on the day

“It is quick, it stings for a moment, and I will be holding you the whole time.”

## Why each line is worded this way

[heroofyou.com/social-stories/injection-or-blood-test](https://heroofyou.com/social-stories/injection-or-blood-test)

## Sources

Great Ormond Street Hospital - Distraction

[gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/distraction/](https://gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/distraction/)

CARD system - Comfort, Ask, Relax, Distract (SickKids, Toronto)

[cardsystem.ca/](https://cardsystem.ca/)

NHS - NHS vaccinations and when to have them

[nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/](https://nhs.uk/vaccinations/nhs-vaccinations-and-when-to-have-them/)

The advice here is the same as on our injection and blood test page, whose three sources were read on 23 September 2026. If needles are already a real fear, the CARD system above has its own free checklists. Nothing here is medical advice.

Free to print, copy and share at home, in class or in clinic. The pictures come from The Sticker That Was Earned, one of the picture books Hero of You makes with a child drawn into the story.

# First, then, next: seeing the nurse

Cut along the dashed lines. Use the cards in a row, in order, or one at a time.



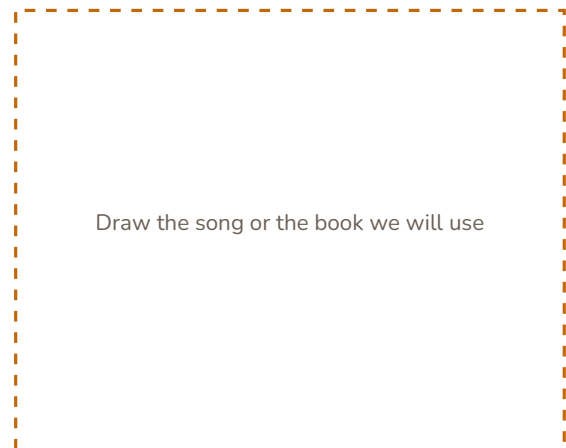
**1** Seeing the nurse



**2** I choose an arm

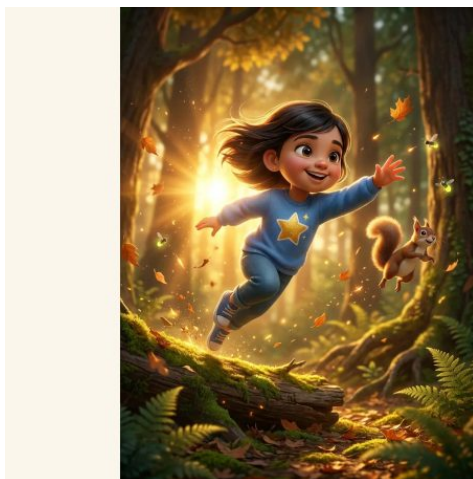


**3** We sing or read

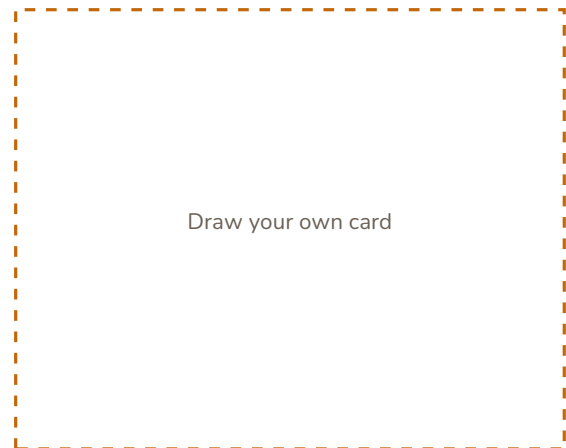


Draw the song or the book we will use

**4** Quick, then done



**5** Then we go to...



Draw your own card