

# Strategy in Practice

## Social Narrative: It's Okay when the Nurse Takes my Blood



Use this social narrative to teach individuals with an autism spectrum disorder and related disabilities about taking blood!

To learn more:

**How-To Template: Social Narratives** ([www.HANDSinAutism.org/tools.html](http://www.HANDSinAutism.org/tools.html))



IU™ School of Medicine

### To Make & Use:

1. Modify the narrative based on the individual needs.
2. Print the narrative and laminate if needed.
3. [Optional] Cut the template into individual text strips and use a clip to hold together if needed.
4. Read the narrative several times together with the individual.
5. Address the narrative during the activity, if needed.

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Also, check out...

How-To Video Series

How-To Template: Social Narrative

Life with ASD Series

Academia Series

Klds' Corner Series

View/download these and other templates at [www.handsinautism.org/tools.html](http://www.handsinautism.org/tools.html)



**Materials provided are *samples only!***  
**They may need to be individualized to meet the particular needs of a person with an ASD!**

## It's okay when the nurse takes a little bit of my blood!

Sometimes, when I don't feel good, I go to the hospital.



When I go to the hospital, the nurse might take a little of my blood. It's OK! I have enough blood for the nurse to use a little to help me.



The nurse will touch the middle of my arm.



The nurse might put a tight band around my arm. This will feel tight!



The band might hurt a little. If it hurts, I can let the nurse know "that hurts" by using my words (pictures, gestures, device).



The nurse will wipe my arm. This might feel cold!



I will feel a little pinch. If I am scared, I can look away or hold mom's hand.



The nurse will put the little bit of my blood into a small tube. That is OK! This is all to help me get better.



The nurse will press down on my arm with a cotton ball.



Finally, the nurse will put a band-aid on my arm.

