

Preparing your child for their skin prick test

- 1 Prepare and plan for the day by calmly explaining to your child what will happen. Reassure them that this is a completely normal procedure.
- 2 We often find it can be helpful to plan something rewarding for after the procedure. Try to use 'now' and 'then' statements, for example "**Now** we will see the nurse, and **then** we will go for your treat."
- 3 Have lots of distracting things to do during and after the test. It is usually after the test that your child may want to scratch.
- 4 If your child has a comforting toy, for example, a teddy or a blanket, please feel free to bring this along on the day. We can pretend to give the teddy a skin prick test too.
- 5 For breastfeeding babies, feeding can be comforting. It might be a good idea to save a feed for the test.

Some of our favourite distractions

- ★ Colouring (ask for the test to be done on the opposite arm that your child uses to colour)
- ★ Books that you can read along with your child
- ★ Listening to some music or playing on iPad, (please bring headphones for the sake of other patients)