Elmo’s Tips for Going to the Doctor

When your child goes for a blood test, try some of these things to help her feel calm. Let her know that your family is working together to keep the lead away.

- Tell some funny jokes.
- Hold your child’s hand or have her sit on your lap.
- Bring along a book to read together.
- Sing your favorite song together.
- Bring a special teddy bear or doll for your child to hug.

Blood-Test Wallet Card
Let the Sesame Street friends help you keep track of lead. Cut out the card and keep it in your wallet. Give it to your doctor to make sure your child’s blood gets tested for lead. Be sure to ask what the lead levels mean.