

Helping children cope in a stressful situation

DESIGN GOAL

"to give children (5-8 years) the capacity to go through a MRI scan without anaesthetics by preparing them and helping them and their parents stay balanced in terms of enhanced relaxation, motivation and focus "

EVALUATION STUDY

Tactility test with children to link materials (to the left) to the following four emotions:



Exciting



Mystical



Calming



Beautiful



Try-out with child

to evaluate the idea and the improved prototype.

Joosje, 7 years old.

INTERACTION VISION



Interviews with parents to evaluate concept and find possibilities for improvements.



Keep it **SIMPLE**. Separate parent and child info. **BUILD UP** the experience. Children learn by practising. **INVOLVE** the Child, let them **PERSONALIZE** their tool. Use the **KNOWLEDGE of THE PARENT**: they know their child best!

FINAL CONCEPT

TELL me and I'll forget
 SHOW me and I may remember
 INVOLVE me and I'll understand

CHINESE PROVERB

THE MRI BOX - your MRI story
 7 days - 7 surprise objects - 7 exercises.

About two weeks before the MRI the child will get a box home. It is his/her own MRI box providing all the information needed to prepare for the MRI.

The box is a low-cost and low-tech product that helps the child prepare step-by-step together with a parent.

OLD SCENARIO

BUILDING AN EXPERIENCE



Confusion



INFORMATION GUIDANCE

A book and a box with materials to build your own coping tool.

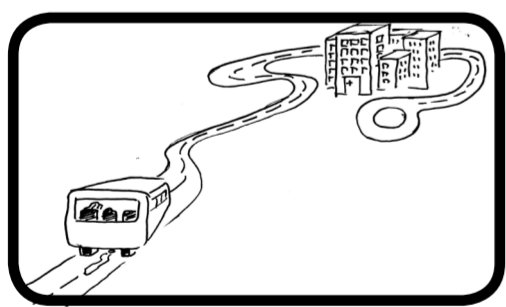


Worries



TOGETHER CONFIDENCE

Building resilience in a relaxed environment.



Uncertainty



CONTROL REMINDER

The tool helps getting into the right mindset.



Fear



COMFORT INVOLVEMENT

It is nice to hold in the hand and involves the child in the whole process.



Feelings of failure



REWARD ENCOURAGEMENT

Builds on a positive experience.

Each day during one week the child opens a pocket in the box. He/she will learn something new through a small booklet and an exercise to do together with the parent. There is also a special booklet for the parents with more detailed instructions. Every day is linked to a small object that will help the child remember what has been learned.

The objects are collected on the "memory chain" and all brought to the hospital and the MRI. The memory chain with all seven days objects works as a reminder when in the MRI machine but also as a communication tool for the hospital personnel.

THE MRI BOX - your MRI story

DAY 3

Practise relaxing and imagine how it is inside the MRI...



DAY 4

This day is about your reward, something nice to look forward to.



DAY 5

Learn about the MRI sound.



DAY 2

Learn about how to relax and lie still in the MRI.



DAY 6

This day is about your secret...



DAY 1

Learn about the MRI and personalize your memory chain.



START

Learn about this box and about the day pearls.



DAY 7

Communicate your feelings to the hospital.



Every day you start by putting the day pearl on the memory chain. You find the day pearls in the start-pocket and here you also save your memory chain while you are building on it...

