



Self-Guided Preparation & Coping Resources

Research shows that preparing a child for a procedure reduces **distress**, and coping tools improve the experience for the child, the parent, and the team in the room.

Certified child life specialists designed SupportSpot with tools delivered through an app families can use on their own. They can scan a code or receive a notification to access the app immediately: before an appointment, in a waiting room, or at home after a visit.

- **Delivered to families** whenever or wherever they need them.
- **Automated delivery** and QR code access. No work for your team. Nothing to remember, nothing to hand out.
- **No EHR integration** required. Quick implementation, with most sites live in under two weeks.

With SupportSpot, families get access to a robust toolset that supports:

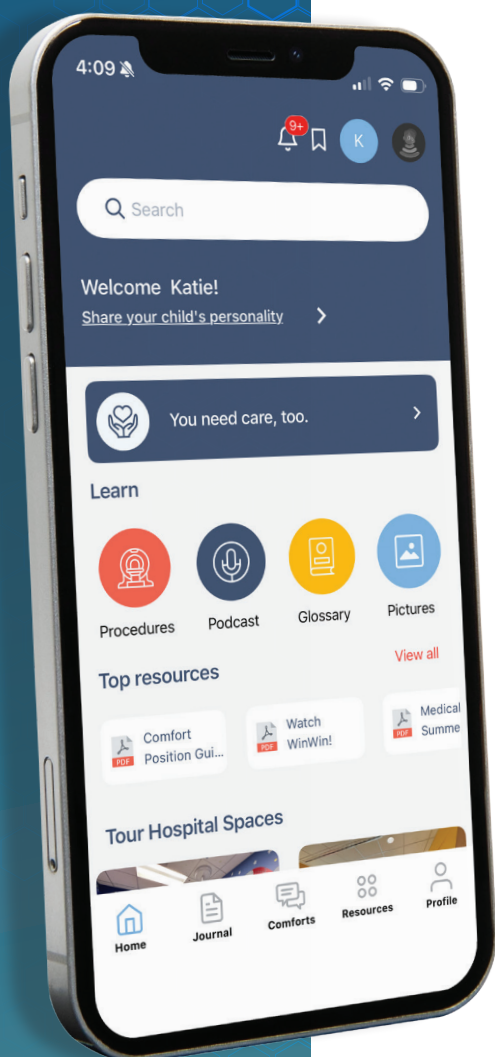
- **Coping Plans** with personalized strategies for managing stress and anxiety
- **Procedure Preparation** so they know what to expect before it happens
- **Picture Search** allows for visual preparation
- **Self-Care and Self-Care Suggestions** provide practical guidance for parents, including a breathing tool for in-the-moment stress management and mindfulness resources with structured coping practice.

The app is available in both English and Spanish and includes:

- **An audio podcast** that families can listen to while they wait
- **A glossary** of plain-language explanations of medical terms
- **A “bookmark” feature** to help families save what’s useful and easily return to that specific content as needed.



Scan the QR code to speak with our Child Life Specialist and explore how SupportSpot impacts the family experience and delivers reporting for the clinical team.



Certified
child life
expertise
built for
families
across every
setting.