

Appendix A

Interviews, visits and important notes.

Visiting standard waiting rooms at several occasions

- Boring furniture
- Toys in a corner on the floor or on a small table
- Not too many kids at the same time
- Falkenberg helsestasjon is different, made for kids

Interviewing designers about what their kids do in the waiting area 18.9.19, 3.10.19 and 16.10.19

- Individual differences
- All three have kids that are anxious about such visits.
- Two of them clearly see a difference in behaviour in the waiting area.
 - Less likely to follow a story when read to
 - Stressed and alert already before the waiting room, but gets worse when there.
- The third does not observe any significant difference
 - Non-cooperative in the room with the doctor
 - Does not see any difference in the waiting area

Visiting Ablemagic 17.9.19 and 16.10.19

- Super engaged and lovely people that really wants to help
- Inspiring concepts
- "Easy does it" is often true
 - Master thesis of Jan Magnus
- Great company for throwing ideas back and forth
- Gave me the feeling that anything is possible

Interview pediatrician 18.9.19

- Mostly 2 year olds
- Approach them slowly
- Brings forward something exciting, for example a stick filled with liquid with glitter
- Plays with it first while the child is watching, then gives it to the parent and finally to the kid, to build interest
- Does everything that is going to be done to the child to the parent first

Interview with child psychologist 18.9.19

- Most children are somewhere between not afraid at all and full on anxiety
- Window of tolerance
- Time in - talk to the right part of the brain
- There is a definite need for something that can lower the level of activation before visiting a doctor or similar
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Podcast "Foreldrerådet" 25.9.19

- Why kids are afraid of darkness
- 3-7 years
- Difference between a stressed child and a stressed adult
- Emotions and children

Visiting Melhus Sansesenter 14.10.19

- Everything varied in size, shape, colour and material, but everything was talking to the three senses sensing yourself
- I really liked the soothing white room, it felt safe and calm
- Enhances the importance of using the body to learn, adapt and feel

Interviewing pediatric nurse 21.10.19

- "I definitely think you are on to something"
- It makes sense to give them something else to focus on while waiting
- I see great potential both before and during treatment

Interviewing teacher 6.11.19

- Would be nice to have some sort of distraction or reward, especially for those who find it hard to sit still.
- I see a big difference in how much they concentrate when the task is physical vs theoretical. The ones that are easily upset last longer with a physical task and shows more interest in it.

Podcast Foreldrekoden 14.11.19

- Anxiety in children
- Unproportionally afraid
- Sudden problem, out of nothing
- 8-12 years, understand the world
- Not reason enough to handle, not rational
- They feel stuck and overwhelmed
- Connect reason and feelings over time

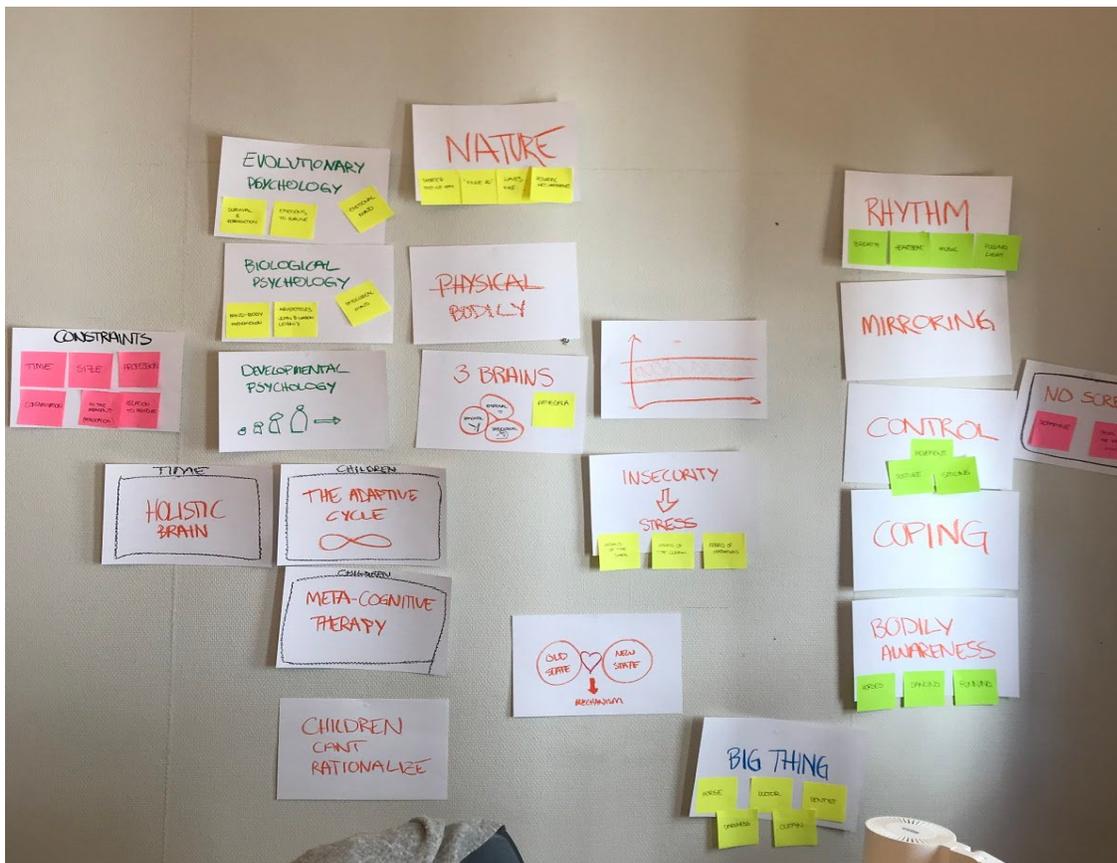
Interviewing purser and course instructor for courses about the fear of flying 16.11.19

- I always encourage nervous people to march, either with their feet or with their hands, it usually calms them down.
- If you can manage to move you can be petrified, or go into freeze mode.
- The initial state of mind is extremely important

Interview with teacher, physiotherapist and psychotherapist Anne Sælebakke 19.11.19

- Three senses that turns towards the I and not the surroundings.
- Tactile: Nerves that registers touch, pain, temperature, pressure

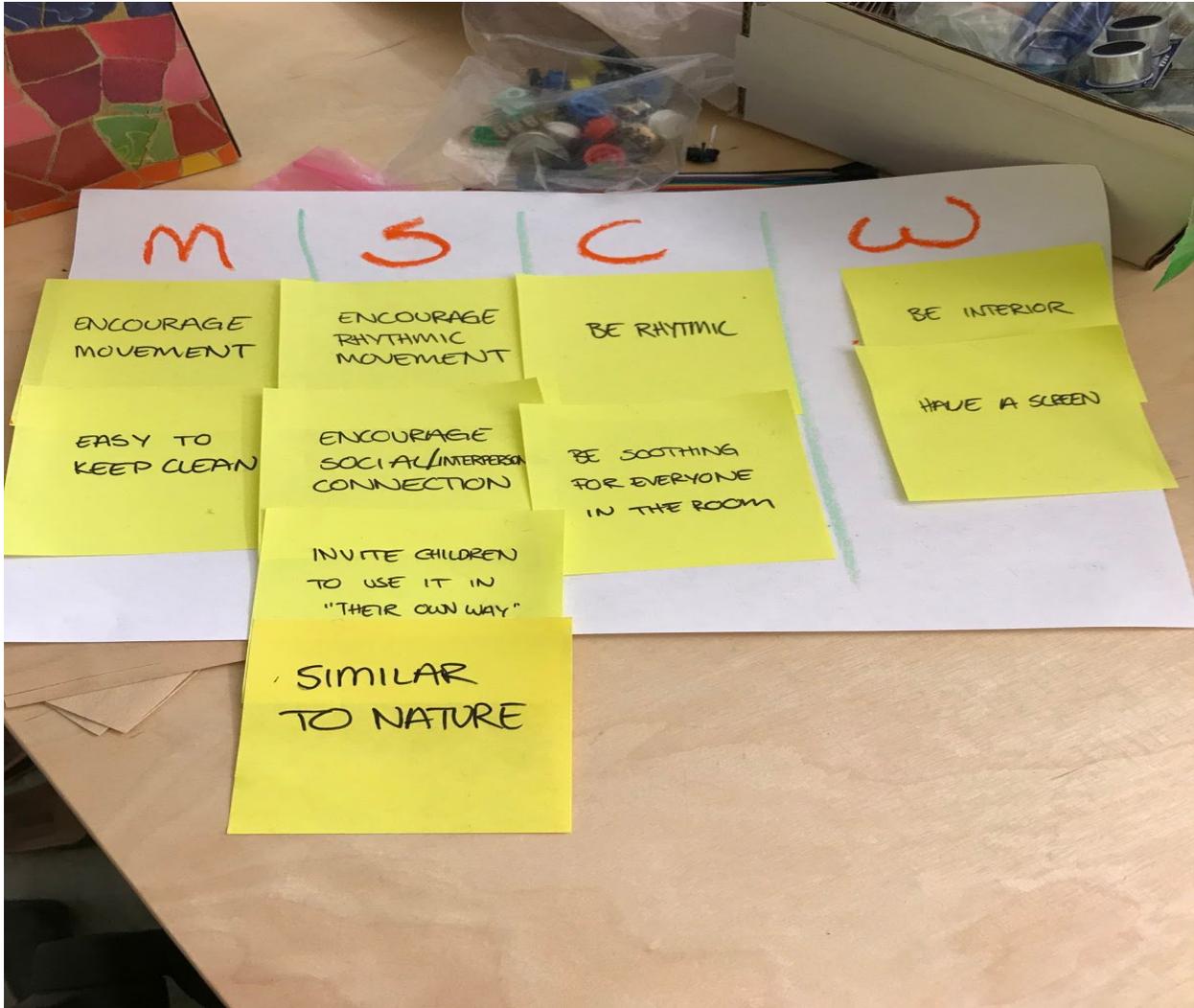
- Vestibular: Structures in inner ear that detects your heads movement and your body position in relation to your surroundings
- Proprioceptive: Muscles, joints and tendons that knows the positioning of our body parts,



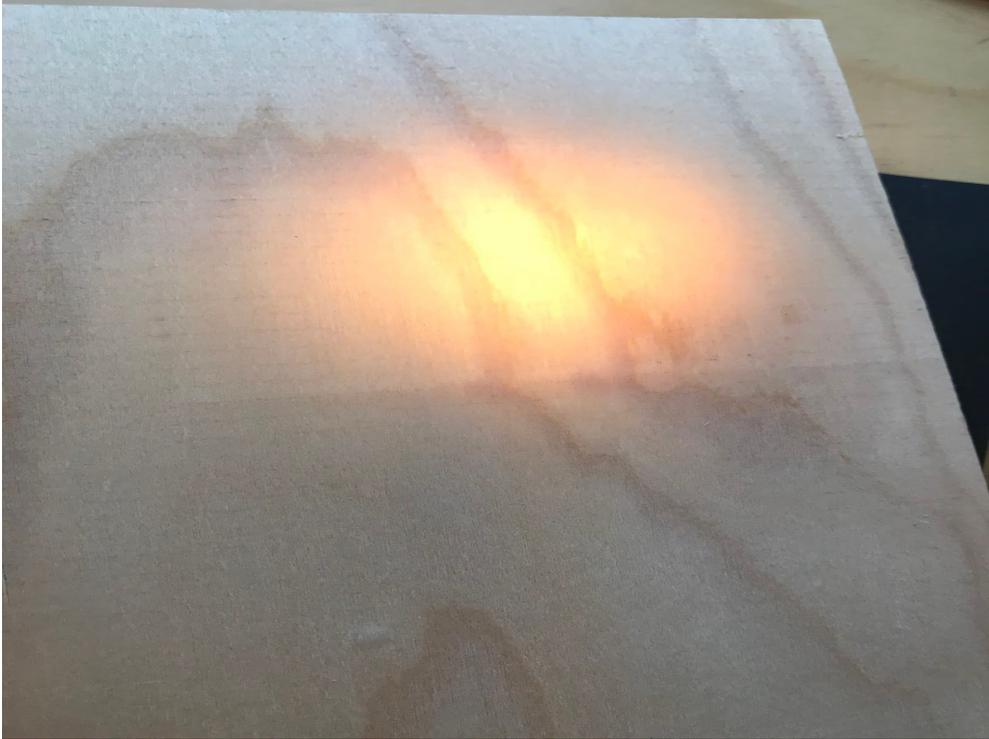
Sorting insight



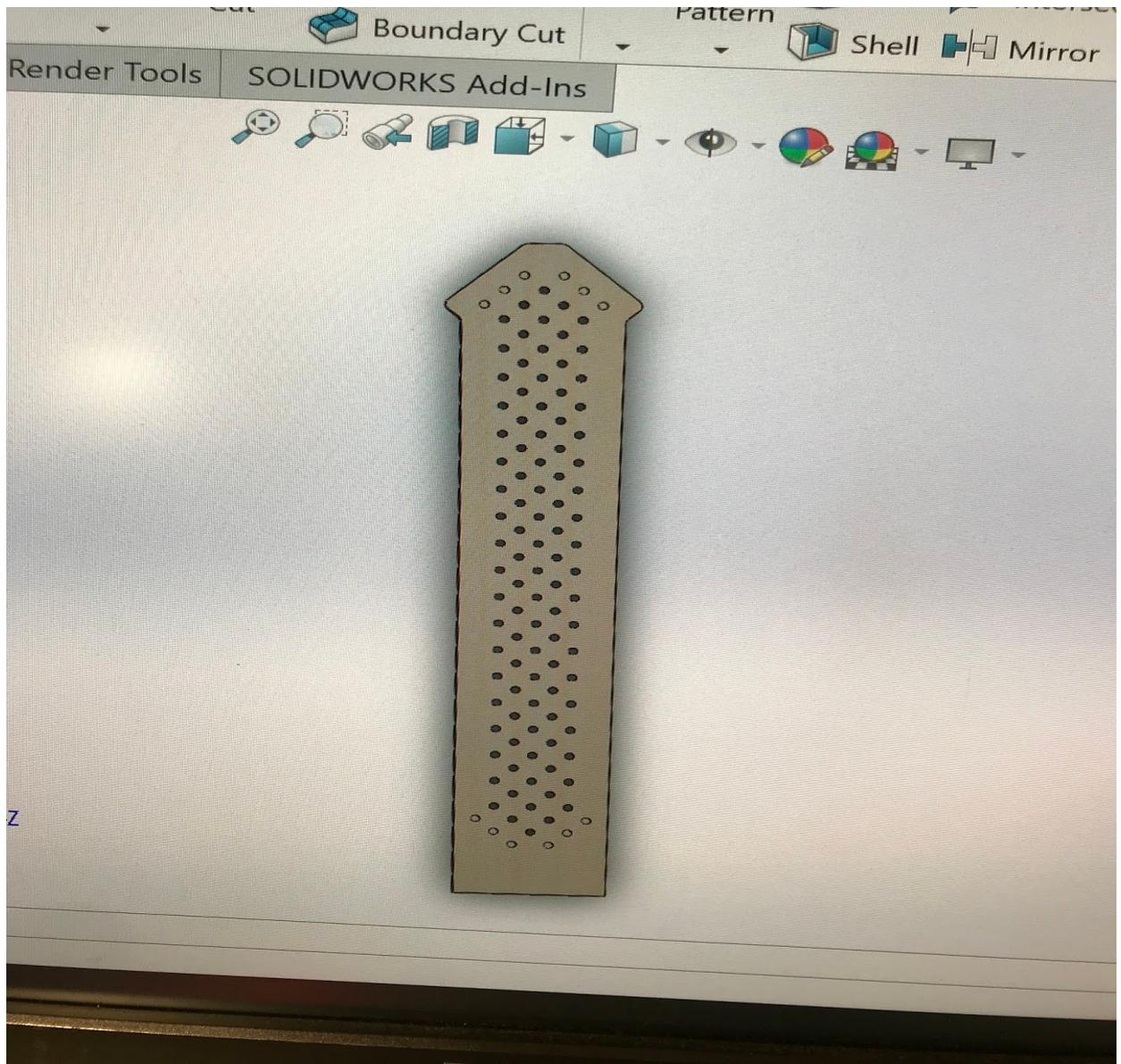
Inspiration



Sorting insight



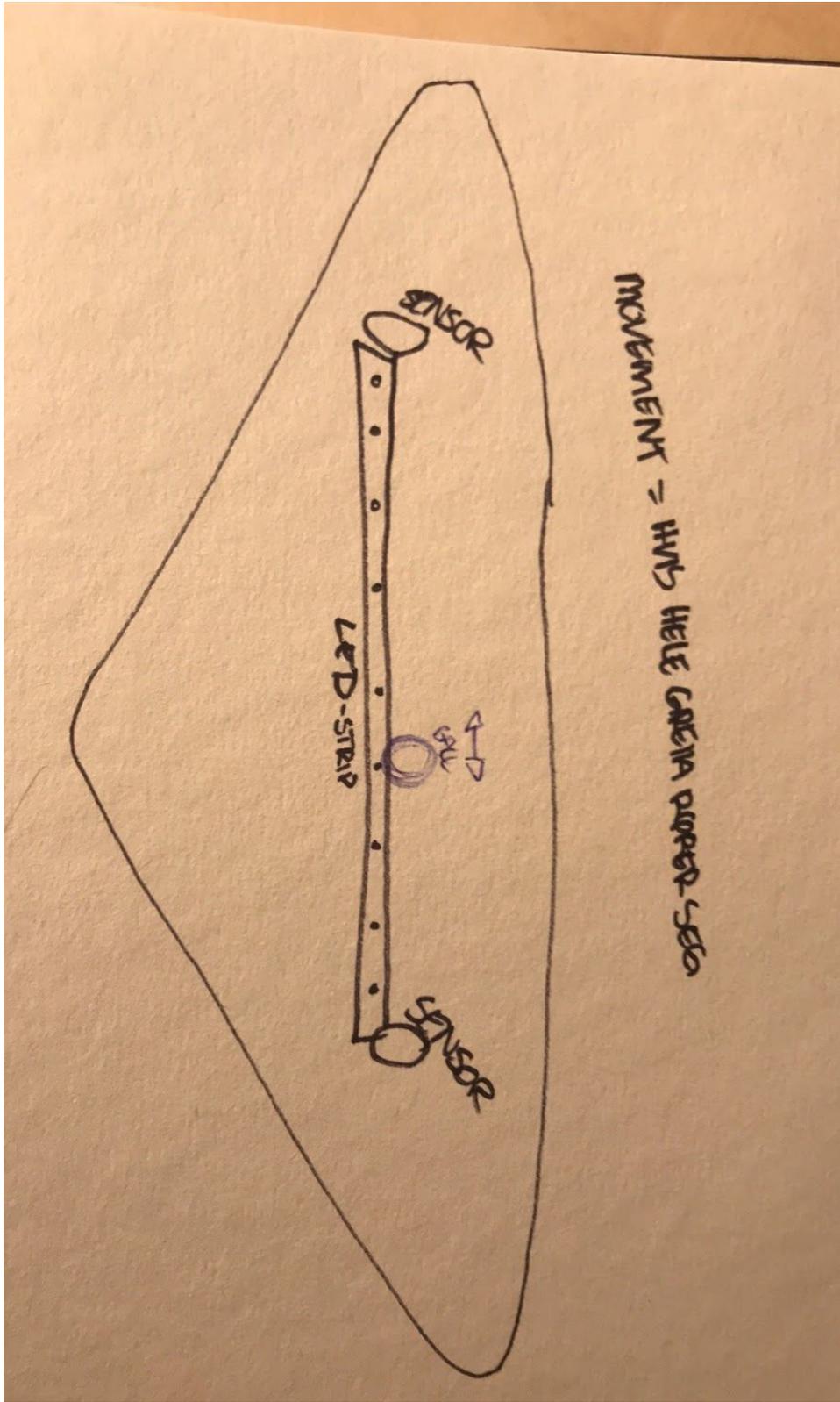
Testing thin veneer



Testing pattern



3D-modelling



Idea explanation