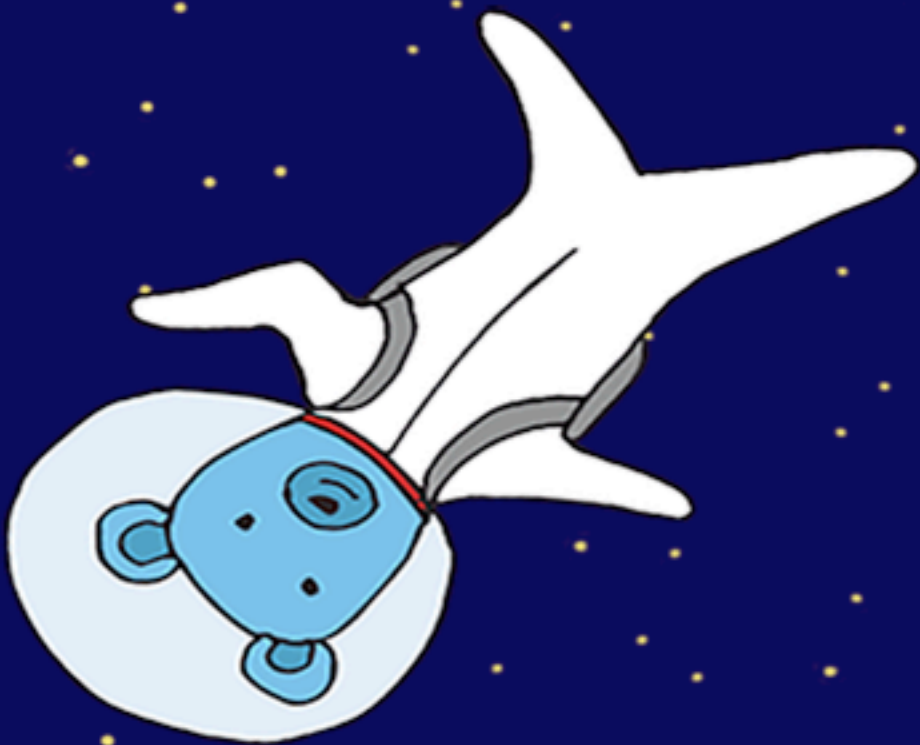
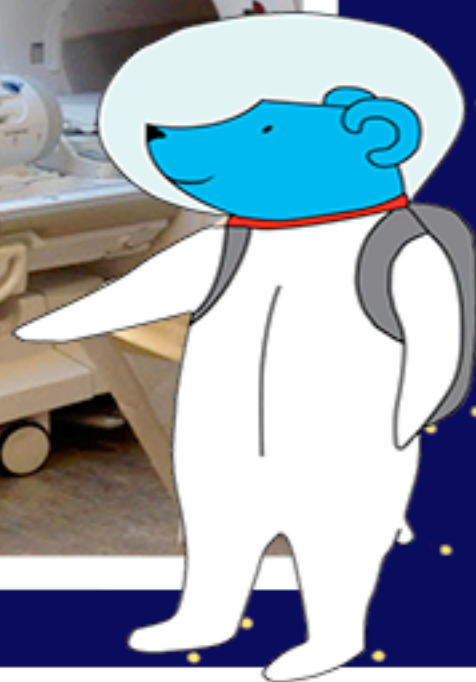




# MRI Astronaut Training Handbook





**An MRI is like a big camera.**

**MRIs take pictures of things inside the body from the outside. An MRI makes lots of weird, sometimes loud noises, that sound a bit like a spaceship. That's why we like to pretend that it is an MRI spaceship.**

Watch a movie about getting an MRI:

[https://www.youtube.com/watch?v=j\\_iC7-qzgrA](https://www.youtube.com/watch?v=j_iC7-qzgrA)

Listen to different MRI sounds:



Sound Clip #1 Sound Clip #2 Sound Clip #3

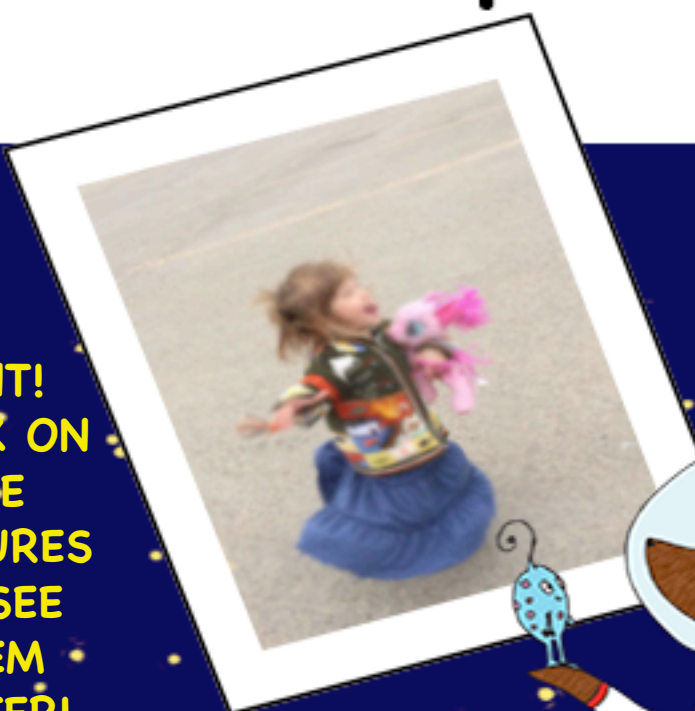




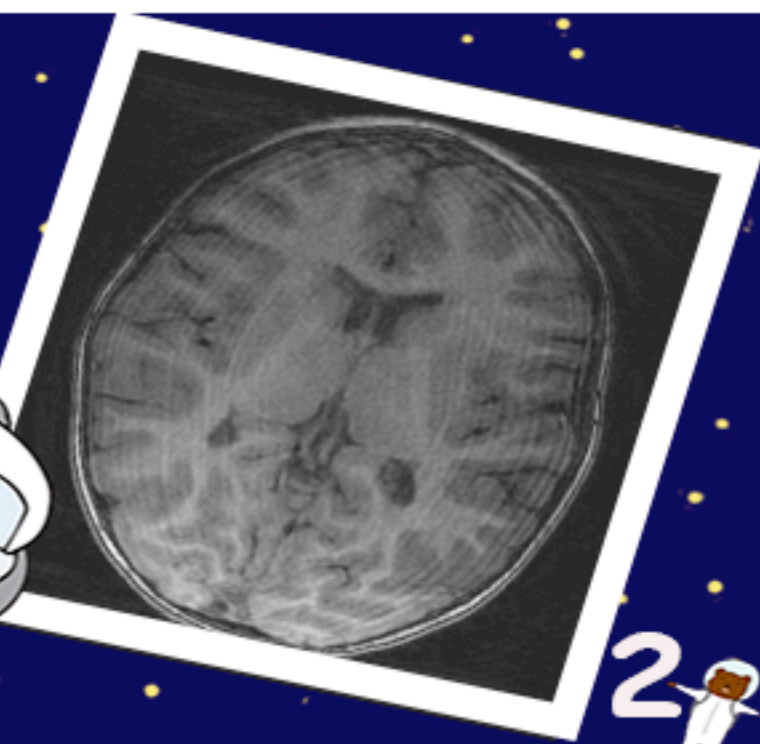
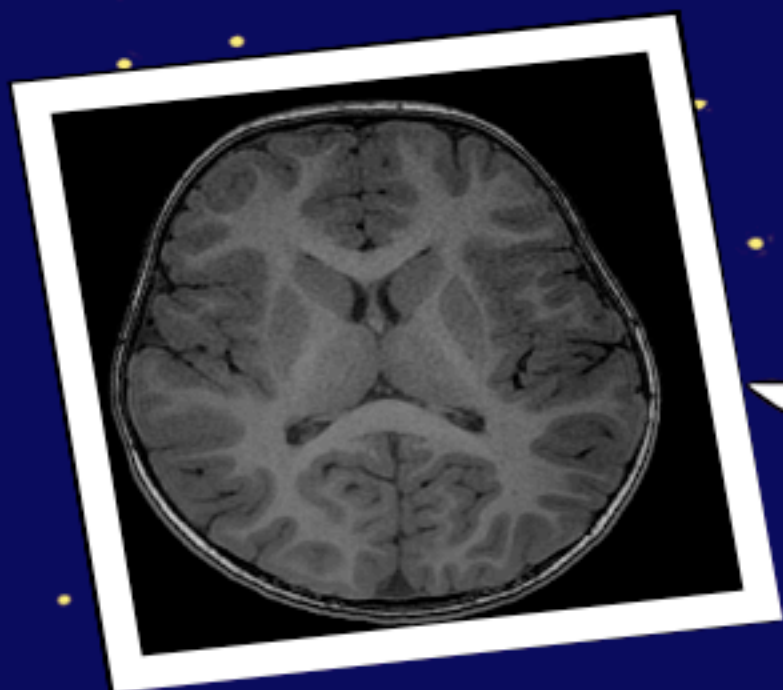
Have you ever taken a picture with a camera? What happens when you try to take a picture and someone is moving around a lot? The picture looks really blurry.



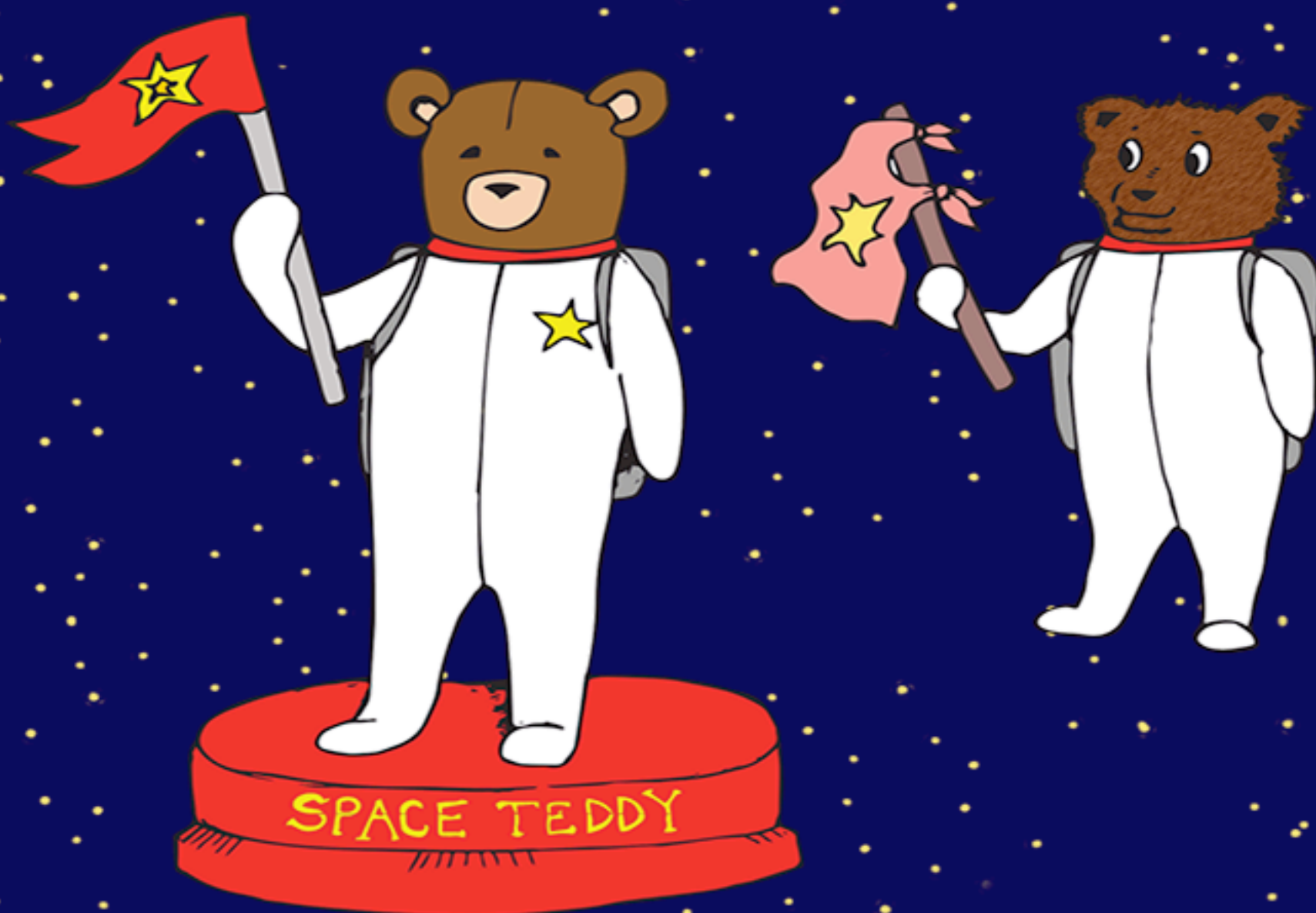
HINT!  
CLICK ON  
THE  
PICTURES  
TO SEE  
THEM  
BETTER!



It is the same when you take a picture with an MRI camera. If someone moves around a lot while the MRI is taking a picture, the MRI picture will look really blurry too.



That's why it is important to stay very, very still (just like a statue) while the MRI camera is taking a picture!



MRIs take a little bit longer to take a picture than a normal camera. You'll know that the MRI camera is taking a picture when you hear the spaceship noises that it makes. If you don't hear the spaceship noises, then it is ok to wiggle your fingers and toes, and move around a bit! 3





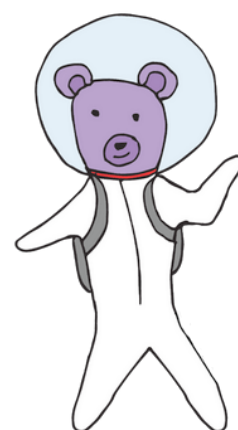
When space teddies want to learn new things, they practice it over and over, until they know they are very good at it. To help you train to become a star MRI astronaut you can practice too!



Parents: To practice staying still for the real MRI your child can practice playing the 'statue'/'MRI astronaut' game at home. In the mock MRI scanner, and in the real MRI, children are able to watch a movie, so it may be helpful to practice while watching a movie clip or listening to music or a story. Try to have them stay still for 4-5 minutes.



**Keep on Practicing!**  
**See You Soon!**



Dear Parents:

Our practice sessions with the mock MRI scanner are a chance to introduce your child to what an MRI looks like, the sounds that an MRI makes, and what it feels like to lay inside an MRI. We also use mock MRI sessions as a chance for your child to practice laying still inside the MRI. This is because during an MRI scan, too much motion can blur the MRI picture, decreasing the amount of information we can obtain from it. We are working on developing the mock MRI practice sessions that we run with the very young children in our studies. Our goal is to obtain as high quality MRI pictures as possible for our research, while at the same time making our practice sessions as fun and engaging as possible for the children involved in our research studies.

This handbook has a few simple practice exercises for your child, as well as the links to some additional material they may find fun and helpful. We welcome any feedback that you have on our materials (you can drop us an email [kalparso@calgary.ca](mailto:kalparso@calgary.ca) (Kari), or [iykcho@ucalgary.ca](mailto:iykcho@ucalgary.ca) (Ivy)).

Finally, we would like to sincerely thank you for your involvement in our study! Our research is one step toward answering meaningful questions about how the brain develops in very young children over time. We could never do this important research without the involvements of families like yours.

Thank you!



Mock MRI Scanner

