

Comfort Positions

Medical procedures can be confusing and scary for a child. Comfort positions are a way of supporting your child by increasing positive coping while maintaining safety. **Here are more ways you can help your child during the procedure:**

- Talk in a calm voice.
- Praise your child for what they did well.
- Rub your child's arm, forehead or cheek.
- Position yourself so your child can see or touch you.
- Be honest.
- Hold your child's hand.
- Provide a distraction as appropriate.



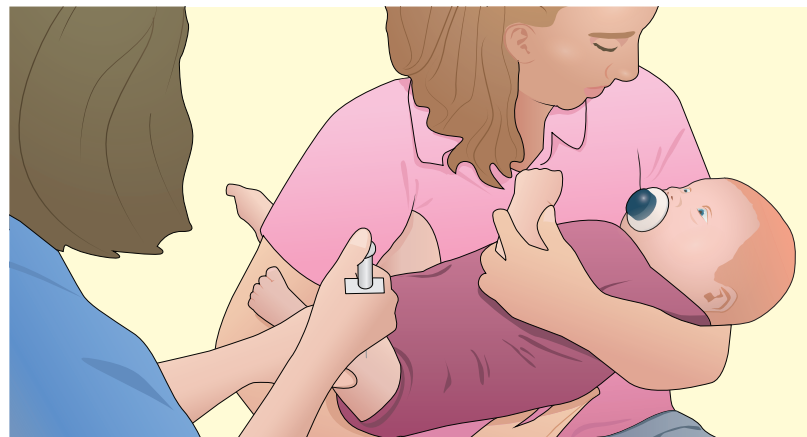
USED FOR: Heel sticks, IVs, Lab draws, Swaddle baths, NG/OG tube placement, Swabs/Suction, "cares," Splint placement/replacement



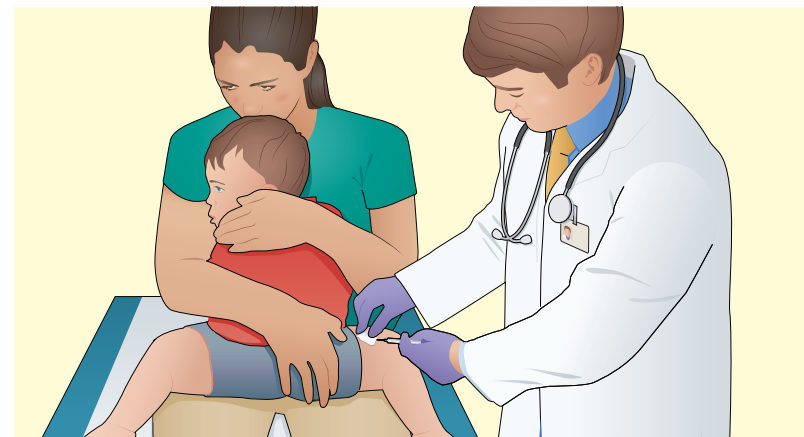
USED FOR: Catheters (for young Males), Ultrasounds, Swabs/Suction



USED FOR: IVs, Lab draws, Swabs/Suction, Port accesses/de-access, Ear lavage



USED FOR: Heel sticks, IVs, Lab draws, Injections, NG/OG tube placement, Swabs/Suction, Splint placement/replacement



USED FOR: IVs, Lab draws, Injections, Swabs, Vital signs, Staples in the scalp



USED FOR: IVs, Lab draws, Sutures on extremities, Injections



USED FOR: Injections



USED FOR: IVs, Lab draws, Port Access/de-access, Sutures on extremities, Swabs/Suction, NG tube placement



USED FOR: Suppositories, Barium/Air/Fleets Enemas, Lumbar punctures

All positions can be adapted to suit the needs of you, your child and the medical team. Ask your nurse or provider which position might work best for your child.