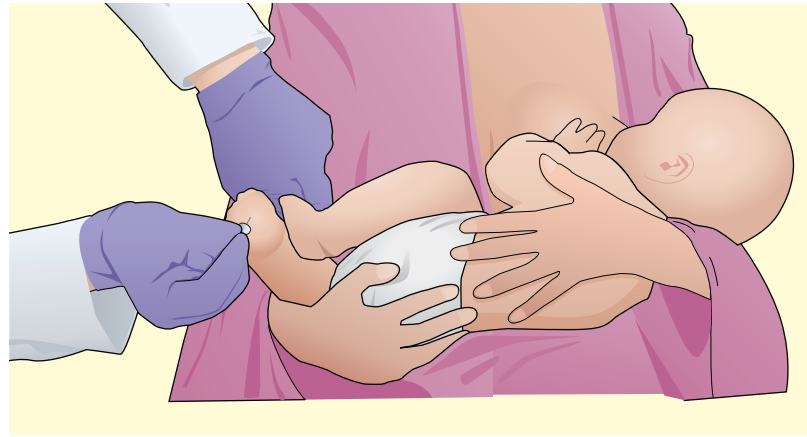


Comfort Positions

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:**

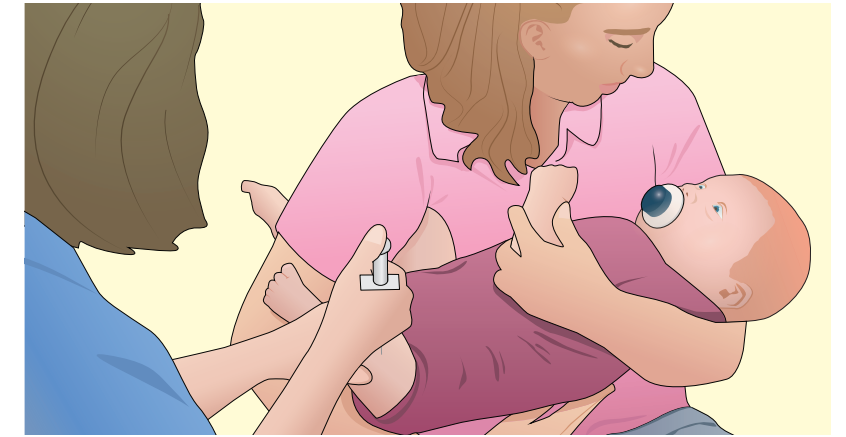
- Talk in a calm voice.
- Praise your child for what they did well.
- Rub your child's arm, forehead or cheek.
- Position yourself so your child can see or touch you.
- Be honest.
- Hold your child's hand.
- Provide a distraction as appropriate.



USED FOR: Heel sticks, IVs, Lab draws, Injections



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



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



USED FOR: IVs, Lab draws, Sweat tests



USED FOR: Injections

It's very important we are speaking with

O
ONE VOICE
should be heard during the procedure

N
NEED
for parental involvement

E
EDUCATE
the patient before the procedure about what is going to happen

V
VALIDATE
a child with your words

O
OFFER
the patient the most comfortable, non-threatening position

I
INDIVIDUALIZE
your game plan

C
CHOOSE
appropriate distraction and coping techniques to be used

E
ELIMINATE
unnecessary staff who are not actively involved with the procedure

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.

