

CREATE COMFORT

FOR KIDS DURING NEEDLE POKES!



1 CALM YOURSELF!



TAKE A DEEP BREATH



SMILE!



RELAX THOSE SHOULDERS!

YOUR CALM HELPS YOUR CHILD BE CALM

2 MAKE A PLAN!



OPERATION: COMFORT

GIVE THEM CHOICES!

CREATE A PLAN USING STRATEGIES **THEY** WANT TO USE TO MAKE THEMSELVES COMFORTABLE AND FEEL MORE IN CONTROL.

3 LITTLE HELPERS!

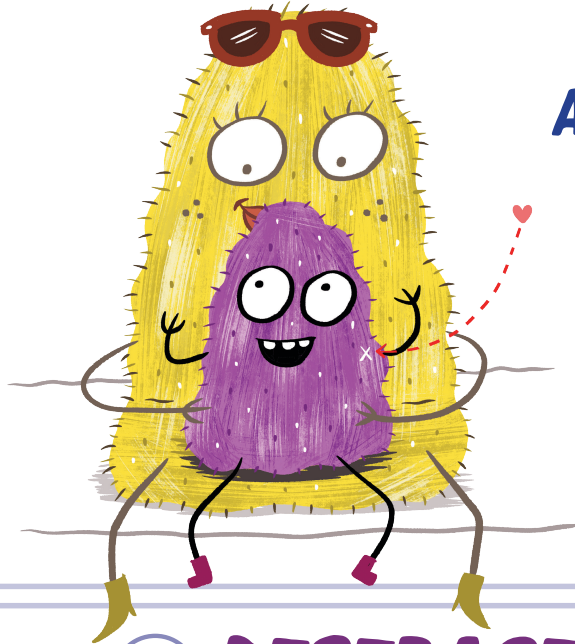


HEY!! WE CAN HELP!

RESEARCH SAYS THAT

COLD, VIBRATIONS, RUBBING, OR PUTTING NUMBING CREAM ON THE SKIN BEFORE A POKE REALLY WORKS! NUMBING CREAM CAN TAKE TIME THOUGH, SO **PLAN AHEAD!**

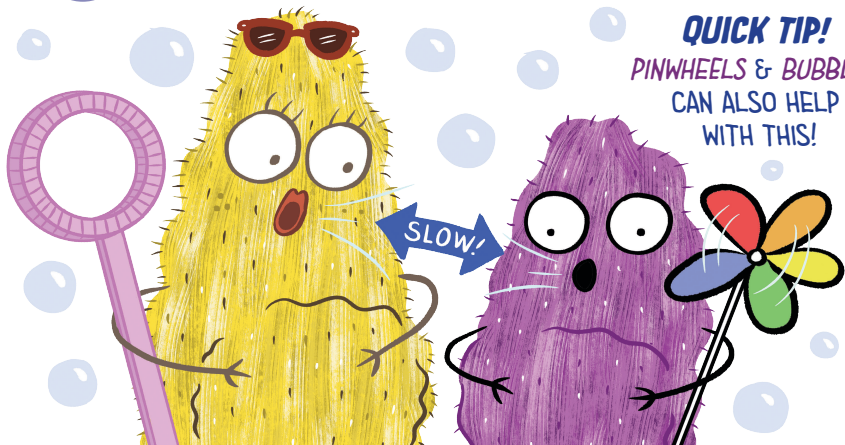
4 COMFORT POSITIONS



NEVER HOLD A CHILD DOWN FOR MEDICAL PROCEDURES!

CHECK OUT OUR WEBSITE FOR WAYS TO HOLD YOUR CHILD SO THEY CAN BE SAFE, CALM, AND COMFORTED.

5 BELLY BREATHING!

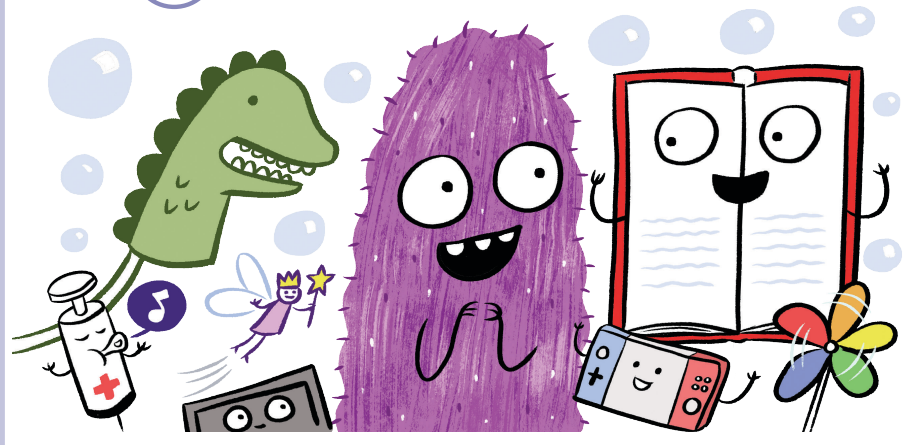


QUICK TIP! PINWHEELS & BUBBLES CAN ALSO HELP WITH THIS!

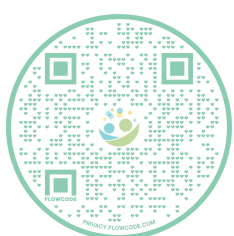
SLOW!

USE **SLOW DEEP BREATHS** TO KEEP YOUR CHILD ON PACE AND IN CONTROL

6 DISTRACTIONS!



TAKE ADVANTAGE OF YOUR KID'S NATURAL ABILITY TO GET DEEPLY ABSORBED! **VIDEOS, TOYS, AND ACTIVITIES** CHANGE THE WAY THEY EXPERIENCE PAIN. HAVE THEM CHOOSE SOMETHING TO WATCH OR DO BEFORE AND DURING A POKE!



for detailed information, check out megfoundationforpain.org



Meg Foundation
EMPOWERING FAMILIES TO PREVENT AND RELIEVE PAIN