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!
   - GIVE THEM CHOICES!
   - CREATE A PLAN USING STRATEGIES THEY WANT TO USE TO MAKE THEMSELVES COMFORTABLE AND FEEL MORE IN CONTROL.

3. LITTLE HELPERS!
   - 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!
   - 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