CONTINUED...

A FEW OF OUR FAVORITE TOOLS & TECHNIQUES

COMFORT POSITIONING

Simple ways trusted adults can safely hold and comfort a child during medical procedures.



HOW

The research is clear: Children should NEVER be held down for needle pokes or other medical procedures.

- Keeping children supported and seated in an upright position is best for managing the pain experience and preventing trauma.
- Different positions may be better for different kinds of procedures. Use the guide to choose the ones that allow you to do what you need to do, but allow the child to feel safe and comforted.
- Parents might not be familiar with comfort positioning so encourage them to hold their child and coach them through the process.

Use this guide to provide families with suggestions and choices. →



WORDS MATTER:

"Would you like to sit on Dad's lap? Does another position sound better? Here, choose one from this guide."

"Mom, this is a good way to help (child's name) have their body stay still but know you are here to help them feel safe and calm. That's great!"

"You can feel Mom's calm, can't you? Let her know if you'd like her to sing to you or rub your back."

"Dad can use his arm to hug your arm. This will help you feel calm and keep your arm still while you watch your video."

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