

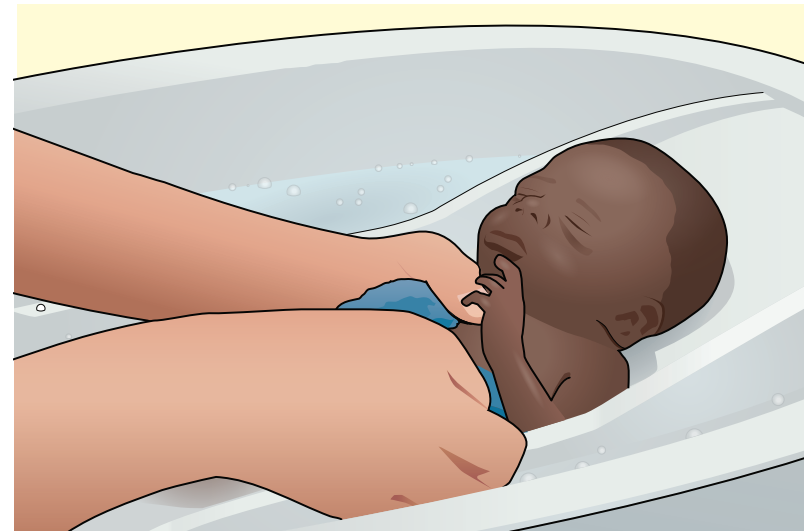
Comfort Positions

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:**

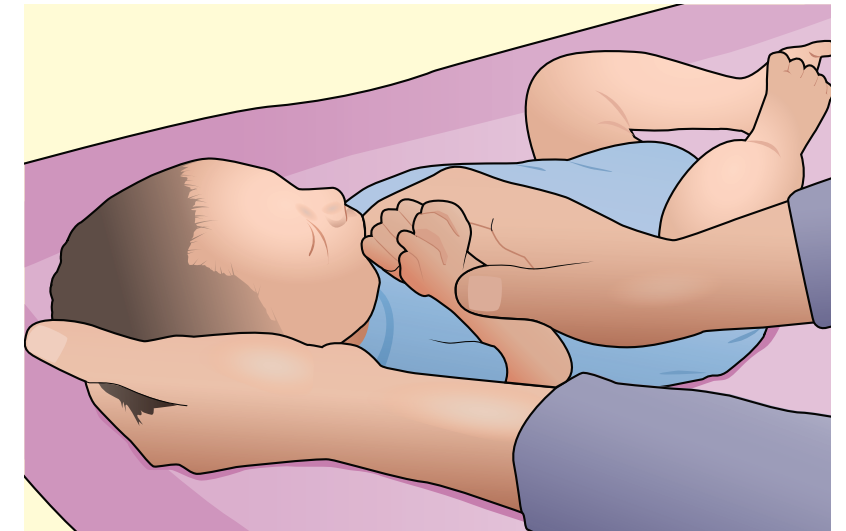
- Place a heavy, still hand upon your baby (particularly at head and feet).
- Provide “white noise” or “shushing”.
- Talk in a calm, low voice.
- If appropriate, pat your baby firmly and steadily on the back, chest or bottom.
- Give pacifier and Sweet-Ease.
- Do skin-to-skin contact immediately following procedure as tolerated.
- Shade baby’s eyes from bright lights.



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



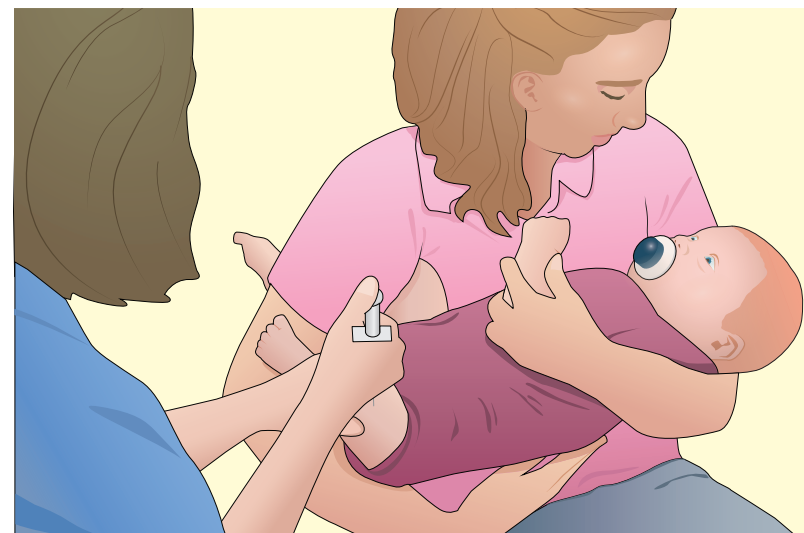
USED FOR: Swaddle bath in a tub



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



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



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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.

