

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: Catheters (for young Males), Ultrasounds, Swabs/Suction



USED FOR: IVs, Lab draws, Sweat tests



USED FOR: IVs, Lab draws, Swabs/Suction, Port accesses/de-access, Ear lavage



USED FOR: Suppositories, Barium/Air/Fleets Enemas, Lumbar punctures



USED FOR: Abdominal/Extremity CT scans



USED FOR: Catheters (Male/Female), X-Rays, Upper GIs, NG/OG tube placement

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.

