

Comfort Positions

Comfort positions give children a needed sense of control, helps them to cooperate during procedures, and allows them to feel safe in the arms of their caregiver. Position children upright where they can see, feel, and hear their caregiver.

Checking the Body



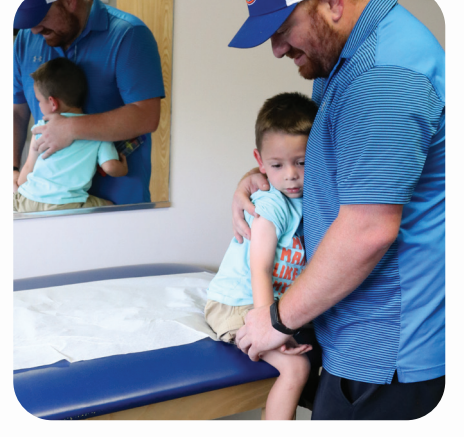
Oral Swab



Nasal Swab



Pokes in Arms



Pokes in Legs



Poke Support for Older Children



Labs



Catheter



*offer choices



Scan to watch a short video on how to support your child.

Source: University of Iowa Stead Family Children's Hospital

How You Can Help

- Be attentive to your child and model remaining calm.
- Be honest and avoid teasing or threatening.
- Utilize comfort positions as shown above.
- Hold your child's hands and keep them away from pokes or tubes.
- Decrease hurt by asking for lidocaine cream, sugar water, Buzzy, Shot Blocker, or cold spray.
- Provide comfort and/or distraction.
- Validate your child's feelings ex: "I hear you and I am with you."
- Praise and comfort your child.