

Positioning for comfort

Cooperation is key

Combining the appropriate position with a comforting hold by a parent is always preferable.

Chest to chest

Child straddles parent while child is comforted and secured with a hug; good for IV start, lab draw or injection to arm or thigh.



Back to chest

Child sits on lap.

- Arm can be secured under or over parent's arm. Child is secure against parent's chest.
- Parent can cross their leg.



Side-sitting position

Child can sit on parent's lap or parent can sit next to child. Older children need to feel secure also, but less confined.



How to help children cope during a procedure

- Talk in a calm "ONE VOICE"
- Praise the child
- Be honest
- Provide coping/distraction as appropriate
- Use child-friendly language/terminology

Pain management

- Sucrose for infants
- Emla cream
- J-tip for all lab or IVs
- Buzzy Bee
- Nitrous oxide (available at request at designated locations)

ONE VOICE

One voice should be heard during the procedure.

Need for parental involvement

Educate the patient before the procedure about what is going to happen.

Validate a child with your words

Offer the patient the most comfortable, nonthreatening position.

Individualize your game plan.

Choose appropriate distraction/coping techniques.

Eliminate unnecessary staff who are not actively involved with the procedure.



**Ascension
Via Christi**