

Comfort Plan for _____

MAKING A PLAN FOR NEEDLE-BASED PROCEDURES

Choose one or more of the items below to help create a plan for your needle-based procedure. Ask for or talk with a Certified Child Life Specialist or your medical team when creating your plan. A Child Life Specialist is a healthcare professional who is an expert in child development. They help children of all ages understand and manage stress reactions to medical procedures.

What I want to know before:

- Tell me what will happen
- Show me what will happen
- Do not tell me anything
- My idea: _____

My comfort position is:

- To be swaddled: best for 6 months and under
- Sit with someone: choose a comfort position on the back of the page
- Sit by myself: I can hold still
- My idea: _____

To make me more comfortable, I want to use:

Ask about availability. Ask if feeding is okay.

- Skin buzzer (Buzzy): age 12 months and older
- Cold spray: age 4 years and older
- ShotBlocker: all ages (for IM injections only)
- Numbing cream: all ages (lidocaine + prilocaine takes 60 minutes to numb; lidocaine takes 30 minutes)
- Numbing spray (J-Tip): age 12 months and older
- Comfort feeding: age 0 to 12 months (sugar water drops or breastfeeding)
- My idea: _____
- Nothing

What I want to do during the procedure:

Check all that apply.

- 3 - 2 - 1 Count down from 3 or 5 (circle one)
- Listen to music or watch something on a tablet or phone
- Squeeze something or hold a hand
- Take deep breaths
- Look away or close my eyes
- My idea: _____
- Watch what is happening

Comfort positions for needle-based procedures

IM injection

IV/blood draw

IM = Intramuscular
IV = Intravenous

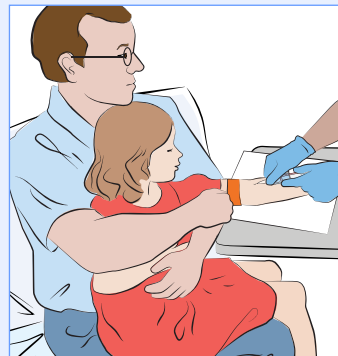
Chest-to-Chest Hug

Place your child facing you on your lap. Wrap your child's legs around your waist and support their head. Your child's arm can go under your arm (as shown) or over your shoulder. Your child can turn their head toward the procedure or away from it.



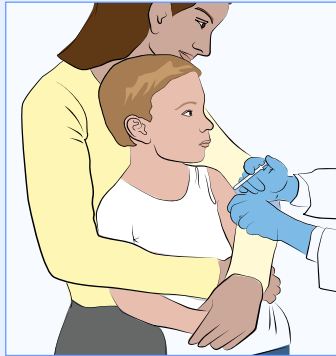
Side Hug

Place your child sideways on your lap. Secure your child's arms with your own. Hold your child's hand.



Back-to-Chest Hug

Place your child on your lap so their back rests on your chest. Secure your child's arm with your own. You may also secure your child's legs by placing your legs on top of your child's.



Swaddle Hug

Wrap your child in a swaddle with all limbs tucked inside, except the one(s) being injected. Hold your child in a comforting position.



Side-by-Side Hug

Sit on the bed next to your seated child. Hug your child's shoulders securely. You can also hold their hand.

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