



COMFORT POSITIONS

Children that are in a comfort position with a parent or caregiver can feel more in control, may feel less pain, and may ease some of their anxiety during a potentially painful procedure.

The following positions are great for children ages 6 months through school-age. Use these positions along with appropriate distractions and One Voice Techniques.

BACK TO CHEST

Helpful for procedures like:

- Laceration repair
- Intravenous placement (IV)
- Blood draw
- Injection
- Nasal Gastric tube (NG) placement
- Exam
- Port access



Photo Source: Google Images

CHEST TO CHEST

Helpful for procedures like:

- IV/blood draw/injection
- Exam



Photo Source: Google Images

FROGGY

Helpful for procedures like:

- Voiding Cystourethrogram (VCUG)
- Pelvic exam
- Catheterization



Photo Source: Google Images

SPOON

Helpful for procedures like:

- Dressing change
- Laceration repair
- Port access



Photo Source: Google Images

To request further information and/or support regarding Comfort Positions, please call the Child Life referral line at (312) 227-3270

Educational Resource:

“Parental Positioning-Distraction Intervention has the Potential to Enhance Positive Clinical Outcomes with A Primary Benefit of Decreased Fear.”

Cavender, K., Goff, M. D., Hollon, E. C., & Guzzetta, C. E. (2004). Parents' positioning and distracting children during Venipuncture: Effects on children's pain, fear, and distress. *Journal of Holistic Nursing*, 22(1), 32-56. doi: 10.1177/0898010104263306