



Helping Infants Cope with Pain

Below are some of the non pharmacological pain management strategies that may be available to help infants depending on their individual needs, medical status and caregiver availability.

The 5 S's Calming Strategies

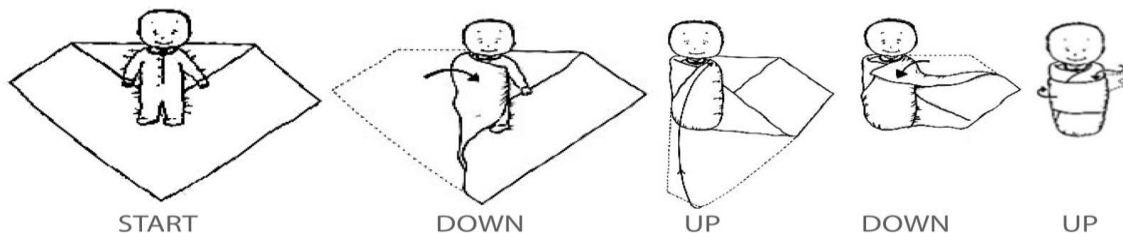
-For the first 3 months, infants need supports that mimic the calming sensory experiences of the womb to achieve calm. This can be called the missing 4th trimester.

-As you perform the 5 S's, remember that the act of calming baby is like dancing ... but you have to follow baby's lead. Do the 5 S's intensely when he/she is very upset and lessen the intensity after he/she begins to settle.

-Always watch for signs of overstimulation in the infant such as color changes, hiccupping or changes in breathing rate. These may be signs that the infant needs a little less stimulation.

1st S- Swaddle

This will help to provide baby with a snug feeling of containment and to pay attention to the other interventions. Untuck only the arm or leg needed for the procedure.



2nd S- Side/Stomach

Babies should always sleep on their backs. However, while you are with him/her, rolling baby onto his/her stomach or side to can help baby to calm. This position decreases chance of activating the startle reflex.

3rd S- Shhhh

It is important to match your shushing to the intensity of baby's crying and to do so close to the ear. As baby becomes more calm, you can decrease the intensity of the shush. It is important for there to be only one person shushing to decrease the chance of overstimulation.

(continued on other side)

4th S- Swinging

Support your baby's head and neck and gently jiggle him/her like a quiver. These movements should not move more than 1-2 inches side to side. Be sure not to shake your baby in anger or frustration.

5th S- Sucking

Offer your baby a pacifier, bottle or breast to elicit sucking. This lessens stress (blood pressure, heart rate) and can trigger release of pain relieving chemicals in the brain.

Kangaroo Care

-Kangaroo Care is when an infant is held skin to skin with their parent helping them to stabilize and regulate infant temperature, heart rate and breathing.

-For certain procedures such as routine heel sticks it may be possible for the infant to remain tucked into their kangaroo position throughout the stick to receive co regulation and support from the parent.

TootSweet

-Tootsweet is oral sugar water that acts as an analgesic for babies between 27 weeks gestation and less than 12 months old corrected age.

-Tootsweet is placed on end of pacifier, tip of gloved finger or directly onto tongue 2 minutes prior to start of procedure. Redose as needed every 30-45 seconds during procedure.

-In between redosing, place the open container on a clean piece of gauze.

Please call your Child Life Specialist for further non pharmacological pain management strategies at 312.227.3270.

