

# Provider Tip of the Week

December 1, 2021

## Comfort Positioning During Painful Procedures

A trip to the doctor's office can be scary for children, especially when there are possibilities of vaccines and bloodwork. **Comfort positions** are ways that caregivers can hold their children to provide comfort, while also helping keep them still. You can try suggesting that caregivers hold children **chest to chest, back to chest, or sitting side by side** and remind caregivers that their touch, their voice, and their love is so valuable to help their children feel supported during challenging times at the doctor (and can help with the procedure, too)!

See this video for an example of how to discuss comforting a child during procedures:



Watch the Video!



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