

Provider Tip of the Week

December 1, 2021

Supporting Children Through Painful Procedures



Previously, we shared some tips on how to help make children feel more comfortable during a wide variety of procedures. A trip to the doctor's office can be scary for children, especially when there are possibilities of vaccines and bloodwork. Here are three more tips:

Offer Comfort Positioning

Comfort positions are ways that caregivers can hold their children in a comfortable, safe way. Examples of ways that caregivers can hold their children include chest to chest, back to chest, or sitting side by side. This provides an opportunity for parents to hug their children in a comforting way, while also helping keep them still.

Use One Voice

Children can feel overwhelmed when there are many different voices telling them what to do during a procedure. Designating one specific person in the room who can narrate what is happening during the procedure can minimize noise and help ensure that the child knows what is happening.

Develop an Alternate Focus Plan

Utilizing age appropriate items and activities to provide an alternate focus gives children the opportunity to turn their attention to something other than the procedure and can help to reduce anxiety. Common strategies include singing a favorite song, looking at a phone, iPad, or book, playing with a fidget toy, and using an I Spy book or playing I Spy around the room.



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