



How do infants react to hospitalizations or doctor's appointments?

- Hospitalizations (staying in the hospital) and clinic visits can be stressful for infants. Although an infant may not understand that they are sick or in a hospital, they are aware of being in a new and unfamiliar environment. Your baby's ability to practice new skills (like rolling or crawling) may be limited. This could upset them.
- Infants are tuned in to the non-verbal cues of their caregivers. When a caregiver is stressed, an infant can pick up on this and become stressed, too. Lowering your stress level will help with your infant's stress.
- Infants rely on the presence of their caregivers for comfort. Familiar objects from home, such as a favorite blanket, stuffed animal, toy, or music may also comfort them at the hospital.
- Infants may be stressed when their daily routine is disrupted. Your infant may not know what to expect or when their needs will be met next. Try to continue familiar routines whenever possible, such as a bedtime routine or nap schedule. Predictability and consistency may help them feel more secure.

How can I help my infant with needle pain?

- Create a safe and comfortable environment.
- Decrease stimulation.
- Swaddle and touch your baby.
- Make eye contact.
- Dim the lights.
- Offer a pacifier if they use this at home.
- Let your child cuddle with a familiar blanket.
- Use a mobile to look at or play soft music.

- Breastfeed your infant before, during, and after a needle procedure.
- Rub the site for about 10 seconds before a needle stick.
- Sing nursery rhymes or lullaby.
- Say encouraging, loving words, like "We are here with you!" or "I love you!"

Are there medications that can help?

Yes. We have specially formulated **sugar water** available that can help infants with needle pain. Please ask your child's nurse about this.

You can use a cream called LMX-4 to numb the skin for certain needle procedures. You need to plan ahead when using the numbing cream, as you have to put it on a special way. Read our Family Education Sheet to learn more:

<https://extapps.childrenshospital.org/EFPEC/Home/Sheet/1761> or scan the QR code to the right with your phone camera.

There are 3 ways you can get this numbing cream:

- **Talk to your care team about applying LMX-4.** Nurses may apply LMX-4 numbing cream during your clinic visit, before you go to the lab, or before a needle procedure in the clinic. Please keep in mind that you will be billed for the application of this cream.
- **Purchase LMX-4 at your local pharmacy.** You may want to call your pharmacy ahead of time to make sure they have it in stock.
- **Purchase LMX-4 from a reputable online retailer,** such as from Walgreens.com, Walmart.com, or CVS.com.



Scan this QR code with your phone camera

This Family Education Sheet is available in Arabic and Spanish.