



Comfort Positions

This sheet describes comfort positions. Comfort positions are ways to hold your child in a comfortable, safe way that makes them feel safe and that lets them see something distracting.

Key points

- Comfort positions can help your child feel less scared about procedures where there may be some pain.
- Comfort positions let your child see the room and the people in it from the security of a parent or caregiver's embrace.
- Studies show that comfort positions can make procedures go better.

How do comfort positions help?

- Comfort positions are ways to hold your child during procedures to help them feel safe and less scared. They can help to keep your child from having to be on their back. Being on their back can make children feel vulnerable and anxious.
- Putting your child in a comfort hold where they are upright can be less upsetting because your child can see what's happening, including distractions. This helps with anxiety and fear.
- A comfort hold helps keep your child stay still and allows the clinician to do the procedure.
- When your child is less scared, their body will be more relaxed. When their body is more relaxed, their veins can be more relaxed. This helps make the procedure go more smoothly.

Who does comfort positions?

A family member, caregiver or staff can do comfort positions with a child.

What kinds of comfort positions can I do with my child?

There are a few different kinds of comfort positions. Each kind is helpful for different procedures.

- **Chest to chest** (holding your child's chest against your chest) works well for:
 - Dressing changes
 - IVs
 - Lab draws (taking blood samples)
 - Placement of an NG tube into the nose
 - Vaccines



It can also be helpful to have an infant breastfeed in this position during procedures.

- **Back to chest** (holding your child's back against your chest) works well for:
 - Putting a catheter (tube) in
 - Drain removal
 - Dressing changes
 - IVs
 - Lab draws (taking blood samples)
 - Placement of an NG tube into the nose



- **Side sitting** (sitting side by side with your child) works well for:
 - Abscess drainages
 - Taking out a drain
 - Dressing changes
 - IVs
 - Lab draws (taking blood samples)
 - Lumbar punctures
 - Placement of an NG tube into the nose



- **Cradle hold** (cradle child in feeding or nursing position) works well for:
 - Putting a catheter (tube) in
 - Heel stick
 - Immunization (getting a shot)
 - IVs
 - Lab draw (taking blood samples)



How can I learn more?

If you want to know more, please ask your nurse to connect you with the Child Life specialist on your unit.



Scan the QR code to watch a video about comfort positions.

This Family Education Sheet is available in Arabic and Spanish.