

Comfort Positioning

Comfort positioning is a practice that allows children to sit up during procedures while being supported and comforted by their caregivers.

Comfort positioning helps children feel more in control and less worried.

Front-to-Back Position



Chest to Chest Position



Positions for Infants



Considerations for Comfort Positions

- Child is in close contact with caregiver
- Parent holds whenever possible
- Use distraction and deep breathing
- Breastfeeding infants 2 minutes before, during and after can be very effective