



# Comfort Positioning

Comfort Positioning is a practice that allows children and infants to receive support and comfort from their caregivers. Positions can give children more sense of control, decrease their distress, and increase cooperation. Positions can be adapted for a variety of procedures, tests, and even assessments.

## Bear hug/straddle



**Ideal for:**

- IV starts
- Blood draws
- Injections
- Ear checks
- Obtaining vitals
- Injuries to back of head
- Lacerations to the extremities

## Side-sitting



**Ideal for:**

- IV starts
- Blood draws
- Injections
- Ear checks
- Obtaining vitals

## Front-to-back



**Ideal for:**

- NG placement
- Port access
- IV starts
- Blood draws
- Obtaining vitals
- Mouth or nasal swabs
- Injuries to face or limbs

## Infant positions



- Skin to skin/ caregiver touch
- Facilitated tucking
- Swaddling
- Other Strategies: Breastfeeding/sucrose can be used for infants up to 12 months
- Breastfeeding or sucrose before, during and after procedure

*When possible, combine strategies to optimize comfort (Sucrose should be used as per institutional policy)*

