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
- Ear checks
- Blood draws
- Obtaining vitals
- Injections

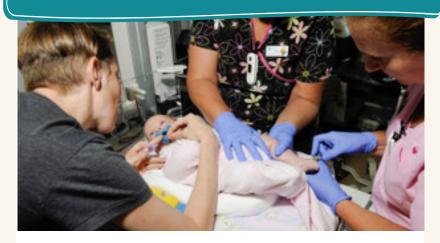
Front-to-back



Ideal for:

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

Infant positions



- caregiver touch
- Facilitated tucking
- Swaddling
- Skin to skin/ 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)

