Comfort Positioning - Infants

Comfort positioning is a practice that allows infants to receive active support and comfort from their caregivers reducing discomfort and promoting comfort.

**Comfort Menu**

- Parental presence
- Parent snuggles
- Topical anesthetic
- Facilitated tucking
- Sucrose/breast feeding
- Soother
- Music
- Kangaroo care
- Dim lights
- Volunteer cuddles

**Swaddling and facilitated tucking**

- Provides boundaries to promote the feeling of safety
- Promotes self-calming
- Parent holding whenever possible
- Close contact with caregiver providing gentle patting, soothing, rhythmic voice or sounds
- Swaddle leaving limb out for procedure
- Sucrose or breastfeeding 2 minutes before
- Topical anesthetics encouraged when appropriate
- Offer pacifier during procedure