

Comfort Positions

Used to Sooth or Provide Alternate Sensation to Discomfort or Distress



CHEST TO CHEST

Where the caregiver or trusted individual holds the child's chest against their chest.

BACK TO CHEST

When the caregiver or trusted individual sits down with the child's back against their chest.



SIDE SITTING

When the caregiver or trusted individual is sitting side by side the child.



CRADLE HOLD

When the caregiver or trusted individual holds the child in a feeding or nursing position.



MORE INFORMATION

These comfort positions can be utilized for various invasive procedures, including:

- IV Insertion
- Blood Draw
- Dressing Change
- Vaccines
- NG Tube Placement
- Drain Removal
- Catheter Insertion
- Heel Stick
- Immunizations
- Abscess Drainage
- Lumbar Puncture

Always consult the healthcare team, as well as the family, to discuss the most beneficial comfort position.

Consult Child Life Specialist if you have any questions, comments, or concerns.