

# Comfort Positioning Guide

## Babies

### Swaddle/Snuggle

Best for babies; those who aren't sitting up yet or have to be lying flat.



#### Maximize Contact

- Caregiver lying by the side of the child, maintain contact with each other, breastfeeding, or can hold swaddled baby in their lap.

#### Minimize Movement

- Caregiver covers child's feet and arm with a blanket to minimize movement.
- Leave arm or leg out depending which extremity is needed for the procedure.

**Procedure:** Blood work/IVs, NG tube insertion, IM injections, NP swabs

### Arms at midline

Used for babies who can't be picked up or adjusted during procedure.



#### Maximize Contact/Minimize Movement

- Hold baby's hands into the middle of their chest.
- Caregiver wraps arms around baby's feet at the same time, giving baby a surface area (forearms) to push against during the procedure as a form of comfort.

**Procedure:** Blood work, IVs, sutures

## Toddlers – School-Age Children

### Bear Hug (chest-to-chest)

- Best for small children who need distraction and can choose to watch the procedure or look in opposite direction.
- More comfort/protection if child anxiety levels rise, while still allowing control of sitting up.
- Can be done on an exam table or bed.



#### Maximize Contact

- Chest-to-chest contact allows the child and caregiver to hug each other.

#### Minimize Movement

- Hug the child's upper body and hips. Minimize the child's arm movement by placing the caregiver's arm over the child's arm. The child straddles the caregiver to minimize the movement of the legs.
- If the child prefers to look away, secure their head and keep it looking away from the procedure by holding it in a hug.

**Procedure:** Blood work/IV, IM injections, NP swabs

### Kangaroo Hug (back-to-chest)

- Best for older children who want independence, but need to be held.
- Can be done on hospital bed or on a chair.



#### Maximize Contact

- Chest-to-back contact allows child to be hugged by caregiver from back.

#### Minimize Movement

- Hug child's upper body and below waist. Cross caregiver's legs over child's feet, or wrap a blanket around child's leg.
- This can be done on an exam bed or in an exam chair. If needed, this can be done with a table in front for an arm to lay on for the procedure (i.e., IV insertion).
- If needed secure child's head with hand on forehead.

**Procedure:** Blood work/IV, NG tube insertion, port access, NP swabs

### Sitting up

- For school-age and teenagers who wish to have some sense of control and ownership of the procedure, and it is safe to do so.
- Can be done on an exam table, hospital bed or in a chair.



#### Maximize Contact

- Contact on hand and arm. Caregiver can gently rub, pat, or massage child (arm, hand, face, feet).

#### Minimize Movement

- Ensure comfortable position for child, and use distraction techniques to ensure limited movement.
- **Chair:** If child is sitting up in a chair, and arm is on table for procedure, ensure legs are out of the way to avoid movement.
- **Bed:** If child is lying in bed, ensure child is in a comfortable position. Offer a head or backrest if appropriate.

**Procedure:** Blood work/IV, NG tube insertion, port access, IM injections, NP swabs

### Side-sitting

- For added comfort/protection if child anxiety levels may rise.
- Can be done on an exam table, hospital bed or in a chair.



#### Maximize Contact

- Sitting next to child, place arms around them or hold child's hands in front of their body.

#### Minimize Movement

- If needed, you can wrap your legs on top of child's to keep feet from kicking.
- Secure child's head if needed with hand on forehead.

**Procedure:** Blood work/IV, NG tube insertion, port access, IM injections, NP swabs

### References:

[https://download.lww.com/wolterskluwer\\_vitalstream\\_com/Permalink/PR9/A/PR9\\_2018\\_06\\_21\\_FRIEDRICHSDORF\\_PAINREPORTS-D-18-0023\\_SDC1.pdf](https://download.lww.com/wolterskluwer_vitalstream_com/Permalink/PR9/A/PR9_2018_06_21_FRIEDRICHSDORF_PAINREPORTS-D-18-0023_SDC1.pdf)

<https://www.chop.edu/centers-programs/child-life-education-and-creative-arts-therapy/prepare-your-child-visit-doctor/comfort-positioning-during-procedures#:~:text=Comfort%20positions%20are%20secure%20hugging,being%20injured%20during%20the%20procedure.&text=Older%20children%20and%20adolescents%20may,secure%20hold%20during%20a%20procedure.>

[https://ken.childrenshealthcarecanada.ca/xwiki/bin/download/Paediatric+Pain/Distraction+Toolkit/FINAL\\_Positions%20for%20Comfort%20Reference%20Chart.pdf](https://ken.childrenshealthcarecanada.ca/xwiki/bin/download/Paediatric+Pain/Distraction+Toolkit/FINAL_Positions%20for%20Comfort%20Reference%20Chart.pdf)

<https://www.nationwidechildrens.org/family-resources-education/health-wellness-and-safety-resources/helping-hands/comfort-hold-techniques>

<http://www.bcchildrens.ca/Child-Life-site/Documents/Comfort%20Positions.pdf>

[https://www.swedish.org/~media/Images/Swedish/CME1/OnlineCourses/PedSedation/ComfortPromiseswed\\_022085.pdf](https://www.swedish.org/~media/Images/Swedish/CME1/OnlineCourses/PedSedation/ComfortPromiseswed_022085.pdf)

<https://www.childlifesaver.com/post/how-to-use-comfort-positioning-for-medical-procedures-how-to-hold-your-child-for-shots>

How to use Comfort Positioning for Medical Procedures: How to hold your child for shots ([childlifesaver.com](http://www.childlifesaver.com))

[https://health.ucdavis.edu/children/download/2020/Comfort\\_Positions\\_Staff\\_Education\\_Poster\\_11x16.pdf](https://health.ucdavis.edu/children/download/2020/Comfort_Positions_Staff_Education_Poster_11x16.pdf)

<https://www.childrensmn.org/departments/PDF/comfort-positioning-no-needless-pain.pdf>

<https://ken.childrenshealthcarecanada.ca/xwiki/bin/view/Paediatric+Pain/Acute+Procedural+Pain%3A+Paediatric+Recommendations+and+Implementation+Toolkits>