



# Comfort Positions

*positioning for comfort during blood draws and/or immunizations*



# Rationale

- The goal of comfort positions is to increase the comfort of patients, parents, and medical staff
- The most vulnerable and scary position for a child is laying down facing the ceiling with an adult standing over them
- Children do not like to be restrained as much as adults
- Being restrained can increase anxiety and loss of co-operation
- This can be intensified when a painful procedure is taking place!
- Use only as much assistance as necessary to ensure success of the procedure
- “Positions for comfort” allow for increased safety, perceived control and co-operation during a procedure

# Back to Chest



- Parents can have control of their child's shoulder and other arm

- Can be done with one staff member or two for more arm support
- Keep your child's other hand occupied with a distraction item, or holding your hand

- Remember to straddle your child's legs with your own



# Back to Chest

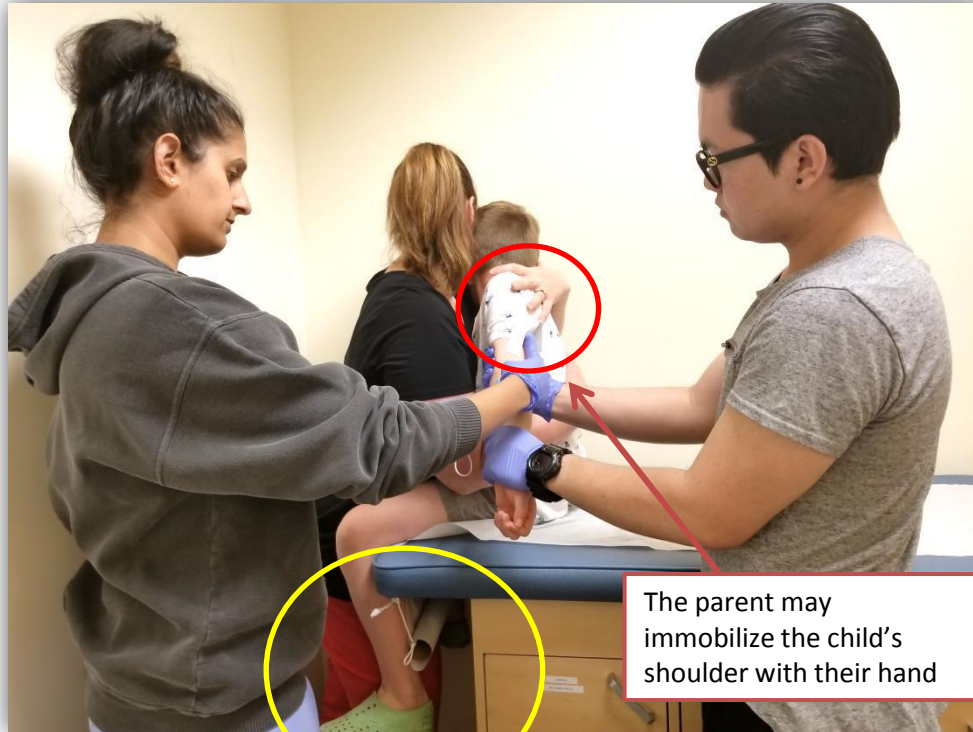


- This position can be done with the help of a Child Life Specialist to cover your child's view
- Bring a favourite book or iPad for your child to watch
- Keep your child's other hand occupied with a distraction item, or holding your hand

- Remember to straddle your child's legs with your own



# Bear Hug



*\*Please note that this position is intended for younger and smaller children (7 years old and younger)*

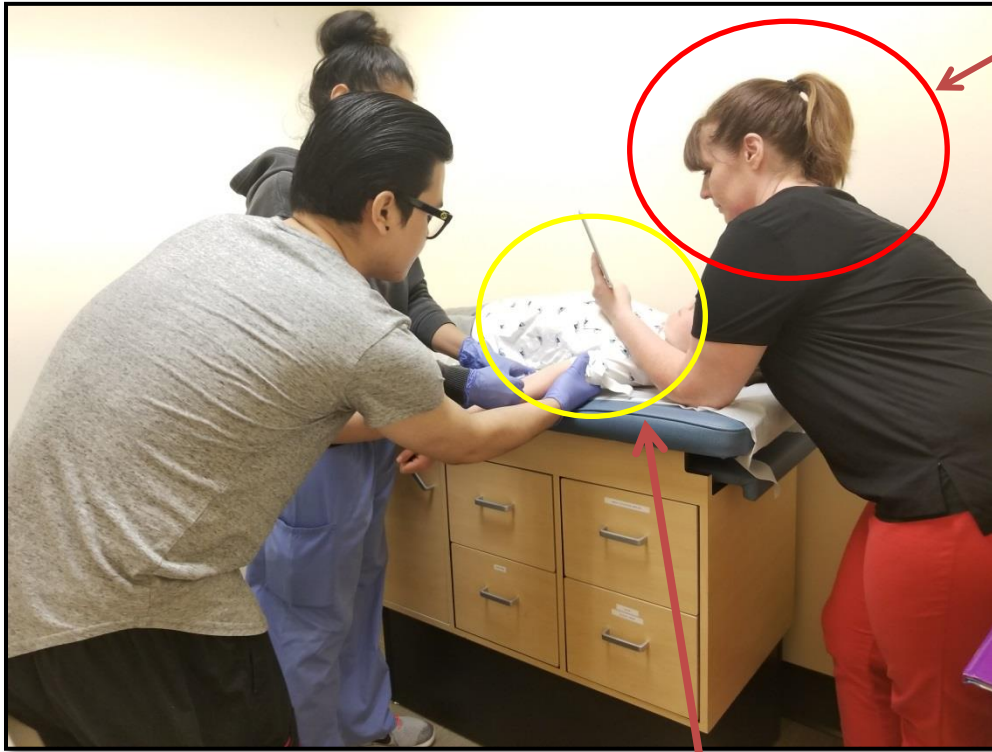
- This position must be done with two staff members to keep the arm supported for blood draws and IV starts
- Keep your child's other hand occupied with a distraction item, or holding your hand
- Your child can choose to look away

- Be mindful of your child's legs





# Reclining Position



- Allow your child to see and hear you at all times

- Great for patients who feel light headed with blood draws. This position can make some children feel more vulnerable so please provide them with the choice of sitting or laying down.
- Can be done with one staff member or two for more arm support
- Keep your child's other arm immobilized
- Using a book or an iPad allows your child to engage their mind on a distraction, while preventing their body from tensing up

- You can distract your child using a book or tablet



*Remember to encourage your child to take slow,  
deep breaths*

