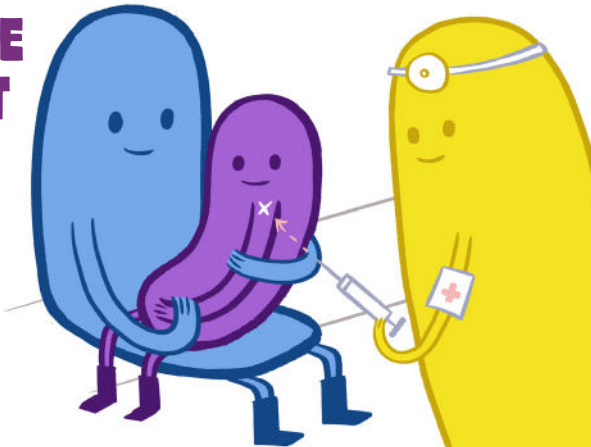


COMFORT POSITIONING

One of the most powerful things that can be done to **bring comfort and lessen pain** for kids is being close to you! This guide shows you ways we can keep kids safe during procedures while making them feel supported.

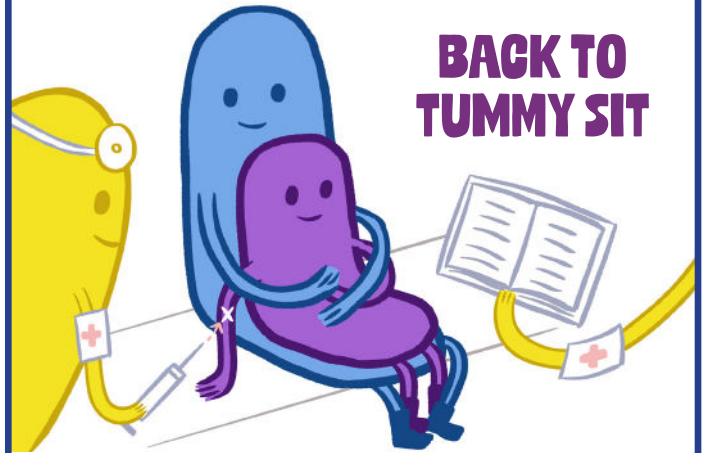
As much as possible, **slow your breathing and calm your body**. Your child will automatically begin to do the same... Your calm is contagious! Speak in a comforting, soothing voice, and notice how that changes how you both feel.

SIDE SIT



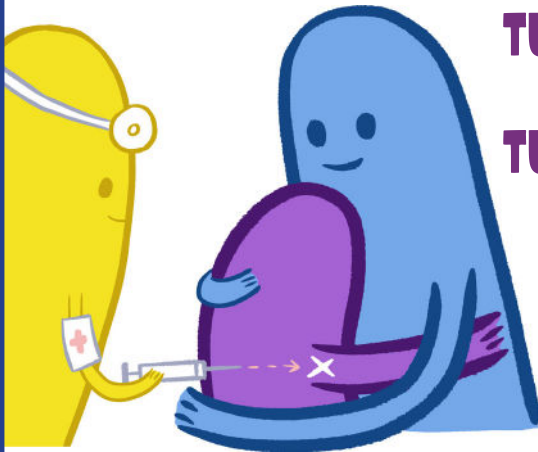
Your child sits on your lap, with both legs to one side. You wrap both arms around theirs in a comforting hug. This reminds them to keep their arms still, while in a comforting embrace. The child can look at the poke, or choose to look away.

BACK TO TUMMY SIT



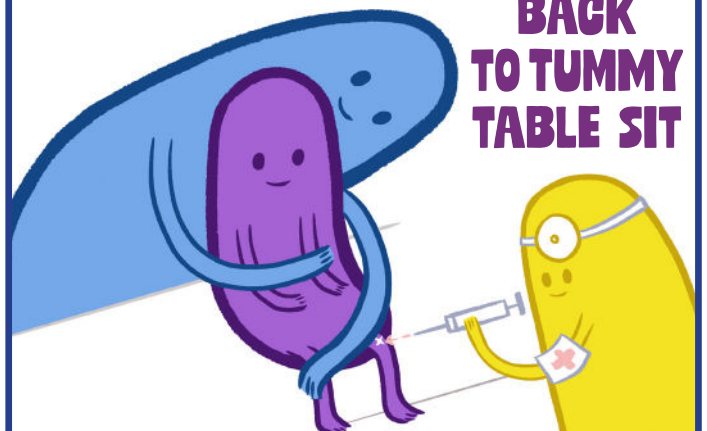
Your child sits on your lap, facing away from you. You wrap both arms around theirs in a comforting hug. You can also wrap your legs around theirs for a full embrace. For bigger kids, you can have them sit on a chair or bed, and straddle them from behind.

TUMMY TO TUMMY SIT



Your child sits on your lap, facing you. Their legs straddle and wrap around your waist. You wrap both arms around theirs, for a full embrace, using your underarms and forearms to keep their arms safely contained. This works even for older children.

BACK TO TUMMY TABLE SIT



Your child sits on a table, with you hugging them from behind. You wrap your arms around theirs for a big hug. Use your hugging arms to keep their hands safely contained. For smaller children, you can also use your arms to remind their legs to stay still.



For more info & other cool resources, check out:

Meg Foundation
MEGFOUNDATIONFORPAIN.ORG

