



# Try these comfort positions for safety and support



## CUDDLE/BREAST FEEDING /SKIN TO SKIN

Use with infants or toddlers for:

- IV insertions
- Blood work
- Bandage/dressing changes



## FRONT TO FRONT

Use with toddlers or school age children for:

- IV insertions
- Blood work
- Getting blood pressure/other vitals

Sometimes I might need you to just give me a few seconds to breathe, to regroup, and continue.



## FRONT TO BACK

Use with any age group for:

- Nasal gastric and catheter insertion
- Port access
- Nasal and mouth swabs



## COMFORTING TOUCH

Use with older children for:

- Bandage/dressing changes/wound care
- Staple and suture removal
- Position on side for lumbar punctures, enemas, etc.

**Make a plan with your child's health care team before the procedure and ask to see a Child Life Specialist if available**