Comfort positions for needle procedures

**Babies (0-12 months)**
- Held by parent
- Swaddled or skin to skin
- Pacifier with sugar water or breastfeeding
- Distraction: favorite toy, blanket or music

**Toddlers and preschoolers (1-5 years)**
- Held by parent, sitting upright is best
- Distraction: bubbles, books, toys or music

**School age (6-12 years)**
- Held by parents or close by, upright is best
- Distraction: interactive toys, books or electronics
- Child may choose to watch or lay down

**Teens (13-18 years)**
- Parents available
- Sitting upright is best
- Distraction: interactive toys, books or electronics
- Teen may choose to watch or lay down

We will do everything possible to prevent and treat pain.

childrensMN.org/comfortpromise