

The Children's Comfort Promise for needle pain

The Children's Comfort Promise states: "We will do everything possible to prevent and treat pain." To reduce or eliminate needle pain in children, combining these 4 simple strategies has been proven to be most helpful:

- **Numb the skin**
- **Sugar water (24% sucrose) or breastfeeding (babies 12 months or younger)**
- **Comfort Positioning**
- **Distraction**

When used together these strategies help needle procedures be a better experience for your child, and will be consistently offered by staff.

Numb the Skin

4% lidocaine cream is a numbing medicine that helps reduce pain during needle procedures like blood draws, IV starts, and injections. The cream is put onto the skin **before** the procedure and needs to be in place for 30 minutes to work best.

Sugar water/Breastfeeding

Both work in babies to block pain messages from reaching the brain. Given or started a few minutes before, during, and after the procedures, they help babies be more comfortable.

Comfort Positioning

You are your child's best source of comfort. Having you hold them or snuggle in close

during the procedures helps your child feel safe and calm.

Distraction

Taking nice breaths to blow bubbles, reading a book, playing a game, or talking about a favorite trip or memory all help take a child's mind off the procedure. You can help by engaging your child in these activities.

How do I prepare my child?

Children do best with simple explanations before the procedure. Staff can help with this as needed.

Questions?

This sheet provides general information. If you have any questions, please talk to your nurse or medical staff.



**Children's
COMFORT
PROMISE**

*We will do everything possible
to prevent and treat pain.*

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