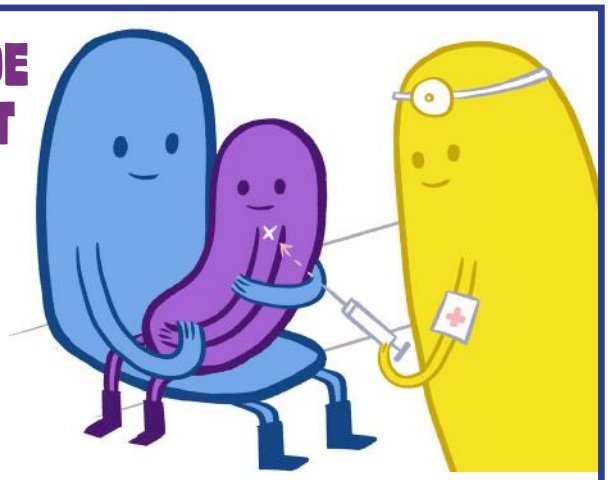


# COMFORT POSITIONING

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



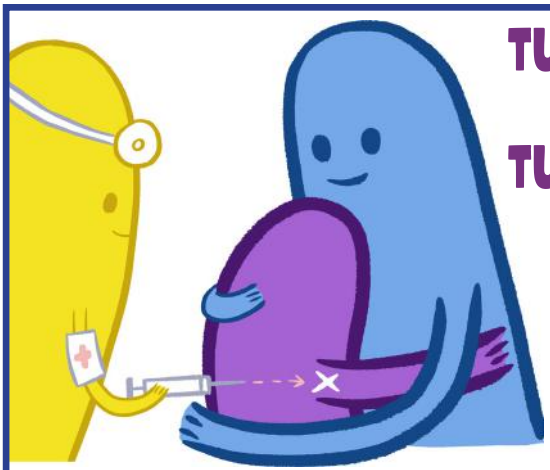
Your child sits on your lap, with both legs to one side. You wrap both arms around theirs in a comforting hug. This reminds them to keep their arms still, while in a comforting embrace. The child can look at the poke, or choose to look away.

## 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